

**Michigan's High School  
2016 Cross-Country Skiing Championships  
Al Quaal Recreation Area  
Ishpeming Michigan**

**Friday, February 12, 2016 - Classic Sprints**

Al Quaal "Schoolfield" Stadium

**- 2 pm Sprint Qualifying  
-4:00 Sprint Heats (18 advance from qualifying to semi-final heats)**

**Saturday, February 13, 2016 - Pursuit**

Al Quaal – Teal Lake FIS Competition Loops

**-10am 5K Freestyle Interval Start  
-2pm 5K Classic Pursuit Start**

**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. 12<sup>th</sup> 12:30 Al Quaal Trailhead Building (Start/Finish Area)

**Awards Banquet:**

Saturday, February 13<sup>th</sup>  
6:30pm at the Ramada Inn of Marquette  
(Additional banquet tickets \$18 per person)

**Questions and Additional information:**

Please contact Dan Wiitala at:  
906-362-4462

[dwiitala@northjacksonco.com](mailto:dwiitala@northjacksonco.com)

**Registration:**

Return entry forms and entry fee by  
**Friday, Feb. 5, 2016**

Mail to: Superiorland Ski Club, P.O. Box 864, Marquette, MI 49855  
Additional forms available at [www.superiorlandskiclub.com](http://www.superiorlandskiclub.com)

**Michigan's High School X-C Ski Championships  
Ishpeming/Marquette Michigan - February 12-13, 2016**

**ENTRY FORM:**

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

Entry fee Description	Fee:	Amt:	Amt Enclosed:
Entry fee: Includes trail fee, races, banquet & t-shirt	\$65		
Additional banquet tickets	\$18		
Middle School 3km Classic Race	\$5		
<b>Total: Make check payable to the <i>Superiorland Ski Club</i></b>			

**Superiorland Ski Club  
Michigan High School X-C Skiing Championship  
Release and Indemnity Agreement, Assumption of Risk  
February 12-13, 2016**

In Consideration of myself or my child being permitted to participate in any way in the Michigan High School X-C Skiing Championship (February 12-13, 2016), 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: \_\_\_\_\_