

Minutes for OISRA Nordic Division Steering Committee 2017 Spring Meeting
Eric Martin's house
1821 NW Glassow
Bend, Oregon
April 29, 2017

Meeting called to order at 10:06 a.m.

Present:

Kelly Crowther, Northern League Rep
Eric Martin, Nordic Division Director
Pete Reinhardt, Nordic Division Assistant Director
Laurie Martin, Southern League Rep
Gene Hyde, Nordic Division Commissioner
Jinny Martin, Nordic Division Secretary

1. PRELIMINIARIES

1.1 Minutes from Fall Meeting (Sept. 25, 2016)

MOTION: Laurie moves to approve Fall Meeting minutes. Kelly Crowther seconded the motion.

VOTE: Unanimous approval.

1.2 Treasurer's Report

MOTION: Gene Hyde moves to approve Treasurer's Report. Laurie Martin seconded the motion.

VOTE: Unanimous approval.

Discussion:

- Do not have information about how the expenses for toilets for Northern League were paid for 2016 or 2017. Assume that XC Oregon may have covered these costs and Northern League Rep will check at Northern League meeting to clarify how these expenses were handled.
- Point S (Tire Factory) contributions were less because of money being used for one-time cost of financing new website.
- Oregon Nordic Club (ONC) will not be contributing to state meet awards – have shifted their support to providing participation scholarships
- Some Nordic Division late registration fees are yet to be received from OISRA.
- Coaches' training costs for 2016-17 are yet to be deducted from Nordic Division funds

1.3 2017-18 Budget

MOTION: Laurie Martin moves to accept proposed budget for 2017-18. Kelly Crowther seconded the motion.

VOTE: Unanimous approval.

Discussion:

- Cost of trophies has increased – and no extra trophies were purchased
- Allow a little more expenditure for state meet trail fees because of a possible increase in Mt. Bachelor trail fees next season
- Include cost of drinks for awards banquet

- All participation fees and Point S (Tire Factory) monies will remain in Nordic Division account for the 2017-18 season. The distribution of these funds will be decided each season by the steering committee at their Spring meeting. If the balance in the Nordic Division account builds up, then will distribute some of this income by distributing participation fees and/or Point S donations the following season to the leagues.
- Keep Nordic Division participation fees at \$10 per skier.
- Work on getting more smaller donations for state meet, but did not include these types of donations in the 2017-18 budget.

2. OLD BUSINESS

2.1 Sponsorship Report by JD Downing (See Appendix 1)

- Appreciation for JD's work on getting sponsorships
- Appreciation for the generous contributions from XC Oregon and ONSF
- Expectations that Pine Ridge Inn and Arbor Builders will contribute again next season
- Acknowledgement that Mazama Designs and Wholesum Media contributions may not be repeated as state meet donations next season
- Question about the "General NL race support from ONSF" – and Gene and Kelly will ask questions at the Northern League meeting for their own clarification about these funds

2.2 Feedback from 2017 State Meet (See Appendix II)

Reviewed Feedback from 2017 State Meet and unanimously agreed on following suggestions:

- Post results (unofficial and official) in two places on the website
- Prepare printed packets for coaches as well as the information posted on website
- Change end of protest periods to be Saturday morning for Friday's race and ½ hour before awards ceremony for Saturday's race
- Look for a larger room for banquet if can get a good location
- Continue to use Tate & Tate for catering, but vary the menu choices
- Check on another T-Shirt vendor – "Hot Tees" prints on site – possibility to have this option available at the awards banquet
- Work out a way to sign up volunteers that is less confusing for volunteers from different leagues
- Use two clocks (NL and SL clocks) for time of day so there is a clock closer to the team tent area
- Person who lined up skiers at start made a HUGE contribution to how well the state meet starts ran so smoothly this season.
- Person on PA did an excellent job and want to set a priority on finding someone to do this job
- Having two State Meet coordinators (one for race and one for banquet) worked well
- Think about having a "Sponsorship Table" at the banquet. People who are attending the banquet can see how sponsorship money goes directly to supporting skiers, and they can see the benefits of the program. May be willing to make a commitment for sponsorship for next season.
- At a minimum, need the following help for banquet: two people checking in; one person to monitor food; one person to be in charge of "decorations" team; one person to set up computer (projector). Estimated 330 – 375 people at banquet.
- Last skier on relay team goes through finish even if less than 3 skiers on the team.

