

Minutes for 2018 Southern League Spring Meeting  
Sunday, June 17, 2018  
Eric and Laurie Martin's Home  
1821 NW Glassow  
Bend, Oregon

**Present:**

Laurie Martin – Southern League Rep  
Eric Martin – Mt. View coach  
Pete Reinhardt – Ashland coach  
David Munson – Race organizer and support  
Bill Martin – Asst. Mt. View coach and 2018 State Meet Coordinator  
Debbie Reinhardt – Guest  
Jinny Martin – Secretary

**Absent:**

Charlie Wilshire – South Eugene Coach  
A quorum was present.

Meeting was called to order at 9:50 a.m.

**I. PRELIMINARIES**

Approve Minutes

MOTION: Eric moves to approve the minutes from the Fall Meeting (Nov. 12, 2017). Pete seconds the motion.

VOTE: unanimous approval.

Treasurer's Report

Bank Ledger provided by Janice Hatton was reviewed.

MOTION: Eric moves to accept the following line items for expenditures for the 2018-19 budget:

\$200 for additional paintballs

\$300 for cylinders for Pete's markers

\$1200 for a matched pair of generators (Dave Munson will purchase in the fall.)

\$200 for heaters (Dave Munson will purchase in the fall.)

Pete seconds the motion.

VOTE: unanimous approval.

Discussion:

Coaches would like to have the \$10/participant Division fees be distributed to the leagues in 2018-19. Jinny M. raised the issue that the Nordic Division budget must be able to balance without this income for it to be available to the leagues.

**2. OLD BUSINESS**

Review of 2018 State Meet

See **Appendix I** for Bill Martin's 2018 State Meet Summary of Comments and **Appendix II** for Alan Watson's (Technical Delegate) Report.

Discussion:

- Work on better way to direct people to appropriate areas – parents coming to watch, skiers going to the start without going on trail that had cinders from road that could damage skis. Perhaps have an “Information Host” to direct people.
- Agreement with JD’s comments about wanting better communication to the “soccer field.”
- Bill emphasized that the purpose of his detailed comments about stadium dimensions was to have a record of what had worked – so do not have to try to “start from scratch” next year.

#### 2018-19 Southern League Schedule

Dec. 15-16 (Sat. Sun.)	Rainbow Camp	Meissner both days
Jan. 5 (Sat.)	Jamboree	Diamond Lake (SK/CL choice)
Jan. 12 (Sat.)	1 <sup>st</sup> League Race	Diamond Lake (SK – Mt. View & Eugene)
Jan. 19 (Sat.)	2 <sup>nd</sup> League Race	Hoodoo (CL – Eugene)
Jan. 26 (Sat.)	3 <sup>rd</sup> League Race	Mt. Bachelor – XC Oregon Invitational (SK, interval start, SL does timing, Mt. View supplies food)
Feb. 2 (Sat.)	4 <sup>th</sup> League Race	Hoodoo ( CL – paintball – Mt. View)
Feb. 9 (Sat.)	5 <sup>th</sup> League Race	Mt. Shasta (SK – Ashland – includes relay)
Feb. 22-23 (Fri. Sat.)	State Meet	Mt. Bachelor

**ACTION:** Bill M. and Dave M. will work on layout for biathlon at Hoodoo.

### **3. NEW BUSINESS**

Results of the full OISRA membership vote to change Bylaws definition of “voting members”

More than 2/3 of the full OISRA membership (Alpine and Nordic coaches representing OISRA member schools) approved the proposal to change the definition of “voting members” to be “member coaches” instead of “member schools.” (Means that Charlie and Eric can vote.)

Amendments to Southern League SOP’s due to change from “Member School” to “Member Coach”

MOTION: Pete moves to accept proposed amendment to the Southern League SOP’s that change the verbiage from “member school” to “member coach.” Eric seconds.

VOTE: unanimous approval.

