

ARBORBUILDERS

Classic Race

OISRA Northern League

Saturday, December 8, 2018 at 11:00 AM

Race Organization:

Bob Madden, Chief of Race
Larry Katz, Chief of Grooming
Bob Madden, Chief of Stadium

Talena Barker, Chief of Timing
Tracey Lange, Registrar
Bert Hinkley, Announcer

Race Jury:

David Smullin
Gene Hyde
David Burke

Host Team: Redmond Community Nordic Ski Team

Venue: Meissner Sno Park (Backup for low Snow: Mt Bachelor Nordic Center)

<https://www.google.com/maps/place/Virginia+Meissner+Sno-Park/@43.984856,-121.526669,11z/data=!4m5!3m4!1s0x0:0x153d58085a53e2e!8m2!3d43.9848561!4d-121.5266687?hl=en-US>

Race Format: 5KM, Classic, Individual Start (15 s Intervals), Boys start first

Waiver Required: None

Weather & Grooming

[NOAA Weather:](http://noaa.gov) noaa.gov

<https://forecast.weather.gov/MapClick.php?lat=43.987380347887374&lon=-121.54964447021484&site=pdt&smap=1&marine=0&unit=0&lg=en#.W9tUuaeZPjE>

Meissner Nordic: <http://meissnernordic.org>

Medical: Organizers will identify parents who are doctors and nurses.

All head coaches have Red Cross Certification and the Chief of Race is a fireman.





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Schedule: All times are estimates and subject to change. Allow adequate time for travel.

Saturday, Individual Start Classic (15 second Intervals)

- 11:00 AM, 4.5KM Boys
- 12:00 PM, 4.5KM Girls

Trail Passes: Trail passes are not needed to ski at Meissner, however donations to Meissner Nordic (<https://meissnernordic.org/donate/>) are always appreciated and encouraged. (Suggested donations to cover grooming = \$5/Athlete)

Race Fees: None

Registration: Bib pick up for teams is inside the Lodge from 9- until 45 minutes before race time

Seeding: On line seeding at: <https://docs.google.com/spreadsheets/d/14YRgow9SO-5QOBzIGD1MYe4S-RZJibDLGH8VCWCdE2g/edit#gid=1160304782>

- . Must be completed by Wednesday, December 5 at 5 PM
- Seeding is determined by coaches using 1-7 (1 starts first and 7 last)

FIS Classic Pole Length Rule Monitoring: FIS limits classic pole length to 83% of the skier's height. We will not be checking pole length at the start of the race, however, the Race Jury has the right to challenge a skier's pole length.

Start List: The start lists will be posted Friday www.webscorer.com .

Results: Unofficial results will be posted at Webscorer.com. There will not be live timing. Results will be posted and updated periodically through the day.

Scoring:

17.1 Calculations for Varsity Team Scores for Individual Races

17.1.1 Only the top five finishers for each team earn varsity placement points at a race. The sum of the placement points of the top three finishers for each team determines the varsity



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team score.

17.1.2 If a varsity team has only 2 finishers, a dummy score may be used for the third place. The dummy score is calculated by adding one to the total varsity placement points.

17.1.3 Where more than five (5) athletes have entered any race for one team, racers finishing 6, 7, 8, etc. for that team do not displace points for varsity team scoring.

Awards: Awards will be presented immediately after the completion of both races in the Lodge.

Classic Race: There will be skating monitors on the course. Two tracks will be set on either side of the trail.

12.1 Classical Technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are NOT allowed. This will also apply to competitors skiing outside of the set track.

Technique Zone: There will be a "Technique Zone" on 1 climb. The Technique Zone will be marked with signs and will be the first climb after skiers turn off of Tangent onto Pine Drops. Double Poling (with or without a kick) is not allowed in the Technique Zone. Within the TZ skiers must use diagonal stride technique comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.

Start Procedure: The competitor shall start with the front of both bindings behind the starting line

The starter shall give every competitor a 10-second warning before start with a verbal "10 seconds" before the

start. He/she shall count "5-4-3-2-1 and go."

A competitor who starts late shall not interfere with the start of the other competitors.

If a competitor starts late, the competitor's actual start time must be noted in case the jury





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decides his late start was due to force majeure.

When a competitor starts late, the start list time will count for the start time.

Passing: A competitor who is overtaken must give way on the first demand ("Track" or "On your right/left"). This applies in a classic race even when there are two tracks.

Direction of Skiing:

The courses will be open for skiers during the races with monitors at all intersections, but skiing will only be allowed one way in the direction of the race.

Finish:

The Finish of the race will be 3 lanes.

Once a competitor enters a finish zone where lanes are marked, they must choose a corridor. A competitor is allowed to leave the chosen corridor as long as they do not obstruct another competitor.

Course Inspection:

Courses will be signed Friday AM. Beware of two-way skiing.

Waxing Area: Please set up wax benches and tents on the road between the gate and the Pole Barn.

Wax Testing: All trails are open to anyone on skis. Wax testing can be done on the course or on the Tangent trail.

Parking: Sno Park Permits Required!

Parking spaces are limited at Meissner and we must be considerate of the public's access to parking and skiing during our event. In order to minimize our impact please adhere to the following guidelines:

- 1) Car Pool
- 2) If possible drop off skiers and equipment at Meissner and then park at Swampy Sno Park (1 mile up the road on the right) and ski down the Tangent trail. Or park across Century Drive at Wanoga.



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- 3) If parking at Meissner: Park perpendicular to the snow bank (do not park at an angle) to limit the amount of space taken up.

Spectators: Spectators may not walk on the groomed ski trails. If spectators wish to observe the race on the course they must be on skis or snowshoes. If on snowshoes stay as far to the side of the trail, outside of the classic tracks.

Public Use: Meissner is a public use area and anyone can ski during the race. The course will not be closed, but monitors will be available to direct traffic. Please be considerate of the public and stay out of there way as much as possible.



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Course: Note: The Start and Finish areas may change slightly if snow allows, in order to minimize conflicts with the public.



XC OREGON



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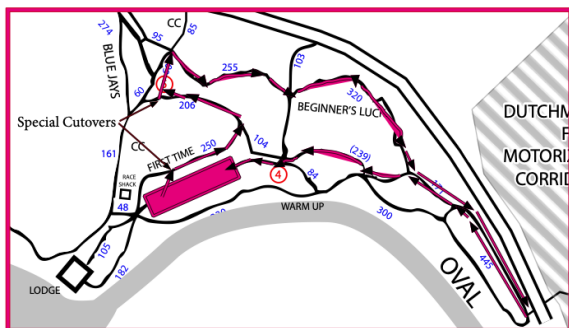
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Back Up Course and Stadium at Mt Bachelor Nordic Center: 2 Laps = 4KM

Proposed December OISRA Northern League H.S. Classic Course



Stadium Interval Layout: clockwise course

