

SECTION 7 – NORDIC SKI MEET
WEDNESDAY, FEBRUARY 8TH, 2023
GIANTS RIDGE GOLF & SKI RESORT
Deb Maki's 218-865- 8072

2 pages

Order of Events:

- 9:00 am Volunteer meeting in timing bldg.
9:30 am Coaches meeting in timing bldg.

Schedule – is always weather permitting – if changes are made, you will be notified asap. SUBJECT TO CHANGE

10:00 am Girls Classic 5K Race racer 1 every 30 seconds

10:45 am Boys Classic 5K Race

12:00 pm Girls Team Sprint Qualification 1

12:20 pm Girls Team Sprint Qualification 2

12:40 pm Boys Team Sprint Qualification 1

1:00 pm Boys Team Sprint Qualification 2

1:30 pm Girls Team Sprint Finals

2:00 pm Boys Team Sprint Finals

2:45 pm Girls 5K Freestyle Pursuit Race

3:30 pm Boys 5K Freestyle Pursuit Race

4:00 pm All Coaches meet to approve results - if there are any issues
contact John Filander TD ASAP

4:30 pm Awards Ceremony – in front of Timing Bldg
Stadium Start/Finish Area
Dave Johnson of Marshall School will be MC

Please read carefully all information attached. All coaches are encouraged to visit the MSHSL's web site for any section/state info. Participating teams will be contacted by a member of the MSHSL staff "Ellen Rajkowski" with instructions surrounding photo specifications and where to send the photos.

Please fully complete the Nordic Entry Form - 48 hour section entry card. **Send by e-mail to Deb @ pepsichallenge@giantsridge.com.**

All entries should **clearly** state name, grade, school and gender.

Send your entries to:

Steve Deschene, 170 Linnell Road, Grand Marais, MN 55604

E-mail (preferred method): timing@boreal.org

or on-line at : www.stevestiming.org

Entries are due before **6:00 pm, Monday, February 6th, 2023.**

You may make changes until 8:30 am on race day. At 9:30 am race day, a start list will be given to all coaches.

There will be a race jury. Giants Ridge requires trail passes if you are skiing the day before - \$12.00 @ Chalet front ticketing counter – lower level of chalet. Non-participants skiing on race day are also required to have trail passes - \$12.00 @ Chalet front desk.

Important to have volunteers for me.

All participating schools are asked to bring 1 warmly dressed ADULT Volunteer to help with running the race (bib removal, relays, etc). They should meet with Deb Maki @ 9:00 am in the timing bldg. Let me know if you have someone for working outside.

Payment - All checks should be made to: Region 7A – payment must be made by 9:00 am – before the coaches meeting. If you have issues with your school on payment, please contact Chad Stoskopf – cstoskopf@esko.k12.mn.us.

Price - \$100.00 per boys' team, \$100.00 per girls' team or \$15.00 per indiv. Skier

BIB PICK UP/PAYMENT – will take place at the Timing Bldg – just see Deb Maki before the 9:30 am coaches meeting.

Results will be posted at www.stevestiming.org or www.skinnyski.com Meet Manager: Deb Maki, 218-865-8072, or **e-mail pepsichallenge@giantsridge.com**

Nordic Skiers will not be allowed on the chairlifts on race day. This is to eliminate Nordic skiers bombing the alpine slopes – not allowed at Giants Ridge. No fat tire bikes on race course. After race starts the course is closed.

John Filander will be watching the weather and we will try to get any weather delays, etc. out to you at least a couple days before it happens.

Thank you.

Deb Maki
Section 7