

2010
Vermont Eastern High School & J2 Championship
Q U A L I F I E R

Sunday
February 14, 2010

The qualifying races will be held at the Grafton Ponds Outdoor Center, in Grafton Vermont. Parking and limited indoor facilities are available at Grafton Ponds. Waxing tents can be set up in several locations and power will be available.

ski center: 802-843-2400; snow conditions: 802-843-2400

SCHEDULE OF EVENTS

Saturday 2/13/10

Courses open all day for preview. The course will be groomed for skating and classical. Course maps will be available one week prior to race.

Sunday 2/14/10

7:00 A.M. Course Opens for Preview

8:30 A.M. Coaches Meeting (Meet in Grafton Pond's Cabin)

10:00 A.M. Combined J2/EHSC Men's Classic Race
Individual start every 15 seconds.

10:45 A.M. Combined J2/EHSC Women's Classic Race
Individual start every 15 seconds.

-LUNCH BREAK-

1:00 P.M. Combined J2/EHSC Men's Freestyle Race
Individual start every 15 seconds. Same start list as Classic

1:45 P.M. Combined J2/EHSC Women's Freestyle Race
Individual start every 15 seconds. Same start list as Classic

3:15 P.M. (or shortly thereafter)
AWARD CEREMONY (Outside Grafton Pond's Cabin)
J2/EHSC Teams Named

Important 2010 Vermont Elite Team Eastern High School / J2 Qualifier Information

Date: Sunday, February 14th, 2010

Site: Grafton Ponds Outdoor Center, Grafton, VT

Distances: 3 km each race
Boys Classic at 10:00AM; Boys Skate at 1:00PM
Girls Classic at 10:45AM; Girls Skate at 1:45PM

Interval Start: 1 racer every 15 seconds

Entry Fee & Deadline: \$15.00 if received by 5PM, Thursday, February 11th
\$30 for DAY OF RACE REGISTRATION!

Race Entry is online through: www.skireg.com
(no additional processing fee, save trees, stamps and time!)

(Or mail to Registrar): Carol Van Dyke
PO Box 1090
Stowe, VT 05672
802-777-0289 (cell)

Awards: *Top 20 overall boys and girls qualify for the Eastern High School Championships at Gunstock, NH on March 12-14, 2010.
Top 20 J2's qualify for the New England J2 Championships at Jackson, NH on March 5-7, 2010.*

Make Checks Payable to: "VT Elite Teams"

Race Director: Bill Jahn, Brattleboro Nordic
32 Christie Lane
Brattleboro, Vermont 05301
451-3427 (Daytime)
Email : billjahn@yahoo.com

Important Note: *All who qualify must be prepared to pay all money to secure your spot on the team. Cost for J-2 TBA; EHSC TBA*

**2010 Vermont Nordic Elite Ski Team
Entry Form for J-2 and Eastern High School Qualifier
Grafton Ponds Outdoor Center
February 14, 2010**

Name _____ Club _____

Address _____ Phone Number _____

Town _____ State _____ Zip _____ E Mail _____

Date of Birth _____ Sex: M F

Qualifying for: J2 EHSC Both*

School you attend _____

**If you are a J-2 you may still qualify for Easterns as well if you are in the top 20 minus any discretionary spots.*

Waiver

In consideration for the rights and privileges associated with participation in Vermont Nordic Elite Ski Team Qualifying Races, I acknowledge and agree to be bound by the following:

1. Identification of Risks. I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross country ski competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inactions or negligence of myself or others.
2. Assumption of Risk. I agree that I am responsible for my safety while participating in activities associated with Vermont Nordic Elite Ski Team and Grafton Ponds Outdoor Center Trails, and that such responsibility includes participation only: a) when I am both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.
3. Waiver. Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless the Vermont Nordic Elite Ski Team and Grafton Ponds Outdoor Center Trails., its affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (Released Parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my participation in activities associated with Vermont Nordic Elite Ski Team and Grafton Ponds Outdoor Center Trails., except where caused by the gross negligence or willful or wanton misconduct of any of the Released Parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who may pursue any legal action or claim on my behalf.
4. Insurance. I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

Signature _____ Date _____

Parent/Guardian (for athletes under 18 years of age)

Signature _____ Date _____

Print Name _____

Junior II and Eastern High School Qualifier Discretionary Policy

Discretionary spots are intended for those athletes who may be unable to race in the Eastern HS/J2 Qualifier due to extenuating circumstances. Please note that no skiers will be considered for the EHSC or J2 squads unless they have competed in the VT Qualifier or have been exempted for discretionary reasons.

Any discretionary consideration must be submitted in writing to VT Nordic Coaches Association and sent to the race director in advance. The latest we will accept any letters is 9:00 AM on race day. A committee of the Eastern HS/J2 coaches will make a decision on any requests. Athletes must meet the discretionary criteria and be approved unanimously by the jury on race day.

Discretionary spots will be awarded to athletes meeting the following criteria:

1. Would be considered by the Discretionary Committee to be one of the top five high school skiers in the state for the EHSC and one of the top five J-2 skiers for the J-2 Championship, without reservation.*
2. That a request for a discretionary spot be given in writing to the meet director no less than 24 hours prior to the event.
3. If the request is made due to medical reasons, a doctor's note should accompany the written request.
4. Written requests must include results from the beginning of the season and state the reason for the request. It is strongly encouraged that the applicant submits results that include finish order of the other contestants in the races.

*The Discretionary Committee shall use NENSA Races and results from high schools races to help determine eligibility for a discretionary spot.

A decision will be made at the earliest possible time the committee can convene. Most likely, this time will be no later than one and half hours before race time. In the event that extenuating circumstances arise on the day of the event itself, the committee may meet at the conclusion of the races.

Announcement of discretionary spots will be made as soon as they are acted upon.

The Discretionary Committee shall be made up of at least five coaches who are members of the Eastern High School and/or J2 coaching staff.

LODGING POSSIBILITIES IN THE GRAFTON AREA

Motel-in-the-Meadow

936 Route 11, West

Chester VT 05143

866-668-6406

Holiday Inn Express Springfield

818 Charlestown Road

Springfield, VT 05156

802-885-4516

River Bend Lodge

1086 Vt Route 30

Newfane, VT

802-365-7952

Inn at Saxtons River

27 Main Street

Saxtons River, VT 05154

802-869-2110

Innsaxtonsrivier.com

Moore's Inn

57 Main Street

Saxtons River, VT 05154

802-869-2020

Everyday Inn

US Route 5

Bellows Falls, VT

802-463-4536

Blue Haven Bed and Breakfast

Christian Bed & Breakfast

6963 Route 5 Westminster, Vermont 05158

802-463-9008