

Registration

Prenome, surname of the team- responsible

Address

ZIP Code, City

Country

Date of birth

Phone, E-mail

Es müssen pro Nation ausserhalb Österreichs mindestens 2 volljährige Betreuer Teil des Teams sein.
Bei Teilnahme von weiblichen Jugendlichen muss mindestens eine weibliche Betreuerin Teil des Teams sein.

Prenome, surname and date of birth of the participating young athletes

Prenome, surname and date of birth of the accompanying people

Declaration: by my signature I declare particularly to recognize the official conditions and rules. I am at least 19 years of age and I am the official national responsible person for travel and the participation in the event itself. A written declaration of allowance from parental authorities and a written medical confirmation of health will be brought by me for each participant before the races. All active participants are healthy and able to participate in such kind of races without getting any harm. Me, all active participants and all accompanying people of my country relieve the organizer and his helpers and assistants of civil or criminal liability in case of an accident or damage. All given data may be used by the organizer but not for public use. Any fotos or films made during the races and all titles may be changed and/or commercialized by the organizer without claims.

Signature, Date

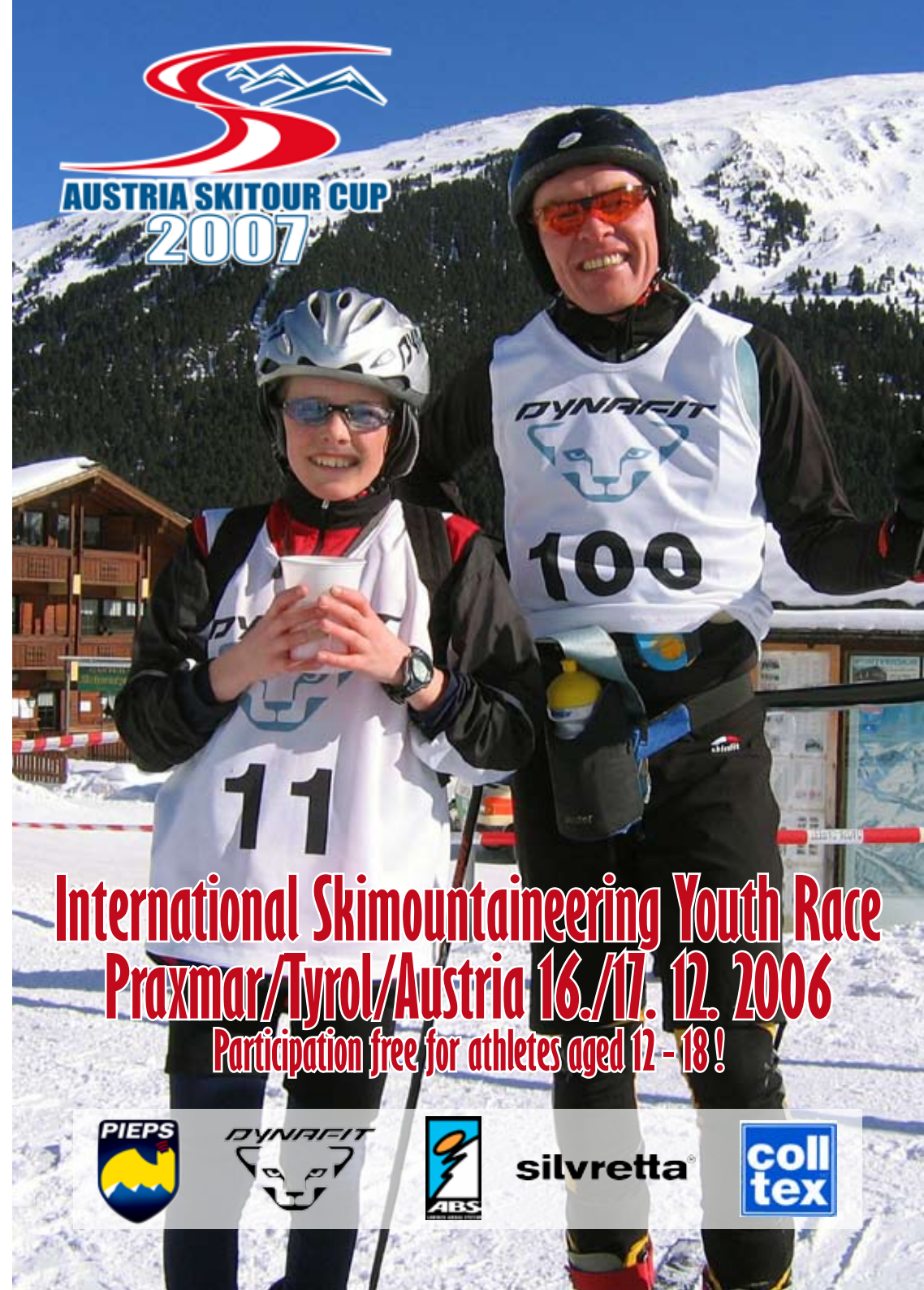
Fax the registration to: +43/1/81749553120
Online: www.skimountaineering.org

