

MINUTES for OISRA Nordic Division Steering Committee 2020 Spring Meeting
ZOOM Meeting
Thursday, April 23, 2020

Present:

Eric Martin, Nordic Director (voting)
Pete Reinhardt, Asst. Nordic Director (voting)
Gene Hyde, Commissioner (voting)
Sarah Swaney, Southern League Rep (voting)
Kelly Crowther, Northern League Rep, [also, State Meet Eligibility, Banquet support, Awards Program, Merchandise sales] (voting)
David Burke, Mt. Hood League (voting)
JD Downing, Summit HS Head Coach [also, State Meet course designs and stadium set up] (non-voting)
David Munson, OISRA Executive Director [also, State Meet Chief of Race, Stadium set-up and take down, Relay Judge] (non-voting)
Jinny Martin, Nordic Secretary [also, State Meet Race Secretary and SL Eligibility] (non-voting)

Meeting began at 5:00 pm.

1. PRELIMINARIES

1.1 Minutes from Fall Meeting (November 9, 2019)

MOTION: Gene H. moves to accept the minutes as written. Kelly C. seconds.

VOTE: Unanimous approval.

1.2 Elect new treasurer

Sarah Swaney was unanimously elected as new treasurer.

1.3 Treasurer's Report

MOTION: Gene H. moves to accept the treasurer's report as presented. Kelly seconds.

VOTE: Unanimous approval.

Discussion:

- The amount donated from XC Oregon included support from Oregon Nordic Ski Foundation
- Some income from sales of merchandise (approx. \$335) is yet to be collected and deposited
- Having a way to process credit cards at banquet could be a way to increase income from purchased meals
- Funnel all incoming people through one door – as another way to collect more money from people attending the banquet
- Donations for bibs exceeded the cost of bibs
- Sarah Swaney set up a "Network for Good" fundraiser that was successful
- Distributions of donations from Point S and OSU Cascades were less per racer because of overall increase in numbers of both alpine and Nordic skiers

1.4 Budget for 2020-21

Discussion:

- Will finalize budget in the fall when have more information about donations
- Sponsorship from Point S and OSU Cascades will not be available next season
- A one-day state meet would minimize costs – but could take away from the uniqueness of the event.
- If do not have donations, then charging racers for the trail passes (\$13 x 2 days = \$26) would make up a majority of the shortfall
- It costs \$58 per racer to put on the state meet
- The state meet pins (purchased by the OISRA for alpine and Nordic skiers) are not important to many skiers – Note: This is an expense the OISRA board reviews.
- Insurance costs increased by \$2 per racer last season – not additional insurance, only increased cost for same insurance coverage
- Taco del Mar cost significantly less than Tate & Tate
- May be a way to reduce trophy costs further by having perpetual trophies vs yearly trophies
- Cost for trail passes at Mt. Bachelor will be \$13 per racer next season.
- Could reach out to parents for getting larger sponsor donations
- Could make a direct appeal to parents

2. OLD BUSINESS

2.1 Problem of Bend La Pine School District providing no support to non-OSAA sports.

Discussion:

- Timing is bad for pursuing action now
- Committee set up in the Fall is still willing to work on this (Dave Munson, Gene Hyde, and JD Downing)
- Table any action until later

3. NEW BUSINESS

3.1 Wax Rule Change

MOTION: Kelly C. moves to accept the Wax Rule change and list of approved glide waxes as recommended by the Rules Committee. See below. Gene H. seconds.

VOTE: Unanimous approval.

The intent of OISRA wax rules is to provide fairness while minimizing costs, avoiding health hazards, and protecting the environment.

The OISRA Nordic Steering Committee will create a list of approved glide waxes, which will be the only waxes allowed in the glide zone for all OISRA sanctioned races.

The list will reflect a move towards fluoro-free glide waxes as that change takes place. Coaches are advised not to purchase new fluoro products.

For the kick zone, all commercially-available can and klister waxes are allowed. Products for de-icing on non-wax skis will be listed on the approved glide wax list.

