

FORM 3: Cross Country Skiing Registration Form



Local Program: _____
 Local Program Coordinator: _____
 Competition: _____

Head Coach

Last Name	First Name	Cell Phone	Email Address

(Required)

Times must be recorded as 00:00.00 (mm:ss.00). Registrations with missing information will not be accepted.

Please also complete the Relay Team List tab below

List of Athletes & Partners (Cross Country athletes can compete in one event per block plus one relay overall (reference block schedule))

	First Name	Last Name	DOB	M/F	Event Code	Time	Event Code	Time	Event Code	Time	Relay Event Code	Individual Time
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												

NOTES:

Event Codes:

- | | | | |
|---|---|---------------------------------|---------------------------------------|
| CC10M - X Country 10m Ski Race | CC25MA- X Country 25m Assisted Ski Race | CC500M- X Country 500M Ski Race | CC4X1K- X Country 4x1K Relay |
| CC10MA- X Country 10m Assisted Ski Race | CC50M- X Country 50m Ski Race | CC1KM- X Country 1K Ski Race | CC4X1KU- X Country 4x1K Unified Relay |
| CC25M- X Country 25m Ski Race | CC100M- X Country 100m Ski Race | CC3KM- X Country 3K Ski Race | |
| | | CC5KM- X Country 5K Ski Race | |