Report of actions taken by the OISRA Board of Directors:

- 1) Coaches registration fees for 2018-19 will be \$15 for head coaches and \$5 for other coaches
- 2) Nordic participation fees for 2018-19 will remain \$45 per participant.
- 3) OISRA has dropped its affiliation with NFHS – OISRA is no longer a High School Association comprised of member schools.
- 4) OISRA will be having a new rule that requires coaches to report suspected abuse.

Update on Paintball Biathlon Guidelines

Reviewed Dave Munson’s “OISRA Biathlon Guidelines” and discussed ways to improve educating race planners, coaches, and skiers prior to the Biathlon event:

- 1) Keep “Rules” the same

- 2) Discussed the question of how much Marker Assistants should help racers with handling the markers. Decided to encourage racers to do as much as possible to learn to handle the markers without assistance – as part of the skills they develop for participating in this type of an event. But, also educate Marker Assistants to help a racer who is clearly struggling and needs appropriate support.
- 3) Post the information Dave Munson provided on the OISRA website as an “OISRA Biathlon Guidelines” document. This document will include the definitions for additional race officials and race helpers and additional information about protocol and other considerations. As a link on the website, it will be accessible to all race planners, coaches, and students whenever they want to view it.
- 4) Create a brief summary (bullet points) to be distributed to all coaches immediately prior to a biathlon event.

**!ACTION:** Jinny M. will post an “OISRA Biathlon Guidelines” document on the website

**!ACTION:** Dave M. will create a brief summary (bullet points) for distribution to coaches prior to the biathlon event.

#### Recruiting Possibilities

- 1) Lapine – Eric has talked with Zach Webb, who is a potential coach for Lapine.
- 2) New Charter High Schools in Bend – These teams could train with Mt. View

Meeting adjourned at Noon.

Respectfully submitted by  
Jinny Martin  
Southern League Secretary

## **Appendix I**

### **OISRA State Meet Summary of Comments June 15 2018**

#### Chief of race Dan Thorndike

- Ski patrol also helped with Course monitoring at crossings.

#### Race secretary Jinny Martin

1. Live timing worked well.
2. TD was excellent.
3. Add Mt Bachelor to the State Meet Printed Program to thank them for their support.

#### TD Alan Watson

1. Have a start area with room for racers to warm up and not have to stand in start line too long.
2. The TD does not have to sign final race results
3. Consider using a Technique Restriction Zone, such as a no double pole zone vs worrying about the pole length for Classic race.
4. Consider using the Tracking rule only for individual start and not for mass start. Maintain the OISRA relay exception as written.

#### Coach Summit Gene Hyde

- Jessica Smith-Blockley agreed to be a technique monitor on Easy up. However during race she was moved to a monitor position to help racer stay on course during storm.

#### Stadium Bill Martin

1. The existing temporary location of the timing shed required overlapping lanes for the start and finish. To solve this problem at the start of each gender's race we removed part of a finish lane and then replaced the pin flags before the first racer finished. This problem will be solved by moving the shed toward the East end of the stadium.
2. The mass start grid was 14 M wide with 11 rows. The seeding was based on the finish results of the XC Oregon joint ski race. The first wave had 30 racers placed by seed and 3 racers placed by coaches preference. The first 4 rows were 3 M apart and the rest were 2 M apart. The first wave had 34 racers, the second wave had 30 racers and the 3rd wave had about 50 racers.
3. Saturday Classic Individual start. We used a 20 second interval start. Lay out went as planned. TD Recommend having a warm up area next to the start que and not have more than 10 racers wait in the que.
4. TD moved the finish line to the timing shed and had some timers in the shed.
5. During planning consider an alternant short loop for storm.