Any skis that have been previously waxed with a wax that is not on this list will need to be cleansed by waxing, scraping and brushing two times with a wax on the approved list before they can be used in an OISRA sanctioned event.

This list is a living document that can be amended by the Steering Committee at any time. The Steering Committee will be guided by the intent of the rules.

List of approved glide waxes (April 2020)

Brand	Wax/Line
FastWax	High Speed Lines, High Speed Low Fluoro Lines
Prairie Ski/Ulla	Naturals - All Non Fluoro Glide Wax
SkiGo	LF, NF - Lines in Liquid or Paraffin
Solda	F15 Liquid or Paraffin, Techno Red, Universal, OK Liquid, HC1, EcoJet
Swix	LF, CH - Lines in Liquid or Paraffin
Toko	LF Dibloc, LF Tribloc, HC, NF, Xcold Powder, Express - Lines in Liquid or Paraffin
Vauhti	LF, LF Race, Clean and Glide, Quick Base - Lines in Liquid or Paraffin

NOTE: A question was raised about “Start” brand waxes. These can be researched and the Steering Committee can add any approved ones to the list in the fall.

3.2 Review of the 2019 State Meet (See Appendix A for Feedback from State Race 2020.)

3.3.1 Good Experience – Kids gave lots of positive feedback, especially enjoyed luck of having good weather

3.3.2 Eligibility

- Need to have earlier deadlines for getting feedback from leagues for eligible racers. First deadline should be 2 weeks prior to state meet.
- Having an established process for identifying provisional skiers-and giving this information to the coaches earlier- can make it easier for coaches to help provisional skiers register.

3.2.3 Seeding

- General agreement to continue to allow provisional skiers and seed them according to their past skiing performances.
- Decision to allow provisional skiers assumes the risk that provisional skiers can potentially affect the outcome for non-provisional skiers.

- Steering Committee annually decides the seeding for the state meet (See Nordic Policies, Section II, I)
- Steering Committee leaves same seeding procedures as last season with one change:
MOTION: Gene H. moves to randomly sort the 10 fastest skiers (within the final 10 start times) in the State Meet classic, interval-start race. Pete R. seconds.
VOTE: Unanimous approval.

3.2.4 Stadium

- General agreement to have more space after finish line before fencing
- Some races have a second “finish” line – that skiers must cross before they can collapse.
- It’s difficult for a head coach to be part of stadium set-up. Need enough other Central Oregon volunteers for set-up so head coaches can be with their teams.

3.2.5 Start

- Problems with two-way traffic on the skate course is a two-fold problem: 1) intervals between waves and 2) narrowness of the 2-way section of the course. Need to address both.
- Adding more width to accommodate 2-way traffic would help.
- Intervals between waves became shorter as starters got more experience with chevron wave start.
- Adding more length to the 2020 course could add too much vertical. In the past there have been complaints about the 6 K Skate course having too much vertical.
- JD has been looking at ways to extend the 2020 skate course by about ½ K.

3.26 Concussions

- How to deal with potential concussions becomes more of an issue when there are 2 races in one day – such as days when there are relay races. A racer should not be allowed to race in a relay race if they have shown signs of a concussion in the individual race.
- Adding a place on Course Monitor cards to note observed falls would help make race officials aware of possible concussions. This information could be given to the medical staff/coaches for follow-up prior to the relay race.
- Course Monitors can adopt a practice of radioing ahead to next course monitors that they have witnessed a fall. This practice could alert next course monitors to be pay more attention to the status of that racer when they go by them
- Have Course Monitors placed at vulnerable areas
- Make talking about concussions a habit so that skiers know coaches want to know about possible concussions.
- **SUGGESTED BEST PRACTICES FOR COACHES:** 1) Individual coaches stress the importance of skiers self-reporting possible concussions DURING THE WHOLE SKI SEASON, 2) At state meet, head coaches ask for feedback from their skiers when setting up relay teams and handing out relay bibs.