- Provide finish times for JV relay teams ONLY IF it does not need the computer and is easy to do.

2.3 Decision about seeding for interval start joint races and state meet for 2018 races.
 Unanimous agreement to keep same seeding procedures for next season: 10 seeds for coaches to seed racers for XC Oregon Invitational; State Meet seeds based on previous performances and decided by Chief of Calculations.

2.4 Live streaming of events through NFHS
 Discussion: Would be a nice “extra” if can find a volunteer to take on the project. Check with Matt Fox at Bend High School.

3. **NEW BUSINESS**

3.1 OISRA Participation Fees
 Unanimous decision to be willing to accept a \$5 increase in OISRA Participation Fees for Nordic skiers, to accommodate increase in insurance costs during the past 2 years. Steering Committee gave Eric and Laurie permission to share this information with the OISRA Board when the Board sets OISRA Participation Fees for 2017-18. [Jinny will research the actual insurance cost increase between 2015-16 and 2016-17 to reply to Gene’s question about this increased cost.]

NOTE: Alpine Division skiers will be paying \$15 more than Nordic Division skiers for OISRA Participation Fees, because some of the insurance increase in 2017-18 is based on an increase in the cost of liability insurance that was caused by Alpine claims.

3.2 Race Scheduling for 2018

- Will wait until summer (after PNSA schedule is known) to set definite date for the XC Oregon Invitational
- Want JD to be present at the event, so both leagues are willing to have the XC Oregon Invitational on Feb. 3rd, if that turns out to be the best date for JD to be there.

3.3 Location for 2018 state meet
 Unanimous decision, by all coaches present, to have 2017-18 state meet at Mt. Bachelor. League Reps will ask other coaches from their leagues if they agree.

3.4 Paintball Biathlon Rules
 MOTION: Gene Hyde moves to accept the Paintball Biathlon Rules as written in Appendix III
 Kelly Crowther seconded the motion.
 VOTE: Unanimous approval.

3.5 Proposal to purchase toilets
 In response to a proposal to purchase toilets as a way to save money, the Steering Committee unanimously decided not to purchase toilets at this time.

Discussion:

- Would be difficult to find a volunteer to do the work of transporting and storing units
- would rather pay for this service than to ask a volunteer to do it
- Appreciate the cost-savings of this proposal– and would be willing to rent toilets from MBSEF for Mt. Bachelor events if MBSEF chose to purchase toilets.

3.6 \$400 Trail Pass Grants

Discussion:

- Unanimous agreement that the grants were VERY MUCH appreciated
- Coaches needed a reminder to send in report AT THE END OF THE SEASON of how they used the money – some thought that by indicating the way they INTENDED to use the money (at the beginning of the season), they had provided the necessary information.
- League reps will ask all coaches to send in the end of season reports of how the money was actually spent – even if these reports come in late, are hoping the information will still create a paper trail of how the money was used.
- Unanimous agreement that the money was used for trail fees – and that this is a “best use” for this type of grant money.

3.7 Modify Nordic Policies for Guests at State Meet

MOTION: Laurie Martin moves to modify the Nordic Policies for “Guests” so that the first wave of a mass start race at the State Meet will include more skiers (more than 30) if a Guest qualifies to be in the first wave. [Purpose of rule is that a Guest racer does not displace any other skier who qualifies to be in the first wave.] Pete Reinhardt seconded the motion.

VOTE: Unanimous approval.

Meeting adjourned at 1:33 p.m.

