

Charlie Banks
Nordic Ski Coaches Association Relay

Wednesday February 10, 2016
Giants Ridge Ski and Golf Resort 1.800.688.SNOW

Coaches: Your school is invited to participate in the Minnesota State Nordic Ski Association's relay to be held on the afternoon preceding the State Nordic Ski Meet. We must limit the entry to this event to 40 teams of boys and 40 teams of girls.

General Meet Information

Participants: All "member" high schools in Minnesota are invited to send one team of four male skiers and one team of four female skiers. The relay skiers may not be skiing in the 2016 MSHSL State Nordic Ski Meet.

Format:

12:00PM Bib pick up/timing sheet and Coaches Meeting in the Timing Building
1:00PM Girls 4 x 3K Relay (2 legs Classic and 2 legs Freestyle)
2:00PM Boys 4 x 3K Relay (2 legs Classic and 2 legs Freestyle)
3:00PM Awards Team Awards 1-3 Individual awards 1-10 for each technique

4:00 pm Coaches Meeting for State Meet – North Face Room at Lodge
6:00PM Coaches Association Banquet - Mesabi East High School Aurora, MN

Entries:

Any school that chooses to participate must be a member of the Coaches Association (one head coach per school) The entry fee is \$75.00 for either a boys or girls team or \$150.00 for both. Checks are to be made out to: **Minnesota State High School Nordic Ski Coaches Association. Checks must be received the day of the event before bibs will be issued. Thanks!**

Registration via email to: [Emily Lanin pelanin@brainerd.net](mailto:pelanin@brainerd.net)

Use entry form provided by Emily.

Deadline Sunday midnight February 7th, 2015

Meet Manager : [Roland Ring-Jarvi rolandringjarvi@yahoo.com](mailto:rolandringjarvi@yahoo.com)

Cell 763-257-2304

We will need a Volunteer from each team before the event begins. Coaches, please bring along an extra person to help make the event go smoothly. Timing – you will be required to time your skiers use the timing sheet we provide – turn in immediately at finish.

Thank You!

T-SHIRTS WILL BE AVAILABLE TO PURCHASE FOR ATHLETES COST \$10.00