- **SUGGESTED BEST PRACTICE FOR CHIEF OF COURSE MONITORS:** 1) Give CM's instructions about how to communicate about falls - can communicate to TD and coaches (through CM cards) and to other Course Monitors (through radio contact).

3.3 Race Schedules

3.3.1 State Meet

MOTION: Gene H. moves to amend Nordic Policies, Section II, H, so that it reads as follows: ***"The State Meet will be 2 days in length and begin no later than the Friday before the week OSAA Spring Sports training begins."*** Pete R. seconds.

VOTE: Unanimous approval.

Discussion:

- This amendment has the effect that the OISRA Nordic season may be shorter than other OSAA winter sports seasons in some years
- Feedback from some students who are three-sport athletes is that they liked having some extra time between their winter and spring sports
- In mid-May will know the PNSA schedule and can make decision for OISRA state meet in the fall based on not conflicting with PNSA schedule.

3.3.3 League races

- See Appendix B for JD Downings' comments about Northern League race schedule considerations for 2020-21
- Best date for the 2021 XC Oregon Invitational is January 23.
- Southern League will set SL race schedule to include XC Oregon Invitational on January 23, 2021.

3.4 Considerations for season because of coronavirus pandemic – General agreement to follow OSAA guidelines for other sports. Will make announcements whenever outside circumstances force the Steering Committee to make decisions.

Meeting adjourned at 7:12 pm.

Respectfully submitted by

Jinny Martin
OISRA Nordic Division Secretary

Appendix A

Feedback from State Race 2020:

GENERAL

- Explore with Mt B concept of Friday races starting at 2:30pm. Assuming Bend/Lapine uses same bell schedule in 20/21. Just a half hour later would allow students to leave school at beginning

of lunch, less school missed and easier logistics for rides. Also more parents can help and attend the later we go. (JD)

- Develop digital course maps that can be easily edited with common programs or built in Google docs. Bill diagrams are excellent, but they would not easily be replicated in the future. JD maps are not easily edited and are somewhat dated with current trails. (JD)
- All future sponsors need to provide wind feathers. (JD)
- Need to work with MBSEF on a way to extend speaker wires all the way to edge of soccer field. It's true that with lots of people in that space that the crowd drowns out the announcing.

ELGIBILITY/START ORDERS

- Well in advance of the week prior to state meet , establish **MONDAY deadline** for changing class.
- No racers' names added after TUESDAY at 5:00 when bib numbers are added. This rule worked well! (Jinny)
- Worked well to wait until WEDNESDAY afternoon to send list to bib sorter. (Jinny)
- Deadlines for qualifying results:
 - First deadline is 2 weeks before State meet to get preliminary qualifying results to coaches
 - Allow one week to request changes until second deadline where there are no more change requests
 - The Mt. Hood time trial would be the only ones submitting last minute results, and they should be by 8:00 PM that Saturday evening (Kelly)
- For the classic race seeding, poll coaches to decide if we should take the top 15 athletes from the XCO Invite and randomly sort that pool (with up to 2 special additions added). It is somewhat unfair that the XCO results determine seed position for the opposite technique at State on a short course where significant advantage is given to skiers in the "drivers seat" with seeding. (JD)

TIMING

- Having all the "scratched" bibs turned into the timing shack greatly helps us track all the DNSs. Every team cooperated and turned in the bibs, so we were able to track almost all DNSs. Huge improvement over XC Oregon. (Mark G)
- Jinny, Mike and I had some challenges reconciling the number of skiers started with number of skiers finishing. Usually this is quite simple in individual start because we get a list of DNS, DNF, DQ, etc. Mass start was not a good way to capture number of starters and only had solid number of finishers. We observed that everyone at the mass start had a list of scratches (DNSs), but one of the start observers took the extra step to put a check mark for everyone who was physically accounted for at the start. This was the only way we could reconcile the number of starters and finishers with the DNSs,

DNFs, injuries, and DQs. Recommend change: Start officials must indicate every racer that is present at the start line at both mass start and individual start races. (Mark G)