Respectfully submitted by
Jinny Martin
OISRA Nordic Division Secretary

Appendix I

Sponsorship Donations – 2016-17 (created April 26, 2017)

Southern League races	SPONSOR	AMOUNT
Jamboree	Central Oregon Nordic Club	All expenses, Ribbons, candy bars, toilets, food paid by CONC
Willamette Pass	LaPine Dental	\$400
Hoodoo	Pine Ridge Inn	\$300
Mt. Shasta	Tognar Toolworks	\$300
Mt. Bachelor	Oxford Inns	\$300
	TOTAL	\$1300 <ul style="list-style-type: none"> • direct payment for all Jamboree expenses • Toilets for Mt. Bachelor event (\$109) paid by XC Oregon

Northern League races	SPONSOR	AMOUNT
December 10 th race at Mt. Bachelor	Arbor Builders	\$300
Hoodoo	SportHill	\$300
	TOTAL	\$600 <ul style="list-style-type: none"> • General NL race support from ONSF valued at \$1,000

Joint Race	SPONSOR	AMOUNT
XC Oregon Invitational	XC Oregon	JD Downing, from XC Oregon, coordinated the payments for ALL expenses for this event: trail passes, toilets, and awards were paid by XC Oregon.

State Meet	SPONSORS	AMOUNT
	Central Oregon Radiology	\$3,500
	Oregon Nordic Ski Foundation	\$2,000
	Point S (Tire Factory)	\$1,596
	Mazama Designs	\$300
	Wholesum Media	\$400
	TOTAL	\$7,796 <ul style="list-style-type: none"> • Toilets (\$500) paid by XC Oregon

Sponsorship Report

OISRA Nordic 16/17 season

prepared by J.D. Downing, XC Oregon & Summit HS assistant

Summary

The 16/17 season again went exceptionally well with sufficient sponsorship support for both Northern and Southern League races and the State Meet.

Based on budget reports, sponsorship contributions met essential costs for league events. The State Meet ran in the red due in part to Tire S sponsorship funds diverted to costs for the new OISRA website.

Naming rights for each State Meet race once again provided premier sponsors with added value for their exceptional support of HS racing. It is strongly recommended this system continue in the future.

Areas That Improved

- a. PA announcements and wind feathers at State Meet for ONSF and CORA both provided enhanced sponsor recognition.
- b. State Meet visual recognition for major sponsors at banquet was better for sponsors.

Areas Needing Improvement

- a. Assignment to parent volunteer for State Meet banquet A/V tasks was 11th hour. With more lead time, production quality can be improved along with display of event photos or video.
- b. Pre-season education of all race organizers of which sponsor is actually sponsoring any given HS event and the exact amount of funding available.
- c. Visual branding displays for sponsors at all races. This adds color to the events, but also serves as a critical bridge to future sponsors. New sponsors or friends/family that see visual branding will make the connection that "hey, our Company X could be a sponsor of one of these races".
- d. More defined sponsorship opportunities on a low cost or commitment level (\$100-200) as well as for sponsorship opportunities (all \$ levels) for specific future projects or programs. For example, sponsors for new race course marking materials or fencing.
- e. Analysis of areas for cost savings at State Meet. Costs will typically go up, but sponsorship may not always keep pace. Are there areas to trim costs as necessary?

Proposed Plan for 2017/18

- a. XC Oregon is fully committed to the XC Oregon Invitational with funds already budgeted which again guarantees all costs for the joint race.

- b. J.D. will meet with Tim Gibbons from ONSF to secure similar support from ONSF as per past two years (\$3,500 total support --> \$2000 direct to State Meet and \$1500 via trade-out with XC Oregon for Northern League events and a supplement \$500 provided to the State Meet budget to cover cost of rental toilets -- OISRA was never sent a bill).

- c. Continued CORA support seems highly likely for the State Meet. Tire S commitment continues.

- d. SportHill and Arbor Builders are likely to continue as Northern League sponsors.