### Overall JD Downing Coach / Organizer

1. Set up crew did not arrive until 1.5 to 1.75 hours before race this was not enough time.
2. Develop a checklist of who does what for all tasks for State Meet.
3. Develop list of equipment needed for state Meet. Coordinate with MBSEF for on Mountain equipment support they may need.
4. Continue to lobby with Mt B to get a permanent site for timing shed and for continuing improvements for the stadium area. Plan for better traffic flow from "Soccer Field " to stadium.
5. Using Soccer Field for food and team tents and waxing worked well.
6. Get better communications to the "Soccer Field"; PA and radio
7. Pre plan for alternative routes for storm conditions (Plan B).
8. Banquet: Food excellent, too much left over about 30 – 40 %. Digital projection of sponsor logos great.
9. Having two places for award winners to stand worked great. This sped up the process.

### Set up Ken Stenkamp

1. Friday set up crew left Bend at 10 AM which left enough time to set up for 2 PM race.
2. Traffic flow from team tent area to start was difficult. Need to improve traffic flow.
3. Saturday's storm made set up difficult. V boards would get buried in snow. Suggest using [4 ft] bamboo at intersections. [when snow conditions require]
4. Saturday the communications between coaches, racers in the tent area and the start area was difficult.
5. Weather conditions caused the cancelation of the JV relay. Most people were happy with this decision.

### Misc:

Cost at Mt. Bachelor for lift tickets \$4411 for 2 days. The per skier cost was \$11, there was no break for racers with season passes.

Mt B race help with two snow mobiles and Ski patrol were exceptional helpful.

Compiled by Bill Martin

2018 Nordic State Meet Cost for Banquet and Meet collected by Jinny Martin

- Planned for 350 people
- Because of poor weather, about 75 skiers, coaches, and parents drove home early and missed banquet
- People took extra food home
- Tate & Tate cost \$4,527.50
- Water and beverages cost \$79.92
- Rental of school cost \$492.00

Comments:

- Could have used more beverages.
- Still plan for 330-350 next year
- Average cost per person for food at the banquet was \$12.94 (for 350 people).

Sarah Smith – water and beverages + Misc. decorations	\$79.92
Mt. Bachelor Nordic Center (trail passes)	\$4,411.00
Alan Watson TD	\$700.00
Bend Awards and Engraving	\$1,085.00
Tate and Tate Catering	\$4,527.50
Rental of school	<u>\$492.00</u>
	\$11,295.42

OSU Cascades (extra)	\$1,000.00
OISRA (Partner Sponsorship: OSU + Point S)	\$3,500.00
Oregon Nordic Ski Foundation	\$2,000.00
OISRA (\$10 Division fees)	\$2,800.00
Point S (extra)	\$1,500.00
CORA	<u>\$3,500.00</u>
	\$14,300.00

## Appendix II

### OISRA State Championships

Feb 23-24, 2018

Race Report by Technical Delegate Alan Watson

#### Summary

The races were well organized and successfully run in spite of some challenging weather. The JV relays were cancelled but all the other races took place as planned and on schedule. Racers, coaches, and race workers seemed to be very happy with the event.

#### Pre-race preparations

Pre-race preparations were extensive and well thought out, and undoubtedly contributed to the success of the event. Race organizers communicated with the TD on numerous occasions. Several versions of course and stadium maps were prepared, with improvements in each version. Information was posted on the event website with printed versions individually prepared for the TD and each coach.

#### Race Conditions

Temperatures were cold before and during the race. New snow was well groomed but the tracks were slightly soft. Friday's race temperatures were in the mid teens, with skies transitioning from clear in the morning to cloudy in the afternoon. Saturday was stormy, with temperatures rising from below 0 to the upper teens, falling snow, and brisk winds. Racers and race workers seemed well prepared for the storm.

Before the individual start race on Saturday the coaches and jury decided to allow a shorter 3 km option for any skiers who appeared to be suffering from wind and cold. The idea was to allow them to finish and be recorded in a separate set of results, which would not count for team scoring. None of the racers chose this option, but it does seem like a good idea if future races take place under similar conditions.

#### Coaches and Jury Meetings

Both coach and jury meetings were part of the printed schedule and took place as planned. The coaches meetings were entirely collegial. The only real issues related to Saturday's storm. On Saturday morning it was unanimously agreed to shorten the course slightly but cutting off on small section just after the stadium that was most exposed to the wind, and to cancel the JV relays, as well as to monitor the racers and race workers in case conditions deteriorated further. All the coaches appeared to have a positive attitude about making the event as successful as possible for all, rather than just looking out for their own teams.