- Start official needs to validate every bib at the start of the varsity races. At XC Oregon Bend was wearing Summit's bibs. And at State meet, one team gave the girls' varsity team the boys' bibs and vice versa. The software program doesn't handle these conflicts very well and this delays calculation of scores when there is very little time to troubleshoot. Again, someone needs a clipboard and needs to verify each and every bib on each and every varsity team. (Mark G)

MEDIA

- I reminded The Bulletin of the event. They did not provide a photographer or journalist for either day. I turned in the results by 4:30 pm on Saturday, but this was too late for their Sunday paper. Results were posted on Monday in the "Scoreboard" section of the newspaper. Still do not have a person to get results to The Oregonian or Redmond Spokesman, etc. (Jinny)

STADIUM

- Dave, Bill and I had a discussion regarding better in/egress for folks as we setup the venue. We have always had to react to folks going through the start/finish area so we are looking at ways to be proactive (Ken)
- Either all primary Central Oregon coaches should be part of stadium set-up/clean-up or none should be. Same goes for event planning. (JD)

START

- The Mass Start set up as a Chevron worked well and having 6 dedicated people in that area organizing kids. (Kristin M.)
- I think the chevron start worked well and should be used again (John C.)
- Guests/Prov: These skiers should be put in the last row of the wave they are in in Mass start so they do not interfere with any regular qualified racers (Dave S)
- Guests/Prov: Individual start- these racers should be start after all the other racers for the same reason as #3 (Dave S)
- Bill Martin's design of a chevron start pattern for the mass starts in the freestyle race were excellent. I think this is the way to go in the future. (Mark G)
- The start for boys mass start worked great, start set up for classic and skate race was great. (Eric)
- Start Procedure: Mass Start - After the 30 sec warning there should be no more than a 5 sec delay until "Go" (Dave S)
- Mass Start:
 - Modified Chevron worked well to disperse racers and reduce collisions and recommend its future use. Need to attempt to align grid and chevron in a straight line if space will

allow. Because of the width of the grooming and the location of the entrance curve, it would have been possible this year.

- If grid and chevron cannot be aligned straight, then grid should be marked in full (both lanes and rows) to better define each racer's location. When the grid is slanted, it is very easy for rows to appear out of order if racers are not standing exactly where they should be.
 - I think we can move all racers at same time into chevron from grid for subsequent waves if there are enough volunteers to oversee. Straight alignment of grid and chevron also enhances this as there is less chance for mistakes.
 - It worked very well to have racers enter the grid from across the course on the west side of stadium. Recommend that racers queue at this location, then open a large section of fencing and bring in racers 2-3 rows at a time from the front to the back.
 - Marking paint worked well to layout grid lines. Red dye markings spread out over time in the hot sun, warm weather. Dye and paint markings should be marked just before race start. (Dave M)
- Have to start FS waves in much shorter intervals or we have to just accept two-way section at top of Easy Up and Screamer. (JD)
 - Use 9 skier chevron per JD suggestion to Bill pre-State. Pull 10-20-30 etc bibs and use in back or not at all. One less lane, less width needed, easier merge. (JD)

FINISH

- Finish chute for Interval Start (classic) could have been longer.
- More people in finish chute at mass start race- crazy with bodies everywhere and it was not very long.
- Live Timing- hopefully it can be more accurate (Dave S)
- I would like to see a longer/larger finishing area for the racers so they aren't running into each other (Ryan A)

RELAYS

- Need to plan for bib collection at both tag zone and finish areas during the relay race.
- Reminder to coaches and racers that capes and other apparel that restricts visibility of bib numbers is not allowed.
- Question: Should capes, etc. be allowed for JV relay races as a "more for fun race"? This happened.
- Question: Should different genders be allowed in the JV relay races (girls in boys race and vice versa) as a "more for fun race". This also happened. (Dave M)

DRESS CODE

- I'd like to see a "dress code" among the teams (as in your wear your uniform or a short sleeve shirt) but no shirtless or sports bra athletes competing. (Andrea)

