

MESABI EAST X-C INVITATIONAL
INFORMATIONAL SHEET
SATURDAY, JANUARY 9TH, 2016

**PLEASE READ ALL THE INFORMATION VERY CAREFULLY! DEADLINE 12/31/15!
NO EXCEPTIONS ON DEADLINE – TEAMS HAVE BEEN REFUSED – 1300 RACERS ONLY!**

BIB PICK UP: Friday, January 8th 1:00 pm – 5:00 pm
Saturday, Jan. 9th 7:00 am – 8:30 am
In the Chalet at the Front Desk – Main Entrance

COACHES MEETING: 9:00 am in the **Chalet – Upper Gold Room**

APPROX. START TIME: 10:00 5K Classic Varsity/JV Boys
12:00 5K Classic Varsity/JV Girls
1:30 5K Freestyle Varsity/JV Boys
3:00 5K Freestyle Varsity/JV Girls
MSHSL – STATE COURSE for both CLASSIC & FREESTYLE

ENTRY FEE: **\$15.00 per skier** – make check payable to:
GIANTS RIDGE GOLF & SKI RESORT
Absolutely all payments must be made on 01/09/16.
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. Personal checks will
only be held for one week after the race, it will then become
the coach's responsibility to be reimbursed by the school.

ENTRIES DUE: All entries are due December 31, 2015. 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 – 8:30 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 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 **\$11.00**. **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: John Filander
Chief of Course: Todd Roswold
Jury: John Filander, Mark Boback, Tony Krulc

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.

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 Snow Shop located in the Chalet. Questions – call owner Chris Johnson 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 John Filander @ 218-865-8021 or 1-800-688-7669, ext 8021. If you know of any coach/team that has not received this info, please have them call immediately. e-mail: john.filander@state.mn.us 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 trophy.