

Suffolk Vikings Ski Race Team

Information Sheet 5: ERSA Summer League

Introduction

The ERSA Summer League is the main competition that the Vikings as a club compete in. Comprising a series of races hosted around the region and held between late April and mid-October, it features both individual and team events, with prizes at the end of each race as well as prizes at the end of the season for the best overall performances. The number of races depends upon the number of hosting clubs.

The races are held on the slopes of the following clubs:

Outdoor (Dry Slope):

Welwyn; Norfolk (at Norwich); Vikings (at Ipswich); Tallington; Essex (Brentwood)

Indoor (Snow Dome):

Hemel Hempstead

In addition to the Summer League races the ERSA Champs races (one indoor, one outdoor, held over the same weekend) also count towards end of season rankings.

The course will be of a similar or easier standard to our Blue Ribbon course, and all Vikings members can enter and are encouraged to take part. In fact, we hope that once they are established in the club, all Vikings members participate in at least three races each season. But don't forget that to be eligible to win a season prize, you need to have entered at least four races in that season.

How to Enter

All Vikings members should be registered with ERSA. You create an account on the ERSA website (www.ersa.co.uk), and from there you can register for races, pay with PayPal or Credit Card, and see the race results. Dry slope races currently cost £11, and snow dome races £18. For dry slope races there is a family discount for 3 or more members of the same family taking part. Please see your race manager to ensure the system knows you qualify for this discount.

The club has a Race Manager, who is available to help with any part of the entry process. The Race Manager should be available at most training sessions to help you. See the club noticeboard to find out who the current race manager is, and if in doubt, talk to any other Committee member.

Equipment

You should bring all your normal skiing and safety equipment with you. If you normally borrow equipment from the Ski Slope for training, please check with the Race Manager to see if it will be possible to hire equipment at the race, since different venues have different arrangements.

Useful Information

At the dry slopes you are going to spend the whole day outside, so spectators and racers should dress appropriately. The club usually take one or two gazebos to each race to provide some shelter, but the weather conditions can be variable, and it seems that it can rain at almost any time. Most people bring a fold up chair with them, as seating can be limited. Most clubs provide some form of catering, but most racers bring some snacks or a packed lunch with them.



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The day normally starts at 8:15 for Open Practice (2:00pm at Snow Domes), and at a dry slope normally finishes with the presentations at around 3:30pm, with Snow Dome races finishing in the early evening.

Age Categories

In the races, racers are categorised by age and gender. Prizes are awarded for 1st, 2nd and 3rd in each category. Racers placed in the top three also win points for the Vikings, helping to determine our overall standing in the league at the end of the year. (These categories are for regional races and may be different for national or winter races).

To qualify for an end of season medal the racers must have completed 4 races (or 5 if there are 9 races in the league).

Individual and Team Races

Races are in two formats, individual and team.

For individual Outdoor races, each racer skis three timed runs through the course. U12 is the best two runs out of three, U14 and above you must record a time in the third run to count, so your time will be the best time of the first two runs plus the third run time.

Race Categories for 2015	
Category	Year of Birth
U8	2008 or later
U10	2006 or 2007
U12	2004 or 2005
U14	2002 or 2003
U16	2000 or 2001
U18	1998 - 1999
U21	1995 - 1997
SEN/MA1	1994- 1975
MA2/3	1974-

For indoor races there are two runs and the best time counts.

For the team races each club's race manager will select and enter up to six teams: there are five racers per team and they are selected on the judgement of the race manager, principally on their performances that day. The team races are dual slalom relay races, where the two teams ski against each other on two courses set up next to each other on the slope. The races are a knockout format with the teams competing until only one remains.

Children's team - racers selected from categories U16 or below, at least one of each gender

Open A team - racers selected from any category (usually the fastest), at least one racer of each gender

Open B team - racers selected from any category without restriction

Open C team - racers selected from any category without restriction

All those not selected for a team are entered into the fun races known as "Stampedes" (please see the race manager if you do not want to be entered). The Stampede teams are made up of skiers of all abilities across all clubs, and are held as knockout dual slalom races. These are not relays, instead the winning team is determined by the number of head-to-head races won. These races are just for fun, but all members of the winning team receive a medal.

After the team races there are two knockout races. The day's top 32 U14 and above racers compete in the Team Evolution head to head knock out, as do the top 16 U12 and below.

Indoor Snow Dome Format

Snow dome races are somewhat different due to the limitations of the slopes. The numbers are limited to 200 racers and there are no team events, only individual racing. Instead of three slalom



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runs there are two slalom and two GS runs, with the fastest run counting, then the Team Evolution top 32 and top 16 races.

Final Word

Although competitive, the emphasis of the ERSA races is fun and inclusivity. All racers, whether novice or experienced are welcomed and supported, the atmosphere is very friendly and you should have an enjoyable day of skiing.