



Ski Jumping & Nordic Combined

ITASCA SKI CLUB
104 Years of Ski Jumping!
1906 ~ 2010

MT. ITASCA
Winter Sports
CENTER

The Itasca Ski & Outing Club in Coleraine, Minnesota, Invites You to the

NORTHERN FLIGHTS WINTER INVITATIONAL AND MASTERS NATIONALS TOURNAMENT

Celebrating 104 years of ski jumping!

SATURDAY & SUNDAY, FEB. 27-28, 2010

SCHEDULE

Saturday, Feb 27

- 9:00 a.m. Open training all hills
- 12:00 noon Registration closes for K70
- 12:30 p.m. Hills close for meet prep
- 1:00 p.m. K70 COMP (J1 & MASTERS I, II, III, IV, V)**
Awards follow
- 3:00 p.m. Nordic Combined XC RACE (Classes J3 and under)**

Sunday, Feb 28

- 9:00 a.m. Open training all hills
- 10:30 a.m. Registration closes
- 11:30 a.m. Hills close for meet prep
- 12:00 Noon K10, K20, K40 JUNIOR AND MASTERS I, II, III, IV, V**
Awards for jumping and NC follow



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REGISTRATION

Registration form attached. Registration will be taken at the hill Saturday and Sunday. Saturday events and K10 on Sunday are non-sanctioned. **K20 and K40 are sanctioned, and USSA membership is required.** All skiers in sanctioned events must show proof of current 2010 membership.

FEES

See registration form.

FOOD & LODGING

The main chalet and its amenities will be open both Saturday and Sunday (concessions, jump room, bathrooms, etc.). Junior jumping chalet (by junior hills) will also be open. Sawmill Inn www.sawmillinn.com, 218-326-8501, \$79 all room types (standard, king) other than suites. Mention the *Itasca Ski Club* when you make your reservation. The block will be held until February 13th. Other hotel options can be found at www.visitgrandrapids.com

CONTACTS

Jumping: **Jon Denney**, 218-248-9749, jon@woodlinemfg.com
Sheri Schrock, 218-326-4433, schrockmn@msn.com
Sue Kavanagh, 218- 245-2678 and cell 218-256-0066, suemarhen@yahoo.com
NC: **Harry Hutchins**, 218-326-6828, shhutchins@mchsi.com

Spreading the thrill of skiing sports through opportunity and support!

www.MtItasca.com





SKI JUMPING & NC

COMPETITION REGISTRATION~WAIVER FORM

NORTHERN FLIGHTS INVITATIONAL: Feb. 27-28, 2010

Name (first/last): _____ Club: _____
 Street Address: _____ Phone: (____) _____
 City, State, Zip: _____ Cell Phone: (____) _____
 Emergency Contact Name: _____ Contact Phone: (____) _____
2010 USSA MEMBERSHIP #: _____ Birthday: ____/____/____ Male Female

CLASSES by birth year: J6: 2002 & later | J5: 2000-01 | J4: 1998-99 | J3: 1996-97 | J2: 1994-95 | J1: 1990-93 | SR: 1980-89

FEES (✓ all that apply)	COST	CLASS (✓ when applicable)	TOTAL
70-METER			
<input type="checkbox"/> MASTERS (Saturday)	\$25	<input type="checkbox"/> I <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV <input type="checkbox"/> V	\$ _____
<input type="checkbox"/> Junior (Saturday)	\$20	One class only	\$ _____
40-METER			
<input type="checkbox"/> MASTERS (Sunday)	\$25*	<input type="checkbox"/> I <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV <input type="checkbox"/> V	\$ _____
<input type="checkbox"/> Junior (Sunday)	\$20*	<input type="checkbox"/> J3 <input type="checkbox"/> Open	\$ _____
<input type="checkbox"/> NC Race (Saturday)	\$5	Same classes as above	\$ _____
20-METER			
<input type="checkbox"/> MASTERS (Sunday)	\$25*	<input type="checkbox"/> I <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV <input type="checkbox"/> V	\$ _____
<input type="checkbox"/> Junior (Sunday)	\$20*	<input type="checkbox"/> J4 <input type="checkbox"/> Open	\$ _____
<input type="checkbox"/> NC Race (Saturday)	\$5	Same classes as above	\$ _____
10-METER			
<input type="checkbox"/> Junior (Sunday)	\$15*	<input type="checkbox"/> J5 <input type="checkbox"/> J6 <input type="checkbox"/> Open	\$ _____
<input type="checkbox"/> NC Race (Saturday)	\$5	Same classes as above	\$ _____
<input type="checkbox"/> HILL FEES ON SATURDAY	\$10		\$ _____

No hill fees on Saturday for 70-M jumpers

* **DISCOUNT for jumping additional hills (both Junior and MASTERS): 2nd hill is \$10, 3rd hill is \$10**

TOTAL ALL FEES: _____ \$ _____

Checks payable to ITASCA SKI CLUB

WAIVER & RELEASE OF LIABILITY

In consideration for the rights and privileges associated with training and competing on ski jumping facilities owned and managed by the Itasca Ski & Outing Club, 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, coaching and related activities of ski jumping and/or Nordic Combined competitions (the Activity), involves risks of serious injury, including permanent disability, death, and other losses, both to me and my property. I understand that these injuries and losses might result not only from my actions, but the actions, inactions or negligence of others.
2. **Assumption of the Risk.** I agree that I am responsible for my safety while participating in the Activity and that such responsibility includes participating in the Activity 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 in the Activity. I assume all risks connected with responsibility for any injury or loss connected with my participation in the Activity.
3. **Waiver.** Aware of the risks and willing to assume them, I hereby waive, release, and hold harmless the Greenway Joint Recreation Association, Itasca Ski & Outing Club, Inc., Mt. Itasca, city of Coleraine, state of Minnesota, United States Ski & Snowboard Association (USSA), U.S. Ski Team, and each of its officers, directors, employees, agents, coaches, trainers, officials, event organizers and sponsors (Released Parties) from all claims by me for any liability, injury, loss or damage in any way connected with my participation in the Activity. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who might pursue any legal action or claim on my behalf.
4. **Applicable Law.** This waiver and release informed under and is to be interpreted consistent with laws of the State of Minnesota.
5. **Insurance.** I currently have and agree to maintain throughout the time that I participate, valid and sufficient medical and accident insurance. I understand that this is my responsibility and release all persons and entities from providing this coverage for me.

I HAVE READ THIS WAIVER AND RELEASE CAREFULLY AND AM SIGNING IT VOLUNTARILY:

 Skier Signature (if skier over age 18)

 Date

 Parent/Guardian Signature (if skier under age 18)

 Date

 Relationship to Skier