

Charlie Banks Relays

Minnesota High School Nordic Ski Coaches Association

Wednesday February 13, 2019

Giants Ridge Ski and Golf Resort 1.800.688.SNOW

Coaches: Minnesota State Nordic Ski Coaches Association's relay is to be held on the afternoon preceding the MSHSL State Nordic Ski Meet.

General Meet Information:

Participants: SCHOOLS MAY ENTER ONE BOYS AND ONE GIRLS TEAM.

(Relay skiers cannot ski in the State Meet.)

Each school must have a member of the Coaches Association

(one head coach per school).

Schedule:

12:00 PM Bib pick up; entry changes; volunteer sign up in the Timing Building

12:30 PM Coaches Meeting in the Timing Building

1:00 PM Boys 4 x 3K (2 Classic then 2 Freestyle)

2:00 PM Girls 4 x 3K (2 Classic then 2 Freestyle)

3:15 PM Awards: Teams 1-5 (4 Skiers on the top 5 teams receive awards)

Entry fee: \$75 for ONE TEAM or \$150 for both Girls and Boys.

Make checks out to: MN State H.S. Nordic Ski Coaches Assoc.

Payment (check or cash) MUST be received BEFORE bibs will be issued. Thanks!

- **IF** - we have less than 40 teams per race, schools may enter additional teams.
- Schools may combine with another to fill out a four-skier team. (\$18.75/skier)
- No skier may ski more than one leg.
- **BIBS – NEED TO BE COLLECTED AFTER EACH RACE – PLEASE HELP!**
- Each school needs to supply one volunteer, Thank You!

Registration via email to: [Go to SkinnySki.com](http://SkinnySki.com) to get **REGISTRATION FORM** and **INFORMATION** at 'Coaches Assn Update'. **SEND ENTRIES TO Emily Lanin: pelanin@brainerd.net**. Deadline 9:00 AM, Monday February 11th.

Lanes will be assigned in the order entries are received. 12 LANES, ROWS A – D.

(If unable to use the Excel entry form, please send an email listing skiers in order, first & last name and grade - please no all caps or all lowercase, ie: John Doe 11 - and include coach's phone #, and email if different from person sending the entry.)

Note: The 2019 Charlie Banks Relays will be considered a Post Season Competition. The use of waxes containing Fluorocarbons will be permitted. LF, HF, Blocks and Liquids are ok. Powders are not permitted.

Meet Manager: Roland Ring-Jarvi rolandringjarvi@yahoo.com 763-257-2304

Charlie Banks Relay T-SHIRTS WILL BE AVAILABLE FOR PURCHASE @ \$10.00