DIRECTION AND SIGNAGE

- Recommend a host/monitor to be positioned at the intersection of First Time Trail and the entrance into the stadium to direct public and especially racers to the correct route to race start. This is needed before race start and throughout races. This is a continual problem and results in many issues regardless of the many attempts to communicate the proper routes for racers to use.
- Additional signage this year to direct racers, public and spectators appeared to help; recommend more for next year. Duplication of signs is helpful to ensure visibility and recognition.
- Recommend a well- planned and defined (with signs) route through the stadium for warm up and practice prior to race start. There were racers going through the finish and grid areas after they were set up. This is not desired, but it was not obviously clear where they should have traversed. (Dave M)

COURSE

- In general, kudos to Mt. Bachelor groomers but we do need classic tracks as David described. (John C.)
- Courses should be groomed and signed with cut throughs in by Wednesday AM at the latest- better by Monday. (Dave S)
- For Classic race tracks need to be set in the 2 way section between the top of Easy Up and the common corridor and up the headwall to the soccer field for the relay. (Dave S)
- A slightly longer course for skate race would alleviate the two way traffic in and out of common corridor. Use lower cut through. (Eric)
- The widening of both Easy Up and the hill to the soccer field was awesome. (Eric)

WAXING

- This Spring JD and I will be proposing a rule change limiting waxes for the entire season (including state) to LF and lower. (Dave S)
- Steering Committee should establish firm rules regarding eligible glide waxes for 20/21 and the same rules used during the regular season MUST apply at State. JD suggestion is to go to the lowest level possible within the new industry standards. Retailers and NW reps can help guide this. We can also look at other areas of the country for their new standards. Ideally this would be matched by PNSA so club kids would not be forced to “dilute” skis after JNQ weekends to meet HS criteria. But it is clear that we are quickly developing tensions over glide wax and this will continue as high F waxes disappear from stores but remain in some homes. (JD)
- Steering Committee should establish formal protocols with regard to ski service provided at State meet to only registered OISRA coaches working regularly with specific HS teams. There were serious tensions that developed this year with club coaches in the soccer field helping some club athletes. (JD)
- Although not a rule, a very good move forward would be to annually place a wipe board in the middle of the soccer field where coaches are invited to post good wax combinations they are

discovering. This would be “open source” waxing. Biathlon development has had good returns from taking waxing advantages out of the matrix and making the racing fairer. (JD)

GENERAL JOBS

- Less people needed at Check in table- two is plenty.
- The toughest part for me was the quick turn around of getting the bibs Fri night at 6ish and then having to sort and get them back to Jinny's, BUT I truly don't see a way around that. Everything worked as well as possible I think. (Tracey)
- Announcer was audible and did a good job of informing spectators and athletes. (Mark G)
- The person who signed up as greeter from 8-10, stayed there ALL DAY because the man told her they needed someone to do that and would not let her leave and nobody showed up. If the man wants that they should pay someone and if not there should be more people signed up (Dave S)
- enjoyed the opportunity to meet the skiers, their families and the coaches. I had signed up for the 9:00- 10 Host slot on Saturday. However I ended up being there from 9 - 12:30 because there was a need and no one to replace me. During the initial 2 hrs advise that there be two persons there to handout passes. Also suggest informing parents ahead of time that they will need to purchase a ski pass if they plan to ski inside the event area (Nordic). It appeared the reason why the expected one hour turned into additional time was because of different understandings and expectation between the Nordic Center folks and event folks. Not sure how that could of been addressed earlier? Next year might suggest that the Nordic Center outline clearly what they want and expect and the reason for it. In talking with folks it appear there were differences between how passes were handled Friday vs Saturday. That also confused parents. Overall I would say if that was the only hiccup that was minor. Overall heard good things from parents & skiers. (Ranotta)
- Saturday, there could have been one or two more greeters at the common corridor. There were a lot of groups, skiers and snow shoers, crossing a very busy section of the race course. (Janet)

