

***2008 Cross Country Canada's  
Elementary School Cross Country Ski  
Championships***

**Hosted by the Kenora Nordic Trail Association  
At the Mt. Evergreen Ski Club, Kenora, ON**

February 21,2008

**Age categories and distances:**

(As of December 31<sup>st</sup>, 2007)

CATEGORY	YEAR of BIRTH	DISTANCE
1	1998-1999(8&9)	1.0
2	1996-1997(10&11)	1.5
3	1995 or earlier(12 & up)	2

**REGISTRATION FORM**

To be returned to the Kenora Nordic Trail Association

95 Alcock Lake Rd.

Kenora, ON                      P9N 0B7

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

School: \_\_\_\_\_

Parent Contact #: \_\_\_\_\_ 2<sup>nd</sup> Emergency #: \_\_\_\_\_

Male [ ] Female [ ]                      Year of Birth: \_\_\_\_\_

Category: \_\_\_\_\_ Grade: \_\_\_\_\_

**RELEASE CLAUSE:**

I hereby release the Kenora Nordic Trails, Mt. Evergreen Ski club and recreation Area, Cross Country Canada and any person officially connected with these competitions from all liability for injuries or damages whatsoever arising from my participation or presence at this competition.

\_\_\_\_\_  
Signature (Parent or legal guardian)

\_\_\_\_\_  
Date

1. Frank Symonds

## FRANK SYMONDS OPEN

Hosted by the Kenora Nordic Trails Association

Location: Mt Evergreen Rd.

Juvenile and under	\$5.00
Junior Boys and Girls & up	\$10.00

Non CCSAM, LSSD members must pay a \$5.00 registration fee as well

### Course options

A) 2km free technique, no age restrictions -Interval start

B) 10km skate on well marked and signed course -Mass start

C) Have an Adventure and ski the Frank Symonds Classic 8.5km tour. Age restriction of over 12 or accompanied by an adult. Must be able to read warning signs and recognize flagging tape across trail means DO NOT ENTER! Course will be well groomed and exciting. There will be no controllers on the course, we will send a search party if everyone isn't accounted for at the end of the event. Don't worry, you still get to ski most of roller coaster. -Interval start

### Awards

A trophy to recognize Frank Symonds Classic winner goes to top male and top female. Draw prizes for finishers of all races!

### Start times

8.5km Classic	12:30pm
2km Free technique	12:35pm (approximate)
10km Free technique	12:45pm (approximate)

### Registration

Registration deadline is Friday February 23<sup>rd</sup> @ noon

Please send registrations to

Fax: 807-548-6183

Email: [knta@kmts.ca](mailto:knta@kmts.ca)



## FRANK SYMONDS OPEN REGISTRATION FORM

Skier's name \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Birth date (m/d/y): \_\_\_\_\_

Event entered:

2km classic \_\_\_\_\_, 6.8km free \_\_\_\_\_ 10km free \_\_\_\_\_

Race Fees:

Juvenile and under \$5.00

Junior Boys and Girls & up \$10.00

**Non CCSAM, LSSD members must pay a \$5.00 registration fee as well**

TOTAL FEE SUBMITTED \_\_\_\_\_

I hereby release the event organizers, Kenora Nordic Trails Association, the Cross Country Ski Association of Manitoba, the Lake Superior Ski Division, Cross Country Canada, Mount Evergreen, and their members or agents, and any person connected with the event, from any liability for any injuries or damages whatsoever arising from my own, or my child's participation in the Frank Symonds Race.

**Participant Release and Waiver**

As a participant of the named activity,  
I have read and understand the above.

**Parent Release and Waiver**

As a participant of the named activity, I  
I have read and understand the above.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Fax completed forms to 807-548-6183 or email to [knta@kmts.ca](mailto:knta@kmts.ca) no later than February 23<sup>rd</sup> at noon.