### Race Workers and Volunteers

There seemed to be plenty of volunteers, most or all of whom were positive and competent. At the course monitors' meetings the questions and discussion of what to look for to evaluate were open and intelligent. The starters, timers, and course monitors who had to stand in the cold for most of the day seemed hardy and well prepared. A good supply of volunteers is fundamental to the success of an event like this, so it was gratifying to see how good they were. They deserve plenty of thanks and praise.

### Communications

Printed and online information was clear and complete. On race days radios were issued to key race officials and to key course monitors. As a result there were no significant communication problems. Radios allowed rapid response to the one minor medical issue on course and to what turned out to be a false report of racers not staying on course.

### Courses

The courses at Mount Bachelor were appropriate to the range of abilities participating, fairly gentle but with enough hills to be challenging but not overwhelming. Friday's mass start race was about 6 km. Saturday's individual start was slightly shorter, about 5 km, mostly due to elimination of the leg out to the Oval. The relay course was a 1 km loop. The courses were well marked, with V-boards at each intersection preventing any doubts about where the course went. Grooming was excellent: after falling snow Saturday morning had obliterated the classic tracks set by the regular Mount Bachelor groomer, John Millslagle and Chuck Kenlan did an outstanding job setting new classic tracks with a snowmobile leading up to the individual start and again before the relay. Those two exemplified the spirit of the race, going the extra mile to be sure that everything went as well as possible.

### Stadium

The Mount Bachelor stadium area has limited space, which made it a challenge to fit ten start lanes and three finish lanes for the mass start race. Unfortunately the movable timing shack was parked along the middle of the right side, providing an additional constriction. The solution was to allow the start and finish areas to overlap partially, so that the right hand start lanes were on top of the beginning of the left hand finish lane. This required the race crew to move start and finish lane pins and V-boards after each mass start and between the girls' finish and the boys' starts. This was done smoothly and without any adverse consequences, and was probably the best possible way to use the stadium. The boys started 45 minutes after the girls, which allowed time for the lane adjustments after most of the girls had finished.

Starting area, mass start positions, finish lanes, and relay tag zone were all clearly delineated. Because of limited space lanes were somewhat narrower than FIS/USSA standards, but plenty wide for the actual race.

### Team Waxing Setup

The “soccer field”, above and slightly removed from the stadium, was the designated waxing area. Snowmobiles with sleds were available to help the teams move their tents, benches, and other gear from the parking lot. A refreshment table was set up under another tent, with cookies, bagels, and cocoa for racers. Electric power was not available, but the teams were advised of that beforehand and could bring generators if necessary.

### Start

The mass starts on Friday were each a few minutes late, which did not seem to be more than a minor inconvenience to the racers waiting in the start area. Lanes and positions in the grid behind the start line were clearly marked and racers readily found their spots. Each mass start race was separated into three waves, which started at one-minute intervals, in order to avoid too much crowding where the trail exits the stadium. All the starts went off well, with only one small tangle noted.

For Saturday’s individual start the organizers had as many as 25 racers standing in line behind the starting gate. At 20 second start intervals that meant that some racers stood still for more than 8 minutes, which was probably not the best way to organize things especially in cold, windy weather. A better option would be to enclose the start area with fencing, other than the lanes going out onto the course and a single gate through which racers enter the start area. The bib checker would record starters as they passed through that gate rather than by their place in line behind the start wand. Meanwhile the racers could try to stay warmed up by moving back and forth within the enclosed start area, with only 2 or 3 having to stand in line before starting.

### Course Monitors

Course monitors were stationed at major intersections. Monitors were advised about obstruction before going to their stations and were given special cards on which to report infractions. No infractions were noted by any of the monitors. (One racer reported that another racer had refused to yield the track when being overtaken; the jury spoke to the offending racer afterward). Although the field included racers with a wide range of experience and ability, all had enough knowledge and sportsmanship for the event to run smoothly.

