



ARCTIC OLYMPICS RULES, REGULATIONS, AND ENTRY INFO

- The Arctic Olympics requires a team of 4 to complete three Colony Christmas Events: The Smoosh Races, Sled Races, and Cocoa Course [Event Details on Page 2]
- SCORING: Rankings will be assigned a point value [first place = 1, second place = 2, etc.]. Lowest score wins!
- Teams wearing costumes will earn a 1-point reduction. All team members have to be in costume to earn the point reduction
- Registration/Check-in: Saturday Dec 10th, at 11:30am, All Events located @ the corner of E Elmwood Ave & S Valley Way. Registration Forms can be delivered in advance to the GPCC office or email to info@palmerchamber.org. Registration is required to participate
- Event begins at High Noon. Duration of event will depend on number of teams participating. Events will run consecutively
- All team members must sign a liability release prior to the start of the races [Page 3]
- Two Entry categories: adult & youth [under 18]
- Competitors under 18 will need a legal guardians signature on the liability release

Team Name: _____

Team Captain: _____

Contact Phone: _____

Category [choose one]: Adult Youth

Event Results [Enter Rank]

Must be initialed by event attendant

Smoosh Race

Cocoa Course

Sled Race

Costumes

Event Details & Gameplay

Sled Races

- Team Setup: three persons to push the sled & one rider
- Sleds(provided by GPCC) are pushed along the street, with three stops for activities
- At each stop, the rider will exit the sleigh and complete the task at the station. Instructions on tasks will be announced before the race, it's a surprise! During this time, the three pushers are required to move (hop, skip, or boogie) around the sled until the rider completes the task.
- After the three tasks are completed, sleds are pushed past the checkpoint line, and then pushed back to the start/finish line
- Teams will be paired into heats, first place team will earn 1 point, second place team will earn 2 points

Smoosh Races

- Team Setup: four people in a line on a pair of oversized tandem skis
- Team Members are strapped to the tandem skis by their feet, then made to coordinate with each other to move across the finish line first
- Teams will be paired into heats, first place team will earn 1 point, second place team will earn 2 points

Cocoa Course

- Team Setup: three team members will stand at the finish line while one stands at the starting line
- The lone player at the starting line will race through an obstacle course while carrying a single cup of hot cocoa to a team member at the finish line, then they will turn and follow the course back to the starting line
- This process will continue until all 4 team members are at the finish line with their own cups of hot cocoa
- The first team to successfully chug their hot cocoas will be the winner
- Teams will be paired into heats, first place team will earn 1 point, second place team will earn 2 points

ARCTIC OLYMPICS LIABILITY RELEASE FORM

Waiver of Liability

In consideration of the acceptance of my application for the Palmer Colony Christmas Arctic Olympics, I hereby release the sponsor, the City of Palmer, the Greater Palmer Chamber of Commerce, and any person or sponsor connected with this competition, from all liability for any injury or damages whatsoever arising from my participation in the event.

All participating team members [or legal guardian] must sign below

Team Member 1 _____ Date _____

Team Member 2 _____ Date _____

Team Member 3 _____ Date _____

Team Member 4 _____ Date _____

HAVE FUN & GO FOR GOLD!