

Welcome to the 2007 Connecticut Senior Winter Games!

Our staff is excited that you will be participating in the 2007 Connecticut Senior Winter Games at the Ski Sundown in New Hartford, CT.

We wish you the best of luck in the competition!

Important Notes:

Date: Tuesday February 27, 2007

Location: Ski Sundown, New Hartford, CT

Please arrive between 8-8:30 a.m. to register and pick up your Ski Bib.

In the Olympic tradition, awards will be presented for 1st through 3rd place in each age division.

If you have any questions, please call Dan Larson at (860) 528-4588 / dan@nutmegstategames.org

*Registration is available on the day of the event. If you know anybody interested in participation, please inform them that they may register on the day of the event.



2007 Connecticut Senior Winter Games Event Schedule

(Subject to Change based on number of Participants)



➤	8:00 – 9:00am	Event Registration & Ski Bib Pick-Up
➤	8:45	Opening Ceremonies
➤	9:00 – 9:30	Downhill Course Inspection
➤	9:30	Start Downhill Event
➤	10:30	Start Giant Slalom
➤	11:30	Start Cross Country
➤	11:45	Start Snowshoe Race
➤	12:30 – 2:30	Lunch
➤	1:00	Awards Ceremony



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DOWNHILL

Course inspection: 9:00 to 9:30 a.m.

Race Start time: 9:30 a.m.

Run order will be by bib number. Pre-registration entry determines the order in age bracket. Bib number will be pre-assigned. The Bib number assigned will be used for the whole day. Bibs must be turned back in at the end of the day of racing. Oldest age runs first, women and men; then the next younger age bracket women and men and so on. All racers registering on race day run at the end on a first come basis.

Course: Start top of Stinger (Chicken Point) down to the Ted Lepkowicz Deck across to Canyon, down to Canyon all the way to the finish by Chair #1.

Rules: All control gates must be completed, one single run time. If a racer falls he/she can only complete the course if both skis stay on. Helmets are required. Fastest time wins.

GIANT SLALOM

Race Start Time: 10:30 a.m.

Run Order: by approximate bib number.

Course: Start mid station racing hut Gunbarrel #9. Terrain and length of course is similar to NASTAR course. Dual Course- one run on each course with the best run counting.

Rules: All gates must be completed. If a ski falls off, a racer can complete the course only if two gates from the finish. Racer has to have one ski on to cross the finish. Fastest single run time wins.

CROSS COUNTRY

Race Start Time: 11:30

Run Order: first come first serve basis.

Course: Start at Base Lodge headed west across base area past Rental Building, then up lower loop towards the Sunnyside chair onto upper loop, then down Little Joe and back across the base area to finish. Two person staggered start- timed run. Distance: ½ mile loop. Participants will take two laps around the loop for a distance of 1 mile.

Rules: Any kind of cross-country skis are acceptable. Racer must bring own equipment- no rentals available. This is an open race (skating allowed). Fastest time wins, one run.

SNOWSHOE

Race Start Time: 11:45 a.m.

Run Order: first come first serve basis.

Course: Two people run at one time. Course 100 ft. down and 100 ft. back, flat terrain -fastest time wins, one run.

Rules: Fastest time wins. Snowshoes will be provided.

LUNCH

Time: 12:30 to 2:00 p.m.

Menu: Stuffed Capon with Baked Potato, Peas and Carrots, Rolls and Butter, Bottled Water- Coffee, Dessert

AWARDS CEREMONY

Time: 1:00 p.m.

Awards: Gold, Silver and Bronze medals will be awarded in each age bracket per each event.

2007 CONNECTICUT SENIOR WINTER GAMES

Tuesday, February 27, 2007

8:00 - 9:00 A.M. – Registration



Registration Information
Age Classifications apply to both Male and Female Participants:
 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+



Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Age as of 12/31/07: _____ Date of Birth: _____

Male: _____ Female: _____ Email: _____

Number of Events	Cost	Lunch \$	Total Fee – received before 2/18/06	Late fee - received after 2/18/06	Total fee w/ late charge
4	\$60.00	\$15.00	\$75.00	\$5.00	\$80.00
3	\$55.00	\$15.00	\$70.00	\$5.00	\$75.00
2	\$45.00	\$15.00	\$60.00	\$5.00	\$65.00
1	\$35.00	\$15.00	\$55.00	\$5.00	\$60.00
Snow Shoe Only	\$30.00	\$15.00	\$45.00	\$5.00	\$50.00
Cross Country Only	\$30.00	\$15.00	\$45.00	\$5.00	\$50.00

**Please check this box and send an additional \$15 if you
will be bringing a non-participating guest for Lunch**

- Downhill: One Run (HELMETS REQUIRED)**
- Snowshoe (Snowshoes will be provided), will not need lift ticket**
- Cross Country: No Rentals (Must have own equipment), will not need lift ticket**
- Giant Slalom: Two Runs (Best Run Counts)**

Please make check payable to Connecticut Senior Games & mail to:

Connecticut Sports Management Group - 290 Roberts St. East Hartford, CT 06108
Phone: 860 528 4588 Fax: 860 291 8032 Email: dan@nutmegstategames.org Web-site: www.seniorgamesct.org

ATHLETE'S WAIVER, PLEDGE AND CONSENT AGREEMENT

In consideration of the acceptance of my entry into the competition known as the Connecticut Senior Winter Games, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages, including any claims for loss, damages or injury to my person or property arising out of the performance or failure of performance of the State of Connecticut, the Connecticut Senior Games, the Nutmeg State Games, any and all sponsors, groups providing sanction or approval, owners of the sites, and/or the respective officer/agents, representatives, successors and/or assigns of the parties named above for any and all claims for damage to person or property sustained by me in connection with, association or entry in, and/or arising from activity related to the Connecticut Senior Games. I have full knowledge that the sport in which I have entered carries significant risk of personal injury, in some cases very severe injury, even death. I also agree that I am responsible for my own safety. I declare that to the best of my knowledge, I am in good physical condition and have no disease or injury that would be aggravated by my participation in activities related to the Connecticut Senior Games.

I, also, declare on my honor that I am an amateur and fulfill the conditions stipulated by the Connecticut Senior Games. I agree that if I am selected for competition at the Finals of the Games, I will compete in the Games, keep myself in top physical condition, retain my amateur status and make myself available for training wherever and whenever possible. I will also appear and participate in the Opening Ceremonies and report to the press tent for pictures, interviews, as directed by Connecticut Senior Games authorities.

I hereby consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Connecticut Senior Olympics in any manner incidental to my participation in the Connecticut Senior Olympics and without compensation to me. I declare that I have personal medical coverage and that I have read all of the above and understand the release waiver, and by signing it agree to all its items.

BY ENTERING AND PARTICIPATING IN THE CONNECTICUT SENIOR GAMES, ALL ATHLETES AGREE TO ABIDE BY THE RULES, REGULATIONS AND DISCIPLINARY ACTION OF THE GAMES' ADMINISTRATORS. IT IS THE RESPONSIBILITY OF THE ATHLETE TO FOLLOW ALL THE RULES. FAILURE TO DO SO MAY RESULT IN SUSPENSION, EXPULSION AND/OR FORFEITURE.

Name: _____ Date: _____