### Finish and Timing

Timing and finish recording appeared went smoothly. Results were promptly available online. There were no delays, protests, or other issues.

### Medical

A printed medical plan with emergency phone numbers and suggested procedures was distributed to race workers and coaches. There was one minor injury on Saturday, in which a racer fell and hurt her knee. This was reported by radio and a Mount Bachelor Ski Patroller promptly went by snowmobile to

the accident sight. After some comforting the injured skier was able to ski in, although she did not finish the race.

### Recommendations for the Future

Build on past success by doing the same things in the future. This was an excellent event and not much needs to be changed.

Consider changing the start area and line-up procedures for the individual start race as noted in the "Start" section above. Not forcing racers to wait in line before their start is a good idea in any conditions, not just cold and wind.

## **Appendix III**

### OISRA Biathlon Guidelines

#### Definitions

Chief of Range: Responsible for range layout. Prior to race, COR and Range Safety Marshall should review race and range process and safety expectations with race volunteers. COF directs racers to stations to maintain proper flow and assure readiness and uniform use of stations. Holds racers when stations are full and releases racers when stations are available. Coordinates Hold & Release process with Wait Timers for accurate record of racer's Wait Time.

Range Safety Marshal: Responsible for safety performance of the range. RSM and Chief of Range should review race and range process and safety expectations with race volunteers prior to race. RSM will ensure safe methods are utilized and support the Marker Assistants. RSM will ensure adequate supply of paintballs at each station and proper operation of markers; i.e., gas pressure, barrel blockage, etc. RSM will have back up marker ready to use in case of marker failure at any of the stations.

Marker Assistants (Shooter Helpers): Assist the racer in proper and safe use of marker. MA will wear red bib with applicable lane number on front and back. MA will ensure marker is functional and has adequate paintballs, gas pressure. MA will facilitate racer's entry and exit of station. Typically, MA will stand on opposite side of marker stand from racer to assist with marker. When directing racer into station, MA should stand in front of station while directing the racer to pass in front of them. Once the racer has entered the station, MA should take up location opposite the marker stand. It is vital that MA's be cognizant of all racers to prevent impeding racers progress through the range. This is especially true of the racers in the adjacent lanes.

Targets: Targets consist of a target board and two support boards with pipe. Target board is a white background 7' wide and 16" high with five black 8" targets. The 8" targets are centered vertically and are horizontally spaced 8" apart (16" centers with 8" white space between targets and 6" white space at each end). The two support boards are 24" wide and 44" tall. Each support board is connected to the target board by two countersunk bolts with wing nuts. Targets are held in place by two pipes (one per support board) driven into the snow approximately 30-36". Pipes are 1" diameter EMT 5' long and attached by a zip-tie through the support board and around the pipe. In a simplified event, targets may be a single 8" target on a small board supported directly on top of the snow. Typically this makes shooting much easier for the racers and scoring a bit harder for the scorers.

Target Scorers: Assess and record the number of successful hits for each racer's stop at the shooting range. Scores will be recorded on cards with racer's bib number and lane assignment. Shots are scored as a hit if any portion of the paintball hit, splatter is inside of the black target area. Scorers should stand at the side of the range. See diagram. Runner collects score cards from Target Scorers to deliver to Calculator.