SIGN UP

- I liked the new volunteer sign up site (Kristin M)
- Combine the volunteer lists into one. Get the MVHS volunteers and roll them into the new program before sending out to everyone. This will hopefully keep people from signing up in two areas at the same time. (Kristin M.)
- In general, I'd like to see the volunteers more organized in terms of getting a specific job description and time slot and insurance of a relief shift if needed. That way we can keep volunteers coming back next year. They love to do it as long as it's not an endless assignment and it's something they can feel comfortable managing (John C.)
- Confusion with Southern League parents about two sign ups. Perhaps use one and pre-fill the start/finish timing jobs before sending out to the masses.

- I think there was a bit of confusion about the volunteer sign ups. (Stacy W)
- Some confusion of volunteer sign up -- different process for state meet than regular meets; or at least some differences between south, north, and mt. hood leagues. Maybe coordinate with all leagues and select a process that is common to all leagues so state meet will be routine. (Mark G)
- My only suggestion for next year would be to have only one sign up sheet sent out. I hadn't realized there was a difference between the Google Docs sheet and the Signup Genius, but it all seemed to work out in the end. (Jen F)

FOOD AT RACE

- Small things, more food at race for kids and volunteers (Kristin M.)
- Both days we were short one more water jug. Part of it was the warm weather but we really should have water at the finish line.
- maybe some simple snacks/refreshments for volunteers at the finish/timing area . (Ryan A)

BANQUET

- Coordinate so only Sarah OR Kelly bring butcher paper. Not both. (Sarah Smith)
- New centerpieces for next year. (Sarah Smith)
- Having a dedicated MC at the banquet was great, we could hear him this year and he was efficient. (Kristin M.)
- Have reserved school labels on long tables for the kids. (Kristin M.)
- T-Shirt People to have lots of petty cash for change (Kristin M.)
- I agree with David's points and if I am asked to MC the awards ceremony again, I now know how to run that show according to David and JD's feedback. (John C)
- Lost and Found was not very organized- need to make sure somebody is in charge and there is a plan for what to do with the items. (Dave S)
- Seemed like Sign Up Genius went well. I was happy to have parents at the banquet taking money, helping clean up, etc. and I didn't have to recruit them directly (Kelly)
- People never follow the rules about not cheering during awards- best to read off the 10 names rapidly with no pauses and then have them assemble and get their medals while people applaud and take pictures. (Dave S)
- I'd highly recommend we use Taco Del Mar again next year. I'd also like to see if maybe we could work into the budget some cookies to go with the coffee. I noticed that the cookies that TDM brought(which was 1 per head that we paid for) were gone in like 20 min flat. I'm wondering if we could get a good deal from maybe one of the local bakeries or even the COCC culinary school? Maybe even donation? And I will plan to ask Strictly O for free coffee again (Sarah Smith)
- Having the banquet volunteer sign up part of the rest of the race sign up. It was much more efficient than in the past when I had to find my own volunteers, having someone else in charge of the media part (Sarah Smith)
- Had about 75-100 programs left over.
- I think the main thing would just be alphabetical lists so that we could find names faster at check in. Highlighters to mark the names would also be helpful. (Tiffany H)

- On the email that went out it said that families were \$20 but they changed the price to \$25 at the door...I'm assuming because of the change of food at the last minute, but it was a change a lot of people hadn't anticipated and didn't have the extra \$5, or we had to make change...but didn't have any fives until much later in the evening. So appropriate change would also be a good thing. (Tiffany)
- Also the other door was open allowing people to walk in and not check in or pay, I know it was a basketball tournament at the same time, but maybe a change of venue, or a second check in station down there? (Tiffany)
- Card payment? Square or something like that.
- Banquet food choice was a good economical option. (Dave M)

MEDICAL (per Sarah Swaney)

- **Feedback from Classic race Course Monitor at #2 position:**
When determining the course and setting a classic track, this information should be considered. The "she" referenced is a MVHS skier who was diagnosed with a concussion after her fall:

She was going down the hill in the right side track towards course monitor spot #2. At the bottom of the hill when there was a left turn she lost control and fell face first into the snow bank and did a somersault. She got back up on her own, a mbsef coach was there and handed her her sunglasses and she kept skiing.

