

**Michigan's High School
2013 Cross-Country Skiing Championships
Al Quaal Recreation Area
Ishpeming Michigan**

Friday, February 15, 2013 - 1K Freestyle Sprints

Al Quaal "Schoolfield" Stadium

**- 2 pm Sprint Qualifying
-3:30 Sprint Heats (24 advance from qualifying to 6 competitor heats)**

Saturday, February 16, 2013 - Pursuit

Al Quaal - Teal Lake FIS Competition Loops

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

Entry Fee: \$60 per skier
Includes trail fees, races, banquet and t-shirt

Coaches Meeting:
Friday, Feb. 15th 12:30 Al Quaal Lodge

Awards Banquet:
Saturday, February 16th
6:30pm at the Holiday Inn of Marquette
(Additional banquet tickets \$15 per person)

Questions and Additional information:

Please contact Dan Wiitala at:

906-362-4463

dwiitala@northjacksonco.com

Registration:

Return entry form and entry fee by

Saturday, Feb. 9, 2013

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, 2013

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	\$60		
Additional banquet tickets	\$15		
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, 2013

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, 2013), 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: _____