

## The ABC's Invitational Relays

The ABC's Relays date is January 15, 2022 on the Mora Vasaloppet Trails at the Vasaloppet Center. Please indicate on the form below if your team(s) will be participating in the ABC's Invitational Relays on Saturday, Jan. 15.

\*Times: 9:00am coaches meeting  
10:00am boys relay start  
11:30am girls relay start  
1:30pm awards ceremony  
\*These times may change

Particulars: Teams will consist of four members, two classic and two freestyle skiers, (in that order). Schools may field an "A" team, a "B" team, and then as many other teams as needed. The objective is to have as many skiers as possible participate, but only the "A" and "B" teams count in results. Each skier will ski approximately a 3k leg. Coaches will need to keep ACCURATE splits for the legs because there will be individual awards for the top fifteen boys and top fifteen girls in each discipline. In addition to individual awards, there are four team awards for boys and four team awards for girls.

Site: Vasaloppet Center off of Hwy 65 in Mora

**Payment:** **Entry Fees for the race are \$100.00 for girls and \$100.00 for boys. Total of \$200.00 for a full team.** Please make payments to "Coon Rapids High School." T-shirts will also be on sale for \$10

Contact: Denny Green, CRHS Nordic Skiing. Email: [den\\_bob@yahoo.com](mailto:den_bob@yahoo.com)  
Phone: (763) 443-7745.

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**If you would like to participate in the ABC's Invitational Relays, please fill out and return form to:**

Denny Green, CR Nordic Skiing  
Coon Rapids High School  
2340 Northdale Blvd.  
Coon Rapids, MN 55433

\_\_\_\_\_ Bringing both boys and girls \$200.00

\_\_\_\_\_ Boys only \$100.00

\_\_\_\_\_ Girls only \$100.00

\_\_\_\_\_ Total

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School

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Coach or Athletic Director

**Please return this form ASAP, the first 20 will be accepted**

To Facilitate scoring and awards, please e-mail the name and discipline of each skier to **Charlie Rietschel** by **Thursday, January 13 @12:00 pm**  
**Email: [Charles.Rietschel@ahschools.us](mailto:Charles.Rietschel@ahschools.us)**