



London & South East Regional Snowsports Association

"Superstars" Competition

This years race series will include free entry into a Mini Superstars competition. Due to race day time constraints, entry will be based on a first come first served basis.

The aim of the competition is to promote fitness within the ski racing community.

Points system and protocol is based on Snowsport GB Fitness Tests.

Schedule :-

Chatham - Box Jumps (Reps)
Aldershot - Pull ups (Reps)
Brentwood Park - 5 Jumps (Distance)
Bromley - TBA
Bromley - Crunches (Reps)

Prizes Sponsored by :-

