

Lander Invitational Nordic Ski Races

Wyoming High School/USSA NRL/High Plains JNQ
February 9th & 10th 2018

Lander Valley High School
400 Baldwin Creek Road
Lander, WY 82520

Race Entries:

The registration form is available [HERE](#) or by emailing Matt Herr at matt.herr@gmail.com

***REGISTRATION DEADLINE:
Friday, February 2nd by 9:00 pm***

There is no penalty for scratches. No additions will be accepted on race day, so please include ALL of your skiers when you email your race orders on Friday.

USSA Membership: All racers must hold a United States Ski & Snowboard license. Visit <https://my.ussa.org/membership/start> for more information.

Description of Classes:

Senior - eligible for NRL points, no awards ceremony

U23 - eligible for NRL points, no awards ceremony

U20 - eligible for NRL points, eligible for All-State Points if a WHSAA athlete

U18 - eligible for NRL points, eligible for All-State Points if a WHSAA athlete

U16 - eligible for NRL points, eligible for All-State Points if a WHSAA athlete

U14 - eligible for NRL points, not included in WHSAA results for HS eligibility

All-State Points: Wyoming High School Results will be pulled out of the overall results and all-state points will be awarded to the top 20 individual finishers as per the coaches handbook.

Awards:

Medals will be awarded to the top three racers in the U20/U18 and U16/U14 races per gender. Ribbons will be given for places 4-10 for each race.

Timing:

The Lander Timing Crew will use the Summit Timing System created by Ernie Page during the races. Digital wireless timers and transceivers are used, along with 2 bib recorders, 1 bib caller, 1 bib entry person, 1 bib entry person on transceiver at the start, 1 starter, and 2 people lining up the skiers. There are 7 people at the finish and 3 at the start. Two battery backup systems are also used. There are multiple, orange generators that will provide power. There will be a gun start on Friday and a wand will be used for Saturday's races.

Results:

On Friday, results will be available at the banquet. On Saturday, unofficial results will be posted as soon as possible. Thirty minutes after unofficial results are posted, official results will be posted. Please do not disturb the timers or people in the timing shed for any results.

Protests:

Protests must be made in writing within 30 minutes of the posting of the unofficial results. Protests are to be filed in writing with the Race Secretary, who will notify the jury, which will adjudicate all protests. The jury will consist of the TD, the Assistant TD and the Chief of Competition.

Location & Directions: **Beaver Creek Nordic Ski Area** - Located south on Wyoming Highway 28 at milepost 51.5, where the highway crosses Beaver Creek. An experienced parking crew will direct buses for parking. **Beaver Creek is a remote location with no shelter available to the public so be sure to dress/bring appropriate clothing!** Please consider carpooling as there is limited parking available at the venue.

Friday February 9th 5km Freestyle Race Interval Start **Beaver Creek**

Description of Race:

All age classes (Senior/U23/U20/U18, U16/U14) will race 5km. All races will be freestyle, 15 second interval start.

Schedule of Events:

10:00 AM: Course Open for Inspection - ALL skiers and spectators MUST ski the direction of the race at all times.

11:50 AM: Course Closed & National Anthem

12:00 PM: Senior/U23/U20/U18 Boys Start

Approximately 12:30 PM U16/U14 Boys Start

Approximately 1PM U20/U18 Girls Start

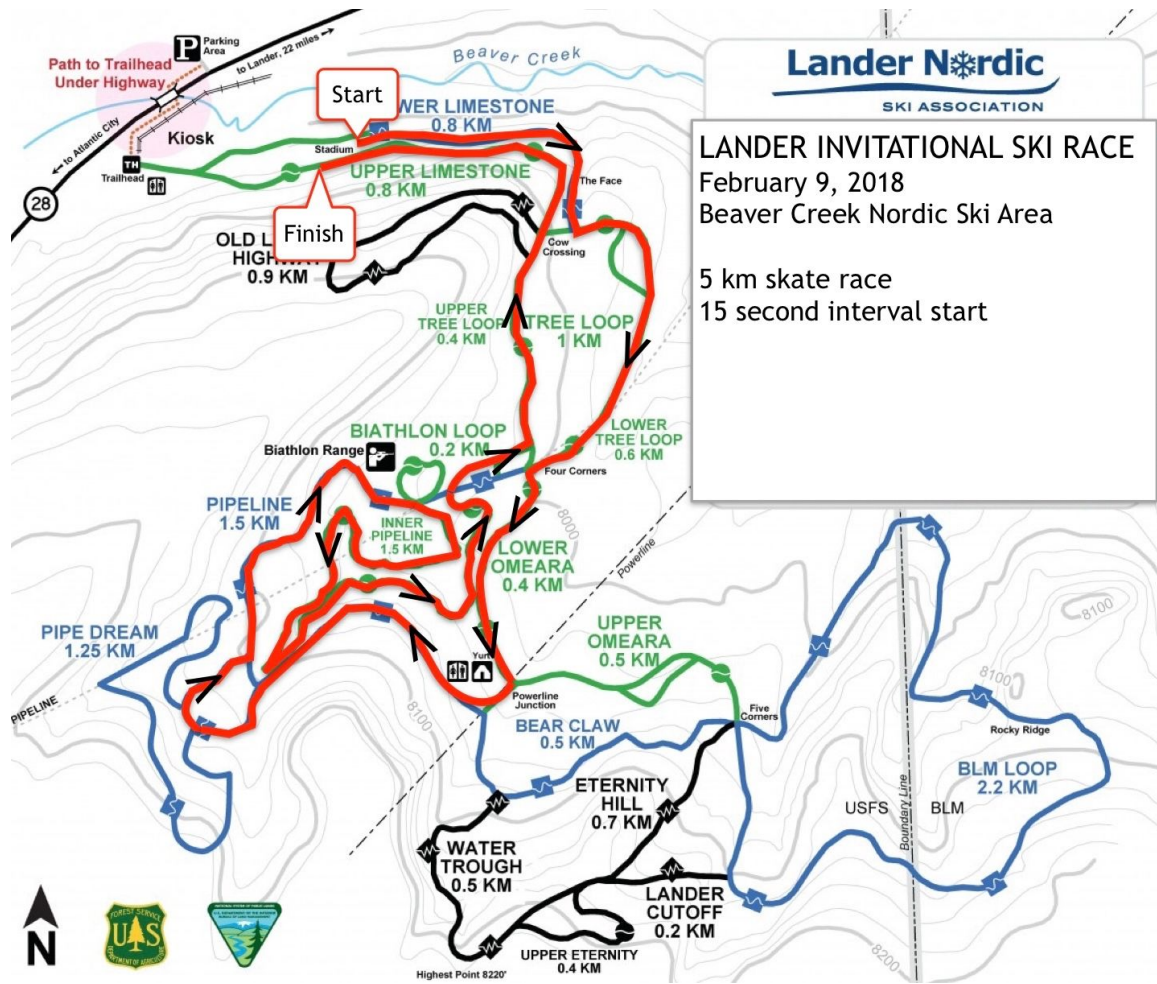
Approximately 1:30 PM U16/U14 Girls Start