State Meet Feedback 2017

From Jinny Martin:

2017 State Meet Report by Jinny Martin

Race Secretary, Calculator Assistant, Eligibility SL, Start Orders,
Media Contact

SL Eligibility: Two students filed hardship applications and both were accepted.

Media Contact: The Bulletin provided a photographer and journalist for Friday's event. They could not cover Saturday's event, so Sarah Swaney arranged to have a person take a photo of the winning Boys and Girls team (Summit) and submit it to The Bulletin. It was posted online with The Bulletin's Sunday article about the event. I sent in the results for both days. The Bulletin mentioned some of the combined results in their Sunday's article – but did not post full set of top 10 combined individuals. Saturday's article in The Bulletin included several excellent photos online. Also sent results both days to Mail Tribune (Ashland) and Redmond Spokesman. **Tried unsuccessfully to figure out how to post results in The Oregonian. Got no replies back.** Perhaps someone dedicated to just this one task could spend more time figuring out how to access The Oregonian's Prep Sports person.

Start Orders: Start orders for the Freestyle mass start race were created using the XC Oregon Invitational results and adding any skiers who had missed that race, based on their percent back in other freestyle league races. Start Orders for the Classic race were created using the racers' most favorable percent back results in league classic races. Made adjustments for SL % back numbers so they could be fairly compared to NL % back numbers (added 25% to SL % back numbers for the GIRLS – added 10% to SL %back numbers for BOYS).

Deadline for coaches to enter data in the Google Sheets was Monday evening. Start Order DRAFTS were posted on the website on **Tuesday evening** for coaches to review prior to the final Start Orders being posted **and made available to bib sorters on Wednesday morning.** Got feedback from two coaches for corrections – and those corrections were made on **Tuesday evening** for the final Start Orders.

We had to add skiers on Friday and Saturday's start orders on race day. **The problematic consequence for Gemma Munck, who was added for BOTH days, was that the computer program looked at her as being a "new" skier for each day** – and did not add together her elapsed times for both days. She placed 4th for combined results, but was not recognized at the awards ceremony. I sent her a 4th place ribbon on Monday. We always print a second set of ribbons – so we had the extra printed ribbon on hand. It is cheaper and more efficient to print the extra full set of ribbons (4th – 10th place) when the order is first placed than to order an extra ribbon after the event.

Calculations

Added skiers to start orders on race day for both days. There was a 4 minute gap

between the end of the girls and the beginning of the boys for the interval starts – and this was a good place to add them. And we also added a skier at the end of the mass start. The people at the registration table DID NOT change out bib #'s that had already been assigned. VERY GOOD DECISIONS at the registration table.

Decision to shut down timers on Friday at 3:30 and on Saturday at 12:30 were good decisions. Actually, there were no more racers on the course on Friday at about 3:20. We waited until about 3:30 for the snowmobile for the sweep – would have been better to have sent out a skier for the sweep. We miscalculated how many skiers went out – and were not shutting down the timers as early as we could have. On Saturday, all skiers were in by 12:25 – so we shut down the timers at 12:25 instead of 12:30.

It was a good plan to shut down timers at 12:30 – and not to time the JV relay through the computer. Gave us time to get results ready for the awards. Went to the lodge to do calculations. We were packing up at the lodge at around 2:30. Took time to pack up computer and lug it and the printer to the lodge and time to pack up again after we were through at the lodge, so have to allow about 2 hours for compiling and printing the summary sheet of results for awards ceremony. Printed a dozen of these summary sheets to distribute at the banquet. **May be a good idea to print each report we used to get the results for the AWARDS PAGE.** Would make it easier to troubleshoot and/or make any changes if needed at the banquet location.

