

Michigan High School Nordic Ski Championships
Traverse City, Michigan - VASA Trail
February 17-18, 2017

Schedule

Friday 12:30 pm Coaches' meeting at VASA Trailhead
3 pm Classic **Pursuit** 5.4 K; girls/boys

Saturday

9 am Freestyle **Pursuit** 5.4K; girls/boys
2 pm Freestyle **Sprint** 1K; girls/boys

6:30 pm **Awards Banquet**
The Williamsburg Banquet & Conference Center
4230 M- 72 East
Williamsburg, MI 49690

Entry Fee: \$65

Includes racer entry fee, banquet, and long sleeve technical shirt
Additional banquet tickets for parents & friends: \$18; Additional technical shirts: \$15

Contact info:

Lisa Myers (TC Nordic booster treasurer/parent) - [please contact with registration questions](#)
231-922-1021
imamyers@aol.com

John Kostrzewa (TC coach)
231-357-5346
jfkostrzewa@gmail.com

Lodging:

There are numerous hotels conveniently located within 2-3 miles of the VASA trailhead.

Race Location: The VASA Trailhead is the planned venue for all races.

TRAILHEAD ADDRESS: 4450 Bartlett Rd, Traverse City, MI 49686

DIRECTIONS: From US31N between Acme & Traverse City
East on Bunker Hill Rd 0.75 miles,
South (RIGHT) on Bartlett 0.5 miles,
LEFT into trailhead parking area. (<http://traversetrails.org/trail/vasa-pathway/>)

Hospitality Table: Limited snacks will be provided for skiers courtesy of the St. Francis Ski Team. Saturday lunch will be provided for coaches.

The 3 Michigan High School Championship races will be scored as GLD Eastern U-16 (J2) Championship qualifiers. See www.gldskiing.org for more info.

Entry form next page

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Skier Entry Form

Name: _____
Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ Email: _____
Age(as of 12/31/16): _____ Birthdate: _____ Gender : M F Grade: _____
Team/Club: _____ Coach: _____
Technical shirt: Size (circle one) : XS (32-34) S (35-37) M (38-40) L (41-43) XL (44-46)

Fees:

Entry Fee (includes racer entry fee, banquet, and long sleeve technical shirt): **\$65**
Additional banquet tickets @\$18: # _____ x\$18 = _____ Please note number of
Additional technical shirts @ \$15 size _____ # _____ x\$15 = _____ gluten-free meals.
size _____ # _____ x\$15 = _____
size _____ # _____ x\$15 = _____
Total Amount enclosed (entry fee plus add'l tickets & shirts) = _____

Make check payable to: [TC Central Athletic Boosters](#)

Skier entry forms, team roster - excel doc (coach completes one per team), and fee payment
due by Tuesday, January 31, 2017.

Mail to: **Nordic Ski State Championships**
c/o Lisa Myers
4343 Lands End
Traverse City, MI 49686

Coaches - Additionally, please complete & email team roster (attached excel doc) to Lisa Myers (imamyers@aol.com)

*Please make sure there is a skier entry form for every skier listed on the team roster.

SIGN RELEASE FORM BELOW

Release and Indemnity Agreement, Assumption of Risk
February 17-18, 2017

In consideration of myself or my child being permitted to participate in any way in the Michigan High School Nordic Ski Championship (February 17-18, 2017), I represent that I do, on behalf of myself OR my child:

1. acknowledge, agree and represent I fully understand the nature of Nordic skiing and the Michigan High School Nordic Skiing Championships and that I or my child are qualified, in good health, and in proper physical condition to participate in such activity.
2. fully understand that (a) the Michigan High School Nordic Skiing Championships involves risks and dangers of serious bodily injury (b) these risks and dangers may be caused by my own (or my child's) actions or inactions, or the actions or inactions of others participating in the Michigan High School Nordic Skiing Championships, and/or the condition of property on which the Michigan High School Nordic Skiing Championships takes place.
3. I hereby agree, for myself and for my child to release, discharge and covenant not to sue the above listed organization (Michigan High School Nordic Skiing Championships) or its parent organization, its respective administrators, directors, agents, officers, members, volunteers, and employees, any sponsors, advertisers, and if applicable, owners and lessors of premises of property on which the Michigan High School Nordic Skiing Championships take place (each considered one of the "Releasees" herein), from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise. I fully accept and assume all such risks and responsibility for losses, costs, damages I or my child incur as a result of my or my child's participation in the Michigan High School Nordic Skiing Championships. My signature signifies that I fully understand and agree to be bound by this Release and Waiver Agreement, for myself and for my underage child (if applicable), and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Signature: _____ Date: _____

Parent Signature (if child is under the age of 18) _____ Date: _____