

The ABC's Invitational Relays

TO: Head Nordic Ski Coaches Scheduled for ABC's Relays
FROM: Denny Green, Head Coach, Coon Rapids High School

The ABC's Relays date is January 14, 2023 at 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. 14.

*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
Phone: (763) 443-7745.

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

School

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 12 @12:00 pm**
Email: Charles.Rietschel@ahschools.us