Should have taken the computer and printer into the awards location in case of any protests for timing prior to 3:00. Then we could have handled anything before the awards ceremony started at 3:45. This was good timing for calculations to have that space of time after we got to the awards location in case any changes needed to be made. **Need to encourage coaches to look at summary sheets for errors as soon as they get them at the awards location – perhaps ask David Smullin to make an extra effort to make this check, since he has a good feel for what the results should look like.**

Printed Materials: For the coaches and technical delegate, I printed copies of course maps, timelines, detailed schedules, start orders, and medical plan for both days. In addition, on Saturday, I added relay bib name assignment forms for coaches. **Had several requests for the stadium maps.** The stadium maps were accessible on the OISRA website: State Meet section – but people wanted a print out of the stadium maps. I told the coaches that all the information in their packet was available on the website, but most coaches told me they appreciated having the printed copies

Contact information for race officials and volunteers on the website

I used this section of the website MANY times in the days leading up to the state meet. Was nice to have this information all in one spot. I helped keep information filled in whenever I got notification that someone had taken on a specific job.

SUGGESTIONS for improvements: As highlighted above:

- 1) Have someone spend more time trying to get media contacts in the Portland area.
- 2) Continue to explain to coaches that it is easier to delete a name than to add a name – and ask Bend High to be more diligent with looking over the Start Orders that are put online for review prior to the final Start Orders being created.
- 3) Print copies of the reports used to create the AWARDS PAGE.
- 4) Make copies of Stadium maps

- 5) Encourage coaches to look carefully at awards summary sheets as soon as they get them at the awards location – we can still make changes prior to the awards being given out.

Additionally,

- c. Protest Period: Use ONLY the online posting for the results. The protest period for Friday’s race could be Saturday morning. Talking to coaches, I got the feeling they have so much on their plate it is hard to find time to look at the results, even when they are posted online. On Saturday, protest time for Saturday’s race could be 3:00 AT THE BANQUET LOCATION. That still allows time to make corrections for any of the top skiers prior to the awards ceremony.
- d. JV skiers wanted finish times – do not need to calculate the elapsed times – just write down the finish time along with writing the bib numbers at the finish. There were enough people there to do this, but we had not planned on doing it. Would be easy and kids would like it.
- e. Explain “GUEST” category to people who will be handing out awards. They are usually confused about this category and don’t know what to say when giving out the award. I am too tired to explain all the details at the time of the awards ceremony – so we muddle through.
- f. Was a mistake to post the UNOFFICIAL results in “Nordic Announcements.” People automatically went to the STATE RACE page, using the big button on the homepage – and I did not pick up on this. Next year will post UNOFFICIAL results in the results bucket on STATE RACE page. It’s an extra step for me when posting, but it works better for those looking for the results.

From Suzanne Wolfenden:

I was in the start crew. Everything was great but we need to let all teams know that they can go anytime after 3. The count down person could be changed after the girls go to keep them on focus & not use up all their voice. All though there was maybe 2 little mistakes. Or provide w/ a little drink. Best state meet yet. Suzanne

From David Smullin:

As far as I can remember everything went fine with the races the only things I can think of are

- f. Gemma starting in last wave, but I think that is really her and Libby's fault
- g. Gemma not getting calculated into overall
- h. Need to be sure there are enough cups at the banquet and “real” sized cups at the feed table.
- i. There is always an issue with certain people not knowing how to speak into a microphone and can’t be understood- not sure what to do about that.... but it sure makes sitting and listening frustrating.

From Melissa Allen:

Thank you for sending this out. I do have a little feedback for next year.

When the leagues combine, I propose that one league runs the entire race and gets all volunteers needed. Particularly, for the state race, having some positions on sign up genius and others I was recruiting for created some confusion. I had many emails from parent volunteers confused where to sign up on sign up genius. Moving forward, I would say, have on only one person in charge.

I also think for the state race relays, only have a varsity group. This will not only run the race quicker, but it will also keep some kids from being left out of racing trios.

Thank you for all of your hard work this year. Your team did amazing.

