

2024 Section 8 Nordic Ski Meet

Dates of Event: Tuesday February 6th 2024

Location of Meet: Mt. Itasca Coleraine, MN

Schedule of events:

Coach's Meeting: 8:00am

Boys: Classic Interval Start 9:00am

Girls: Classic Interval Start 10:00am

Boys Sprint Relay Heat 1: 11:00am

Boys Sprint Relay Heat 2: 11:30am

Girls Sprint Relay Heat 1: 12:00pm

Girls Sprint Relay Heat 2: 12:30pm

Break 1:00-1:30

Boys Sprint Relay Finals 1:30pm

Girls Sprint Relay Finals 2:00pm

Boys: Freestyle Pursuit 3:00pm

Girls: Freestyle Pursuit 4:00pm

Awards Ceremony: Approximately 5:00pm

Starting Procedure for Interval and Pursuit Races:

The Classic Race will be an Interval Start with one skier departing every 15 seconds out of 2 start lanes. Odd numbers starting in the Left Lane and Even Numbers starting in the Right Lane.

Order of departure for the interval start race has been determined by a list randomizer for each of the starting positions. Any unused starting spots will be removed prior to the race day.

The Freestyle Race will be a Pursuit Start with 3 starting lanes. Each skier is responsible to know their departure time and start their race at the correct time. Gatekeepers will be at the starting line to ensure a skier does not leave early. Each starting lane will have a poster listing bib numbers and departure times. There will be a large display clock with the running race time.

Coaches will not be allowed at the starting line for any races and are not allowed to countdown the start for their skiers. All Skiers are responsible for their own time start.

Each racer will be issued a cloth race bib for their race. The bibs will be collected sorted and reissued between the races. Each skier will be issued an ankle timing chip. All chips must be returned at the end of the second race. If chips are not returned, the responsible school will be assessed a fee of \$75.00 per chip not returned.

Starting Procedure for Classic Sprint Relays:

The Sprint Relays for 2024 will be Classic.

The Relay heats will be based upon the previous section race team results.

Preliminary Heat One will be Teams 1, 3, 5, 7, 9, 11

Preliminary Heat Two will be Teams 2, 4, 6, 8, 10, 12

Advancement from the Preliminaries to the Sprint Finals will be the winning team from Heat One and the winning team from Heat Two. After the top teams have been taken out the next fastest 4 times will advance regardless of heat.

Starting procedure: Call skiers to the line. Skier feet and poles both must be even with the start line. Call "Skiers Set" Start command or signal.

False Sets: Skiers will be called back and a warning will be given. Second false start will result in a time penalty being added to the team time.

Skier exchange: Exchange zone will be defined and marked. Only racers will be allowed in this area. Absolutely No Coaches or Spectators in the exchange zone.

Exchange must be hand to a body part within the exchange zone.

If there is a tie in time out of the relay heats both teams will advance to the finals.

If there is a tie in times and those teams do not advance to the finals the procedure will be add all points together and divide by 2 and assign equal team points.

Tracking Rules:

Tracking rules will be in effect in the Classic Interval Start race. The tracking rule will not be in effect in the Freestyle Technique Pursuit and Sprint races. Tracking will not be allowed once skiers enter the finish zone. For further clarification please see the FIS rule book.

Start and Finish Controlled Access.

The Finish line area will be closed to all unnecessary traffic and especially to those other racers that are not currently on the course. The chip time equipment is sensitive and we do not need any missed or errant chips reads. The race officials will be controlling the area and not allowing spectator and unnecessary coach or athlete traffic in areas that will interfere with timing or racers.

Race Entry and Substitutions:

The official team shall consist of a maximum of 7 skiers and 2 alternates. 5 skiers will ski the pursuit race and a sprint relay team consisting of 2 skiers. Each skier must be listed with their grade and the order of departure for the pursuit race.

For the pursuit race a skier must have skied the interval start race to be able to ski in the pursuit race. The use of substitutions can only occur prior to the start of the interval race. Substitutions can take place for the relay team prior to the start of the relay preliminary heats.

The Section Entry Cards must be submitted before **10:00pm Friday February 2nd**.
Completed entry cards must be emailed to:

Use this link to register: <https://forms.office.com/r/egxX1ZhSUs>

Dan Josephson dan.josephson@yahoo.com

Timing, Scoring, and Tie-breaking procedures:

All timing will be to the tenth of a second using chip timing. Pursuit race places will be determined by the order in which the skier crosses the finish line. A skier must complete both races to receive team points. A skier must complete the first race in order to compete in the pursuit race. The first place skier in the pursuit race will be assigned 80 team points and each subsequent finisher will be assigned one less point than the finisher ahead of them. The tie breaking procedure to determine the advancement to the state meet by an individual will be by a coin flip.

In team scoring, the first place Team Relay Squad in the relay event will score the full value of the relay scoring base. Each successive Team Relay Squad will receive 3 points less than the preceding Team Relay Squad. (Scoring base of 80+79=159, 1st Place is 159 points, 2nd Place is 156 points, 3rd Place is 153 points.....)

TIE BREAKER FOR TEAM SCORING

1. Combine the times of the fastest three finishers in the pursuit event. The team with the fastest combined time shall prevail.
2. If a tie still remains, go to the tied teams' relay squad. The team with the best placing relay squad shall prevail.
3. If a tie still remains, go to the tied teams' fourth place finisher in the pursuit event. The team with the best fourth place skier shall prevail.

Uniforms and Equipment: Coaches are responsible for ensuring their athletes are in the proper legal clothing and using legal equipment. **All clothing and race attire must be team issued or neutral for all warm-up, races, and award ceremonies.** Classic Pole Length must not exceed 83% of skier's height in ski boots on flat surface from the tip of the pole to the highest attachment of the strap as it enters the grip.

Additional Rules: See the FIS rules, MSHSL Rules and Policies, MSHSL Nordic Ski Racing Rules Modifications, and MSHSL By-Laws

Jury: Fergus Falls, Moorhead, Alexandria. **Alternates:** Brainerd, Wadena, Bemidji

Race Course:

The race course will be multiple laps on a single race course roughly 1.6km in length. Distances will be roughly 5km in length for the distance races and we will try the best we can to make adjustments to get to the 1.1 to 1.4km length but we have what we have this year and will need to make due with the course.

MSHSL State Tournament Program Team Photo Deadline.

If your team is in contention to move on to the State Meet a team photo must be submitted to the MSHSL. Your team photo will not be included in the state meet program if your team qualifies for the state meet and you missed the deadline.

Spectators:

Spectators are welcome to attend the races. Spectators are not allowed to ski on the course during the race. Once the race has started, until the completion of the race, spectators are asked to remove their skis while they watch the race. Spectators are not allowed to walk on the groomed ski trails.

Please do not plan on bringing your entire non-skiing and or sub varsity team with you to this race. We will have enough traffic in the area and do not need extra distraction or possible interference on the course.

Facilities:

Teams are requested to use buses as places to stay warm and or setup team camps in locations that do not interfere with race activities or logistics. Indoor space is extremely limited. Make sure to let parents know what to expect.

Coaches, athletes, and spectators are asked to bring their own food.

Questions or more information:

Dan Josephson: dan.josephson@yahoo.com (218) 841-4196 cell phone