

MESABI EAST X-C INVITATIONAL
INFORMATIONAL SHEET
SATURDAY, JANUARY 5TH, 2019

**PLEASE READ ALL THE INFORMATION VERY CAREFULLY! DEADLINE 12/31/18!
NO EXCEPTIONS ON DEADLINE – TEAMS HAVE BEEN REFUSED – 1100 RACERS ONLY!**

- BIB PICK UP: Friday, January 4th 1:00 pm – 5:00 pm
Saturday, Jan. 5th 7:00 am – **9:00 am**
All bib packets must be picked up before Coaches Meeting
In the Chalet – Admissions – Ground floor entrance
- COACHES MEETING: **9:30 am in the Chalet – Burnt Onion Restaurant – 2nd floor**
- APPROX. START TIME: 11:00 5K Classic Varsity/Boys & Girls
12:00 5K Classic JV/Boys & Girls
1:30 5K Freestyle Varsity/Boys & Girls
2:30 5K Freestyle JV/Boys & Girls
MSHSL – STATE COURSE for both CLASSIC & FREESTYLE
- ENTRY FEE: **\$15.00 per skier** – make check payable to:
GIANTS RIDGE – **A Giants Ridge Waiver must be signed for each skier participating & turned in at Bib Pickup**
Absolutely all payments must be made on 01/05/19.
Any team not paid on race day will not be qualified to race –
NO EXCEPTIONS ALLOWED!
If the school check has not arrived, it will be the coach's responsibility to pay for the racers. **There will be no cash back for incorrect check amounts.**
- ENTRIES DUE: All entries are due December 31, 2018. All racers must be registered on-line at – www.runnercard.com.
NO EXCEPTIONS! NO ONE WILL BE ALLOWED TO REGISTER THE DAY OF THE RACES – scratches/name changes can be made on Friday from 1:00 pm – 5:00 pm and Saturday from 7:00 am – 9:00 am – Only! **ABSOLUTELY NO ADDITIONS CAN BE MADE.**
- E-MAIL REGISTRATION TO: Forms can be found on: www.runnercard.com
Contact person: Sam Graci – Superior Timing
Superior Timing will have start lists & other information – www.Superiortiming.com or e-mail info@superiortiming.com.
Payment will be due Fri/Sat at Giants Ridge – registration
- ENTRIES:
- | | |
|-----------------|------------------|
| 6 Varsity Boys | Total per school |
| 6 Varsity Girls | |
| 4 JV Boys | 10 Boys |
| 4 JV Girls | 10 Girls |
- NOTE: YOU MUST INDICATE WHICH TECHNIQUE EACH SKIER IS RACING ON THE TEAM ROSTER! PLEASE DO NOT FORGET!

- RESULTS: Results will be posted on www.superiortiming.com and www.skinnyski.com
- TRAIL PASSES: All skiers using the trails must wear Racer's Bibs or trail passes. All non-racing team members on the trail must have a trail pass. Passes can be purchased at the front desk in the Ski Chalet – group rate **\$15.00**. **Anyone training on Friday must purchase a trail pass.**
- SPECTATOR AREAS: There is good access to spectator areas around the Stadium and on the Laurentian Trail. However, trail passes are required of anyone on skis for access on any trail. **NO FOOT TRAFFIC ALLOWED ON THE RACE COURSE!** Access to the race course is limited to coaches and racers only. When each race starts only the athletes racing should be on the course – No Coaches or skiers warming up for the next race. There are plenty of trails to warm up on at Giants Ridge other than the race course.
- COMPETITION: Chief of Race: Benji Neff
Chief of Course: Todd Roswold
Jury: John Filander, Mark Boback, Benji Neff
Technical Director: John Filander
- WAXING: Waxing will be available (Fri/Sat) in the wax shed (By the x-c Timing Bldg. in Stadium). Saw horses are limited. Electric outlets are available. Golf Maint. Bldg also open for waxing. **"Golf Maint. Bldg closes at 8:30 pm"**.
- RESTROOMS: There are public restrooms in the Chalet, one each in the lower level of The Lodge, and portable restrooms in the Stadium Area and at waxing area.
- T-SHIRTS: Mesabi East Invite Shirts will be for sale in the Gift Shop located in the Chalet. Questions 800-688-7669, ext 8016.
- SPAGHETTI FEED: The Mesabi East Nordic Club is sponsoring a Spaghetti feed for the ski teams on Friday night. Informational form is attached to sign up for dinner. E-mail Deb @ pepsichallenge@giantsridge.com.
- INFORMATION: Contact Benji Neff @ 218-865-8032 or 1-800-688-7669, ext 8032. If you know of any coach/team that has not received this info, please have them call immediately. e-mail: benji.neff@giantsridge.com or pepsichallenge@giantsridge.com.
- AWARDS: The top three (3) skiers in each race (Varsity & Jr. Var. boy's & girl's) will receive a medal and skiers placing 4th – 10th will receive ribbons. The top three (3) teams (Varsity & Jr. Var. boy's & girl's) will receive individual medals. The top team – 1st place (Varsity – boy's & girl's) will receive a

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