From Kelly Crowther:

My thoughts on mostly the banquet:

- It didn't look like there was enough seating for everyone. Different location for next year? We ended up getting more people this year than we projected.
- Different caterer next year? They did a great job this year but it might be good to change it up for variety
- Better slide for displaying sponsor logos
- T-Shirt Vendor - t-shirts didn't have a great design. Hot Tees may be willing to have an onsite press to run shirts and OISRA could make some money off of t-shirt sales or we could pre-order from them. They have better designs
- There were multiple people coordinating State volunteers. Having a centralized person to handle that would be best. Coordinators from the northern and southern leagues were both doing separate things. Get the online signup form out earlier or at least let coaches and coordinators know it's in the works
- Needed drinks. Someone can pick something up at Costco or make an order from BigFoot beverage
- Awards: do we need biathlon and Nordic combined awards? Are there many participants in those competitions?

I thought the race went well. A little more flat in the classic course would have been good but that's all.

Let me know if you want any other specific details,

From Reider Peterson:

Jenny Martin and I talked a bit at the banquet and concluded that it would make more sense to have the jury meeting for the first day's races on Sat. morning if needed. She (or whomever) can get the results online and the coaches can look at them and have more time to file a protest. With the relays right after the individual races, there really isn't much time for the coaches to look at the results and get the kids ready for the relay. Maybe Jenny has mentioned this to you already. Anyway, from the TD's perspective, I think that would work

just fine. And we could even have the (2nd) jury meeting at the banquet on Sat., if one is needed. Again this would give the coaches more time to look over the results.

I thought the state meet went very well. Good job!!!!

From Jessica Smith-Blockley:

Apologies for the delay. I think overall everything went great! In particular things I think should repeat/continue next year:

Start times on Friday and Saturday races

Banquet start time/end time

Most improved awards

Organization of start lanes for wave starts including coordination with bib #s

Things to consider for next year:

Race courses more similar in length and difficulty to regular season qualifying races

Configuration of stadium so skiers don't have to go so far out/around to get to the start line

Thanks again for all your work on this!

From Bill Martin:

OISRA Report for State Meet. February

By Bill Martin as set up crew and starter for the mass start and the relay.

Information for the stadium set up:

FRIDAY

Free style, about 5.8 K. Mass Wave Start at 2:00 PM.

JD laid out the fence lines for the stadium. His priority was to have the West and South edges fenced about 8 feet off of the snow bank to allow for spectators. The finish was by the timing shed at the SE corner of the field. Next we laid out the finish line with 3 lanes at 3 meters and the finish corridors were about 60 M long. The TD approved this lay out.

There were 95 women and 95 men. Women were first. The grid was laid out with 10 columns at 1.5 M width; I had each row 3 M apart for 13 rows. The first wave had 32 skiers, second 30 and the last 52 places. We started 2:00PM and each wave was about 1 minute apart. The one minute was adequate for the stadium area. The first wave had one skier fall in the convergence area and 3 skiers fell in the 3rd wave. The skiers were assigned bib numbers where the fastest had number bib 1 and the slowest with the highest number. This was mostly based on the Joint XC Oregon Invite race.

The boys start left at 3: PM. None of the boys fell at the start. The waves were controlled by a string place between the 3 waves and controlled by two volunteers. There were no false starts.

SATURDAY

CLASSIC about 5 K. Individual start at 9:00 AM

Start gate with wand, was set up on the NE corner of the stadium across the stadium from the timing tent near the MBSEF timing building. The que for the start went along the North edge of the stadium for about 30 m and then folded back on itself for another 30 m near the finish lanes.

The finish was set up at the South East corner with 3 lanes at 3 m. to accommodate the skaters in the Relay even though the classic skiers needed only 1.3 m lanes. The race entrance to the stadium was in a straight line from the Soccer field (north) and went with a right turn and then left around the west end of the stadium and then along the south edge of along the stadium to the finish about 80m.

RELAY

Start 8 Lanes on 1.5 m Classic leg first. There was one lane for each boys' team and one girl was in the second row for the girl's team. There was enough room for the starting racers to accommodate the exit from the stadium.

Tag Zone was about 20 m long set up in the NE corner of the stadium. The third leg went through a separate finish, same finish as the morning.

