

# Registration

\_\_\_\_\_  
Prenome, surname of the team- responsible

\_\_\_\_\_  
Address

\_\_\_\_\_  
ZIP Code, City

\_\_\_\_\_  
Country

\_\_\_\_\_  
Date of birth

\_\_\_\_\_  
Phone, E-mail

At least 2 persons per team must have parental authority.  
If female athletes participate, at least one female person with parental authority has to be part of the team.

\_\_\_\_\_  
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](http://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 Camp

## Praxmar/Tyrol/AUT 8./9. 12. 2007

### Participation free for athletes aged 14 - 20 !



Photo: Alpine Medienmanufaktur



# Time-schedule

**Saturday, 8.12.2007**

**9:00 o'clock:** welcome brunch at the Alpengasthof Praxmar  
rooms takeover, talkings

**10:00 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.

**12:00 o'clock:** lottery for the relay race - mixed 4-person relays are built by drawing lots!

**12:00 to 13:00 o'clock:** lunch

**13:00 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!

**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 from DYNAFIT, films etc.

**Sunday, 9.12.2007**

**9:30 o'clock** the single race is started; it leads over approx. 500 hm. Legal are the classes „Cadet“ (Jg 90 to 92) and „Junior“ (Jg 88 to 89). Also all other young athletes are allowed to start at this race - with the allowance of their accompanying people.

During the same event also athletes of the classes „Espoir“ (Jg 85 to 87) and „Senior“ (Jg 87 and older) are allowed to start in case of an invitation through ASKIMO Tirol.

**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 has to be paid.

Participation is open to everyone between 14 and 20 years of age (Jg 88 to 94) who is interested in ski mountaineering.

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. 10 Athletes of each country are invited for 1 accommodation incl. breakfast by the Austrian Skimountaineering Organization For Competitions ASKIMO.

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 m<sup>2</sup>

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](http://www.skimountaineering.org)

**Contact Austria:**

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

**Contact Germany:**

DAV - Deutscher Alpenverein  
Hr. Georg Nickaes, Mail: [schorsch.nickeas@dynafit.de](mailto:schorsch.nickeas@dynafit.de), Tel.: 0172/8997381

**Contact Slovakia:**

SSA - Slovak Skimountaineering Association  
Mrs. Katarína Belicová, Mail: [belicovb@stonline.sk](mailto:belicovb@stonline.sk)