There were multiple skiers falling in the same spot. Hers was the worst fall.

No she didn't say anything about injuries. I asked if she was ok, she was more worried about finding her glasses and getting going as fast as she could and didn't really specifically say if anything hurt. She did still have quite a bit of snow on her head and face.

Don't know if you need to report other falls (there were probably like 30 or more falls there) but Brooke also had a pretty good fall there.

think it was Mr. Young (MVHS teacher) who was standing at the top of the hill and warning skiers to get out of the tracks. Most people who heeded his warning didn't fall, but most who stayed in the track fell.

Follow up information:

Athlete's coach was not notified of the head bump

Parents were only notified of the head bump by their own child

Questions that OISRA Nordic needs to address about head injury protocol:

- What are officials of the race doing to identify potential concussions and what action are they taking?
- -should course monitors and any other OISRA officials report every bump to the head to chief of CM?
- -When should this report happen?

- -Who does the chief of CMs notify? Medical official? Coach?
- -Is the athlete who bumps their head required to be evaluated by the medical official?
- -Who notifies the Parent? Most importantly, the parent needs to be notified that their child received a bump to the head (this did not happen in the case of the MVHS student with a concussion)
- -Who is making the call that an athlete who hits their head during an individual race shouldn't take part in the relay? Medical official?
- -Who/when would we pull an athlete out of a race in the middle of the race if they hit their head during that event?
- "when in doubt, pull them out" The athlete's brain health is more important than race result. "Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a teen for a lifetime. It can even be fatal."

Appendix B

Discussion Items: Northern League Nordic HS Schedule 2020/2021

 **December 12 (Sat): "typically" Northern League CL @ Meissner....problem in 20/21....**

December 12-13: Possible JNQ @ Mt Bachelor

If JNQ gets scheduled, placement of December NL race becomes challenging. Very problematic for HS race to be scheduled over top of JNQ. Options....

—> Schedule HS race for Sat, Dec 19 @ Meissner

— Pro: better snow; no conflict with local JNQ; added week of skiing before race

— Con: first Saturday of holiday break; Mt B may not be a back-up option; conflict for many club skiers with Sun Valley SuperTour likely.

—> Schedule NL HS race for Weds, Dec 16 @ Meissner in late afternoon

— Pro: same as above + Mt B viable back-up

— Con: Mt Hood schools unable to attend; would require very tight event schedule or skip 1-2 periods of school (sunset at 4:28pm, twilight ends 5:01pm)

January 2-3

—> Most likely not viable race weekend due to proximity to New Years Day and end of break.

—> Also conflict for very top club skiers with US Nationals in Michigan.

January 4 (Monday)

—> Option for Hoodoo Night Sprints @ Hoodoo???

January 9-10

—> Likely JNQ-free if Super event is on MLK weekend.

—> Sat, Jan 9: good date for **Teacup Classic @ Mt Hood**

January 15-18 (MLK weekend)

—> Very likely date of Super JNQ @ Soldier Hollow, Utah (all club kids gone)

January 23-24

—> Likely JNQ-free if Super event is on MLK weekend.

—> Sat, Jan 23: good date for **XC Oregon Invitational @ Mt Bachelor**

January 25 (Monday)

—> Other option for Hoodoo Night Sprints @ Hoodoo???

January 30-31

—> Possible JNQ @ Methow Valley, WA

February 6-7

—> Sat, Feb 6: good date for **Meadows Skiathlon (New 2-skier Relay Format?) @ Mt Hood**

February 13-14 (President's weekend)

—> Possible JNQ @ Spokane, WA

State Nordic Options

—> February 19-20 @ Mt Bachelor

—> February 26-27 @ Mt Bachelor