These start and finish dimensions were adequate for the state meet.

From JD Downing:

e. I thought the event overall went really well.

f. I am going to continue to work with Sue Foster this spring and in the fall on my early concept to improve the courses to get ideally "permanent" designs.

g. I do have a few stadium and team area changes to present next year that would improve things. As the stadium continues to evolve that will also open up new opportunities.

h. Banquet went really well. I do think we still need to keep working on cut down on the time demands of the awards.

From Gene Hyde:

This was my first time as the state meet coordinator. I learned a lot. Thanks to Jinny and Bill Martin for guiding me through the process and to Kelly Crowther for serving as co-coordinator and taking on the banquet.

My understanding is that in past years one person has taken on the entire state meet coordinator role. I thought it worked well to split the role between banquet and race this year.

As usual, thanks to parents and others, we ended up with a good crew of volunteers. I think there is some opportunity for improvement in signing up and volunteers. We used a Signup Genius for many positions. I thought this worked well for positions such as course monitor that have limited skill/experience/knowledge/equipment requirements. It didn't work so well for positions with more skill/experience/knowledge/equipment requirements or for positions such as the timing crew that are usually filled as a team or by a lead volunteer. I'm not sure how to do this differently but I thought I'd point it out as an opportunity for improvement.

Guest racers: I fully support including guest racers at the state meeting but I think we should have a discussion about their seed/wave for the mass start race. Should they be in wave 1? My concern is that they displace a non-guest skier from wave 1. Maybe they could be added to wave 1 but not displace, making wave 1 slightly larger.

Fundamental Rule: The organization of the Paintball Biathlon competitions are the same as for other cross country competitions with the following exceptions:

- 1) The Paintball Biathlon will NOT be a state meet qualifying event for the OISRA Nordic Championships. [The accuracy of the markers vary on too many uncontrollable parameters; i.e., smoothness and length of barrel, gas cartridge pressure.]
- 2) No jury will make decisions about the Paintball Biathlon event– all decisions will be made ONLY by the Technical Delegate, and there will be no right to appeal.
- 3) The following recommended seeding, method of start, and course distances for the Paintball Biathlon are ONLY GUIDELINES – they are not established as Race Rules, and they can be changed to suit the race organizers’ objectives:
 - a. Racers seeded by gender, from fastest to slowest
 - b. Individual 30-second interval starts
 - c. Course distance is less than 1 Km.
- 4) Shooting Range Rules:
 - a. Safety rules will be reviewed prior to the racers handling the Paintball Markers
 - b. A safety marshal will be present at the shooting range.
 - c. The distance from which the target is shot can vary from 30 – 45 feet.
 - d. The diameters of the targets are approximately 8 inches.
 - e. The shooter can use any position they choose (standing, prone, or kneeling)
 - f. The racer gains a 10-second deduction in elapsed time for each target they hit. [There are 5 targets (or 5 hits per one target) for each halt at the shooting range.]
 - g. SUGGESTION that can be changed by race organizers: The racer halts at the shooting range 3 times (and skis 2 laps).
 - h. The responsibility for tallying the total number of targets hit will be assumed by “target helpers” at each shooting station.
 - i. The racer uses the shooting lane assigned to them by the Chief of Range.
- 5) Additional Race Officials and Race Helpers for Paintball Biathlon
 - a. Shooting Range Safety Marshal
 - b. Shooting Range Chief of Range
 - c. Target Helpers: record the number of hits for each racer’s halt at the shooting range
 - d. Target Cleaners (must wear safety eye protection and heavy clothing)
 - e. Shooter Helpers (handle the paintball markers – keep markers full of paintballs, check gas pressure, clean markers when clogged)
 - f. “Wait Time” Recorder
 - g. A person who enters into the results calculations the number of hits that are recorded by “Target Helpers.”
- 6) OPTIONAL scoring system: Use a penalty lap for each missed hit.
 - a. Change the role of Target Helpers to become that they monitor the number of penalty laps each racer skis.