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Target Cleaners: Clean targets after racer's five shot attempts. Shall wear safety eye protection, heavy clothing, and helmet. Typically utilizes a squeegee with scrubbing attachment and bucket of water/windshield washer solution. Bucket of cleaner is typically a 5 gallon bucket with 2 gallons of water and .4 gallon of washer fluid. Quantities of solution determined in the past by using two 7-gallon water containers and 3-4 gallons of washer fluid. While washer solution helps in cleaning, its primary benefit is to prevent freezing. Solution strength can be varied depending on predicted temperature. The TC's obvious objective is to clean complete board target of paintball splatter; however, when there is high turnover of racers passing through stations, the primary objective is to clean only the 8" target area. This will allow determination of accurate score while minimizing cleaning time. TC's should stand behind targets and reach over to clean. This is more efficient and safer than cleaning in front. It also allows the TC to use their body to support the target if needed while pushing on the target while cleaning. TC shall wear protective equipment and hide behind target while racer is shooting. Typically, the TC positions are filled by boy racers during the girls' biathlon and vice versus. In that event, the finishing racers of the first race (for example; the girls) must make timely replacement of the target cleaners (for example; the boys) to allow them time to prepare for their race.

Wait Timers: Timers record the "held time" of racers waiting to enter a marker station when all of the stations are full. Timers also record a racer's lost time when a marker malfunctions while in the process of shooting. Timers work in coordination with Chief of Range. Objective is accomplished by calculating the elapsed time of when the racer is directed by COF to stop and to resume progress to a station. This elapsed time will be deducted from the racer's overall time. Process requires two timers, one to record the stop time and one to record release time. A recorder of pertinent information, bib number and elapsed time, is helpful but not required. Typically these processes are needed only a few times in a race and the timers have plenty of time to record bib numbers and calculate elapsed time. Score Runner collects elapsed time records from Wait Timers to deliver to Calculator.

Score Runner: Continually collects score cards from Target Scorers and wait time records from Wait Timers and delivers to Calculator throughout the course of the race to ensure a prompt and timely completion of final race results.

Calculator: Enters target scores and wait time records into the race results calculations to determine final race results.

## Biathlon Rules

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.]

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- 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 (It appears that boys as a group ski and shoot faster and it is worth considering a longer start interval for the girls versus the boys to reduce potential range congestion.)
  - 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 Range Safety Marshall will be present at the shooting range.
  - c. The distance from which the target is shot can vary from 30 – 35 feet.
  - d. The diameter of the targets is 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 Scorers” at each shooting station.
  - i. The racer uses the shooting lane assigned to them by the Chief of Range.

## Range Protocol

Race is typically ran in a clockwise format as are the Olympics and other major competitions. Racers will be directed to a shooting station by Chief of Range to maintain proper flow and assure readiness and uniform use of stations. Stations will be on the racers’ left as they enter the range and identified numerically. See Paintball Biathlon Range Diagram. Stations will be identified by lane #'s on the Marker Assistant’s bibs and numbered signs by the targets.

The marker stand should be on the racers left with open space to their right as they enter the shooting station. The open space to the right allows a relatively smooth entry and facilitates a turn to the right to exit. It is important that the Marker Assistant in the adjacent lane does not encroach into this area and restrict the racer’s ingress, egress.

The Marker Assistant will assist the racer’s use of the marker with safety as the primary objective. The marker safety should be left on until ready to shoot and replaced immediately after shooting. The marker should always be pointed in a safe direction; downrange and never to the side. Whether the marker should be handed to and from the racer or the racer picks up and replaces it themselves should

## OISRA Biathlon Guidelines

be determined and communicated in advance of race start by race officials. Familiarity and experience with the markers by the participants as a whole should be the primary deciding factor to ensure safety. Regardless of the determination, a racer that is clearly struggling should get appropriate support. A practice period prior to the race for review of marker operation and range protocol is beneficial if circumstances allow.

The racer shall attempt one shot per target from left to right. This is to ensure no confusion as to which target is being shot at. A hit is scored if any paintball splatter is determined to have landed in the black area of the intended target. The Target Scorer is the sole judge but can ask for input. If the marker should malfunction during use, the Range Safety Marshall will assist and provide an alternate marker if available. Malfunction should be brought to the attention of the Chief of Range and Wait Timers so that the racer's lost time can be recorded and deducted from overall time.

