

UNCONFERENCE CHAMPIONSHIPS

WHO—Any Nordic Ski Racing Team which doesn't have a conference championships

WHEN—Tuesday Jan 29, 2019

WHERE—Mora Vasaloppet Ski Center 400 N 9th St, Mora, MN 55051

Cost- \$10 per skier or \$150 per team, payable to Vasaloppet USA

Format: The format will be a Varsity Pursuit to help us better prepare for the Section meets. Each team may race up to **10 boys and 10 girls Varsity.**

Between the Pursuit races we will offer a JV Boys and JV Girls 5K Skate race.

Unlimited entries in the JV races.

Awards: Top 20% Varsity Boys and Girls will receive "All-Unconference" Honors, and a cookie.

Top 10 JV Boys and Girls Get a Cookie

Top boys and girls teams will be named Minnesota Unconference Champions!

Amenities: Team camps may be set up in the Garage, bathrooms available in the Nordic Center. There are 6 indoor wax stations available inside the nordic center as well as room for waxing outside.

Help at the starting line would be greatly appreciated especially for the pursuit race

SCHEDULE

10:30 COACHES MTG + Bib Pickup

11:00 VARSITY BOYS 5K CLASSIC—INTERVAL STARTS (1 every 15 seconds)

11:30 VARSITY GIRLS 5K CLASSIC--INTERVAL STARTS (1 every 15 seconds)

12:15 JV BOYS 5K SKATE-Mass or Wave Start, depending on #'s

1:00 JV GIRLS 5K SKATE- Mass or Wave Start, depending on #'s

1:45 VARSITY BOYS 5K FREESTYLE PURSUIT (START BASED ON CLASSIC FINISH)

2:30 VARSITY GIRLS 5K FREESTYLE PURSUIT (START BASED ON CLASSIC FINISH)

3:30 AWARDS

Coaches make sure you send your complete your varsity and JV skiers roster to plarsen@moraschools.org by **Friday Jan 25th**. Using the following top line of the spreadsheet.

Team	First Name	Last Name	Race (BV, GV, BJV, GJV)	Seed /Wave(1-10)
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Questions- Peter Larsen Cell 320-292-6114 or plarsen@moraschools.org