The International Skimountaineering Youth Race is a cooperation of:

ASKIMO - Austrian Skimountaineering Organisation for Competitions

DAV - German Alpenverein

SSA - Slovak Skimountaineering Association



International Skimountaineering Youth Race
Praxmar/Tyrol/Austria 16./17. 12. 2006
Participation free for athletes aged 12 - 18 !



silvretta



Time-schedule

Friday, 15.12.06

Arrival at the Alpengasthof Praxmar latest at 20:00 o'clock
rooms takeover, dinner, talks

Saturday, 16.12.06

8:00 o'clock: a ski mountaineering tour will be made by all athletes and accompanying people, guided by mountain guides. During this tour, some lessons in ski mountaineering will be given, eg. putting on and off the skins, making turns, skiing safely in free skiing area etc.

until 12:00 o'clock: the race itinerary is prepared. All the young athletes and accompanying people can lend a helping hand and get some background information on races

13:00 o'clock: the Austrian Youth Championship is started; it goes over approx. 500 hm. Legal are 16 - 18 year old athletes (Jg 89 bis 91). Also all other young athletes are allowed to start at this race - with the allowance of their accompanying people and with no official ranking.

15:00 o'clock practical avalanche rescue training and theoretical advisory held by specialists of the ÖAV, mountain guides and technicians from PIEPS.

Afterwards dinner, slide show about ski mountaineering races in Europe

Sunday, 17.12.06

8:00 o'clock lottery for the relay race - mixed 4-person relays are built by drawing lots!

9:00 o'clock relay race is started over 150 hm per person/600 hm per relay. Each young athlete has to do two ascents, two descents and the skin changings, before he is coming back to the start area for handing over to his teammate.

All race times are being calculated together and an overall time is built. Also the nations built their own mediate time. The nation, which is closest to the overall mediate time, wins the race!

12:00 o'clock flower ceremony, afterwards: departure!

Participation

Accommodation with breakfast in Praxmar from 15. - 17.12.06 is free for 10 persons including accompanying persons, also no starting fee has to be paid. Travel costs, dinner and extra expenses have to be paid.

Participation is open to everyone between 12 and 18 years of age (Jg 89 to 95) who is interested in ski mountaineering. Legal participation at the Austrian Youth Championship is every Austrian citizen between 16 and 18 years of age (Jg 89 to 91).

Also required is a written note of allowance from the legal guardian and a written medical confirmation of health is also required.

The race is held as a competition of nations. Each participant starts for his country. There is no limit in participants

The parents of the athletes are welcome!

Regulations / Equipment

The following equipment has to be brought to the event (just before the single events a detailed „must have“ list is made public):

- standard skis equipped with metallic edges on at least 90 % of their length, and with a width of at least 60 mm beneath the foot. The bindings must allow heel movement when ascending or descending and must release frontal and sideways.
- boots must be high enough to cover the ankles with a minimum depth of notches of 4 mm
 - a pair of ski poles with non-metallic baskets
- a backpack of at least 20 liters
 - a pair of skins
- a working avalanche beacon which conforms to standard frequency 457 KHz
 - woolen cap or headband
 - gloves, covering the entire hand
 - upper body clothing: three layers of long sleeves
 - lower body clothing: two long pants: a pair of longjohns
- Helmet (special race helmets according to EN12492 or cycling helmet)
 - regular avalanche shovel of at least 0,04 m²

Ski mountaineering races are outdoor events, where accidents and injuries can occur. An assurance which covers this special area is recommended.

The organizer and his helpers and assistants are relieved of civil or criminal liability in case of an accident or damage, also against third parties. By signing the registration, all regulations and rules of the organizer are presupposed.

Organizers / Contact

Organizer: Sport Consult KEG, A-4824 Gosau

Race organizers: Verein zur Förderung des Schitourensports in Tirol, A-6073 Sistrans,

Informations: www.skimountaineering.org

Contact Austria:

ASKIMO - Österreichischer Fachverband für Wettkampf- Schibergsteigen in Österreich
Hr. Karl Posch, Mail: karl.posch@askimo.at, Tel.: 0664/4113091

Contact Germany:

DAV - Deutscher Alpenverein
Hr. Stefan Winter, Mail: Stefan_Winter@alpenverein.de, Tel.: 089/1400357

Contact Slovakia:

SSA - Slovak Skimountaineering Association
Mrs. Katarína Belicová, Mail: belicovb@stonline.sk