Lane width should be 10' ideally; however, site conditions may dictate narrower with 8' being the absolute minimum. Narrower lanes have several negative aspects all effecting safety and efficiency. With the range being compressed and targets being closer together, there are reduced tolerances in the safe handling and use of the markers affecting the Target Cleaners and surrounding personnel. The narrower lanes also create more congestion in the shooting stations as well as entry, exit and flow of the racers through the range. Eliminating a lane should also be considered when assessing reducing acceptable lane width. A lane reduction should also initiate a review of the start time interval for potential congestion at the range.

The distance from target to shooter should be 30-35 feet. Experience has determined 40' to result in a very low target success. While the 35' length has been used most recently, a shorter distance should be considered to increase success. It appears that biathlons have at least 70% success ratios and perhaps that should be our objective as well. Recommend using 30-32' at next event with review of past shooting percentages.

Chief of Range directs racers to stations to ensure readiness and uniform use of stations and markers. COF and Marker Assistants should be regularly communicating to ensure station readiness (marker fully functional and target cleaned) for next racer. To reduce congestion, it is preferable to direct racers to the farthest station first and subsequent racers in corresponding closer lanes. Assuming equal shooting time, this can reduce possible congestion created by the crossing of racers entering and exiting the range. Obviously, crossing paths is inevitable depending on the turnover and flow of the racers; however, this method does seem to reduce congestion. If site conditions will allow, wide shooting lanes and a large ingress, egress area of 15' or more depth are beneficial. Racers are responsible to manage skiing around each other at the range just as they are on the course.

Lap checking in the biathlon is equal to if not more challenging and important than a typical Nordic race. The added complexity of the biathlon tends to increase the confusion concerning laps. This can be further complicated by the non-standard aspect of three shooting stops coupled with only two laps when employed as such. Past history has witnessed several racers making a third unnecessary lap. It is

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critical that two lap checkers are used and are located for clear viewing and communication. As the biathlon is a non-state qualifying event, it is recommended that lap checkers are allowed and encouraged to instruct and advise racers. Communicating the number of laps and course layout to the racers prior to the event can't be overdone and, unfortunately, has never been 100% effective.

The biathlon is a spectator friendly event and it is important to designate an area for such. Alongside the sides of the range is not a good option especially for safety sake. Spectators adjacent to the course on the range side of the trail is marginally effective as well as it leads to crowding and spilling over into the course. This crowding can also impact biathlon officials' ability to perform roles. A preferred spectator area would be in front of the range opposite the racers ingress, egress trail as shown on the diagram. Recommend allowing parent volunteer (Marker Assistants, Scorers) requests for their child to be directed to their station.

## Considerations

As the biathlon is typically a once a year event, familiarity and efficiency is lacking compared to other races. While an efficient race is always a goal, history continues to remind that we simply do not have the ability and experience to run the biathlon as smoothly. To that point, it is important to allow plenty of time (well beyond the normal) to ensure course and range readiness and to prep volunteers and racers. If there is concern that total event is ending too late in the day, it is worthwhile considering starting earlier at the front end so that biathlon is not rushed. For improved efficiency and awareness, it is important to have radio communications between the starters and the range officials.

It is recommended that these guidelines are reviewed prior to event planning each year with several objectives in mind. First, to ensure that past lessons and knowledge is refreshed to utilize effectively. Second, that biathlon layout and variables are determined and, finally, that those decisions are communicated as soon as possible. Those event specific determinations would typically include but not limited to:

- Course and range layout including start and finish.
- Schedule and time interval.
- Number of laps and target shooting stops.
- List of required biathlon volunteer positions.
- Expected standard level of assistance to be provided by Marker Assistants.

Just as running the biathlon efficiently is more challenging as a once a year event, effectively communicating race rules and information to the participants is equally difficult. The event specific information coupled with a summary of the basic rules should be shared with applicable parties in advance of the race as well as the day of. Encourage coaches to review details with racers prior to race. In the principal that multiple methods of communication are overall more effective, it may be worth consideration to place a large sign at the start detailing brief biathlon rules, laps, info, etc.

# Paintball Biathlon Range Diagram

