

**Michigan's High School
2019 Cross-Country Skiing Championships
Al Quaal Recreation Area
Ishpeming Michigan**

Friday, February 15, 2019 - 5K Freestyle Interval Start

Al Quaal "Schoolfield" Stadium

- 3 pm Girls; - 4 pm Boys

Saturday, February 16, 2019 - Pursuit

Al Quaal – Teal Lake FIS Competition Loops

**-5K Classic Pursuit (9 am Girls); 10 am Boys
-2pm Classic Sprints Qualifying
-3:30 pm Sprint Heats**

**Middle School 3K Classic Mass Start,
12:00 pm Saturday - \$5**

High School Entry Fee: \$65 per skier
Includes trail fees, races, banquet and t-shirt

Coaches Meeting:

Friday, Feb. 15th 1:00 pm Al Quaal Trailhead Building (Start/Finish Area)

Awards Banquet:

Saturday, February 16th
6:30pm at the Holiday Inn of Marquette
(Additional banquet tickets \$20 per person)

Questions and Additional information:

Please contact Dan Wiitala at:

906-362-4462

dwiitala@northjacksonco.com

Registration:

Return entry forms and entry fee by

Friday, Feb. 1, 2019

Mail to: Superiorland Ski Club, P.O. Box 864, Marquette, MI 49855

Additional forms available at www.superiorlandskiclub.com

**Michigan's High School X-C Ski Championships
Ishpeming/Marquette Michigan - February 15-16, 2019**

ENTRY FORM:

Name: _____			
Address: _____		City: _____	State: _____ Zip _____
Phone: _____		Email: _____	
Age: _____	Birthdate: _____	F or M: _____	Tshirt size: S M L
Team/club: _____		Coach: _____	

Entry fee Description	Fee:	Amt:	Amt Enclosed:
Entry fee: Includes trail fee, races, banquet & t-shirt	\$65		
Additional banquet tickets	\$20		
Middle School 3km Classic Race	\$5		
Total: Make check payable to the <i>Superiorland Ski Club</i>			

**Superiorland Ski Club
Michigan High School X-C Skiing Championship
Release and Indemnity Agreement, Assumption of Risk
February 15-16, 2019**

In Consideration of myself or my child being permitted to participate in any way in the Michigan High School X-C Skiing Championship (February 15-16, 2019), 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 X-C 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 X-C Skiing Championship involves risk 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 X-C Ski Championship, and/or the condition of which the Michigan High School X-C Ski Championship takes place.
3. hereby agree, for myself and for my child to release, discharge and covenant not to sue the above listed organization (Superiorland Ski Club and Michigan High School XC Skiing Championships) or it's 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 X-C Ski Championship takes 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 X-C Skiing Championship. 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: _____