

# The Minneapolis Ski Club Presents

## 28<sup>th</sup> Holiday Relays

### December 20, 2008

### Troll Hollow

**For High School Teams.** As many as thirty-seven schools have entered over 200 teams in past years.

#### SCHEDULE

8:00 AM	Packet Pick-up
8:30	Coaches Meeting
9:30	Girls Classic 4x3km
10:45	Boys Classic 4x4km
12:00 Noon	Girls Skate 4x3km
1:00 PM	Boys Skate 4x4km
2:00	Awards

**Entry Fees: CHECKS PAYABLE TO "MINNEAPOLIS SKI CLUB" received prior to event**

\$45 for each "A" relay team or \$150 for all four "A" team races

\$40 for each "B" relay team.

**E-mail start list** (names/grades) to [mark.stange@uhc.com](mailto:mark.stange@uhc.com) via Official Entry Spreadsheet

#### RACE RULES

1. Skiers in each team must compete with bib colors in order:  
**Red (xx)**      **Green (1xx)**      **Yellow (2xx)**      **Blue (3xx)**
2. Exchanges must be completed within the zone.
3. No lane assignments. No tracks will be set for the start. Skiers must double pole until reaching the line at the end of the scramble zone.
4. "A" teams (one per school) will line up 5 meters ahead of all "B" teams at the start.
5. All skiers on an A relay team must be from the same school.
6. No skier may ski more than one relay leg throughout the day.
7. Each school must have a coach present.
8. For classic technique skis must remain parallel with the tracks unless changing lanes. Step turns are permitted on sharp turns. Herringbone steps (with no glide) are permitted to climb hills. Skiers are responsible to know and understand the rules of classic skiing.
9. A four-minute penalty will be assessed for skating in the set classic tracks before the end of the classic events, or for skiing at any time in the start/finish area unless actually starting or finishing.
10. Timing protests must be made in writing to race headquarters within 30 minutes after the posting of the results. Any coach witnessing an infraction of the classic technique, or deviation from the course, should report the incident in writing. A jury, selected at the coaches meeting, will be convened to hear any protest(s).
11. **Each school must supply a coach or parent volunteer** to assist with timing (two if more than three teams are entered in a given race.)

**Mail entry fees to: Holiday Relays, c/o Mark Stange, 655 Evergreen Circle, Shoreview MN 55126**

CHECKS PAYABLE TO "MINNEAPOLIS SKI CLUB"

**Mark Stange, John Strand and Kevin Brochman, Race Directors**