Race Warnings:

Racers must ski the course in the direction of the race. Anyone skiing the course backwards will be disqualified.

If a skier is late for their start, he/she will be started at the end the race.

COURSE MAP:



Friday February 9th at 6PM

Banquet in the LVHS Commons

Located at 400 Baldwin Creek Road (Turn left at ShopKo)

Menu includes Lasagna, Bread, Salad and Dessert.

School vouchers can be made out to Lander Ski Team.

Cash or check accepted. Checks should be made out to LVHS Ski Team.

Family members are welcome! \$10 per person (\$5 for 12 and under)

PLEASE RSVP WITH TEAM AND PARENT NUMBERS BEFORE

FEBRUARY 5th to emilymtilden@gmail.com

Saturday, February 10th Classic Race 15 second Interval Start Beaver Creek

Description of Race: All age classes (Senior/U23/U20/U18, U16/U14) will race 5km. All races will be classic, 15 second interval start. The course will be groomed single track "best line" with double tracks where appropriate as terrain allows.

Schedule of Events:

8:00 AM: Course Open for Inspection - ALL Skiers MUST ski the direction of the race at all times. See course map attached.

9:20 AM: Course Closed & National Anthem

9:30 AM: Senior/U23/U20/U18 Girls 5K race

10:15 AM: Senior/U23/U20/U18 Boys 5K race

11:00 AM: U16/U14 Girls 5K race

11:30 AM: U16/U14 Boys 5K race

The NRL/high school races will be run to completion before the start of the Junior High races. Awards will be given out as soon as they are available.

1 PM: Middle School Girls 3.25K race

1:30 PM: Middle School Boys 3.25K race

*If U14 racers want to qualify for High Plains, they must participate in the U16/U14 age class races. The Middle School Races are NOT part of the NRL races. Please see separate race packet for the Middle School Races.

Race Warnings:

Racers must ski the course in the direction of the race. Anyone skiing the course backwards will be disqualified.

If a skier is late for their start, he/she will be started at the end the race.

We will have course marshalls at key locations around the classic course, so make sure that your athletes understand correct classic technique. The Race Jury will consider disqualification/warning as appropriate.

Measuring Pole Height: As skiers enter the start area, they will be required to measure their poles to ensure that all racers adhere to the correct pole length (83% of athlete height).

Parking:

ALL parking for the teams, spectators, and officials will be in the lot north of the highway at Beaver Creek. Buses are urged to turn on flashing lights as they come down the hill to the parking lot to increase other driver's awareness to slow down also.

Beaver Creek Trail Access:

Please DO NOT CROSS THE HIGHWAY, but use the trail that leads under the bridge. Once you reach the groomed trails, you can leave ski bags just off the trail and continue to the start area on skis. Follow the signs for about 1 km to reach the stadium area. There will be snowmachine shuttles available for team gear.

Wax Tents:

An area will be available for you to set up your wax tent in the stadium at Beaver Creek. Please see map for details.

Bathrooms:

Porta-potties will be available at both the stadium and the parking lot.

Refreshments & Hospitality:

Due to a very congested stadium area, there will not be refreshments. We will have water and hot drinks available for racers, but racers are advised to BRING YOUR OWN SNACKS!

Also due to a very congested stadium, there will not be a fire pit. Racers, spectator and volunteers are advised to wear/ bring appropriate clothing. Again, Beaver Creek is a remote location with no shelter available to the public.

Medical:

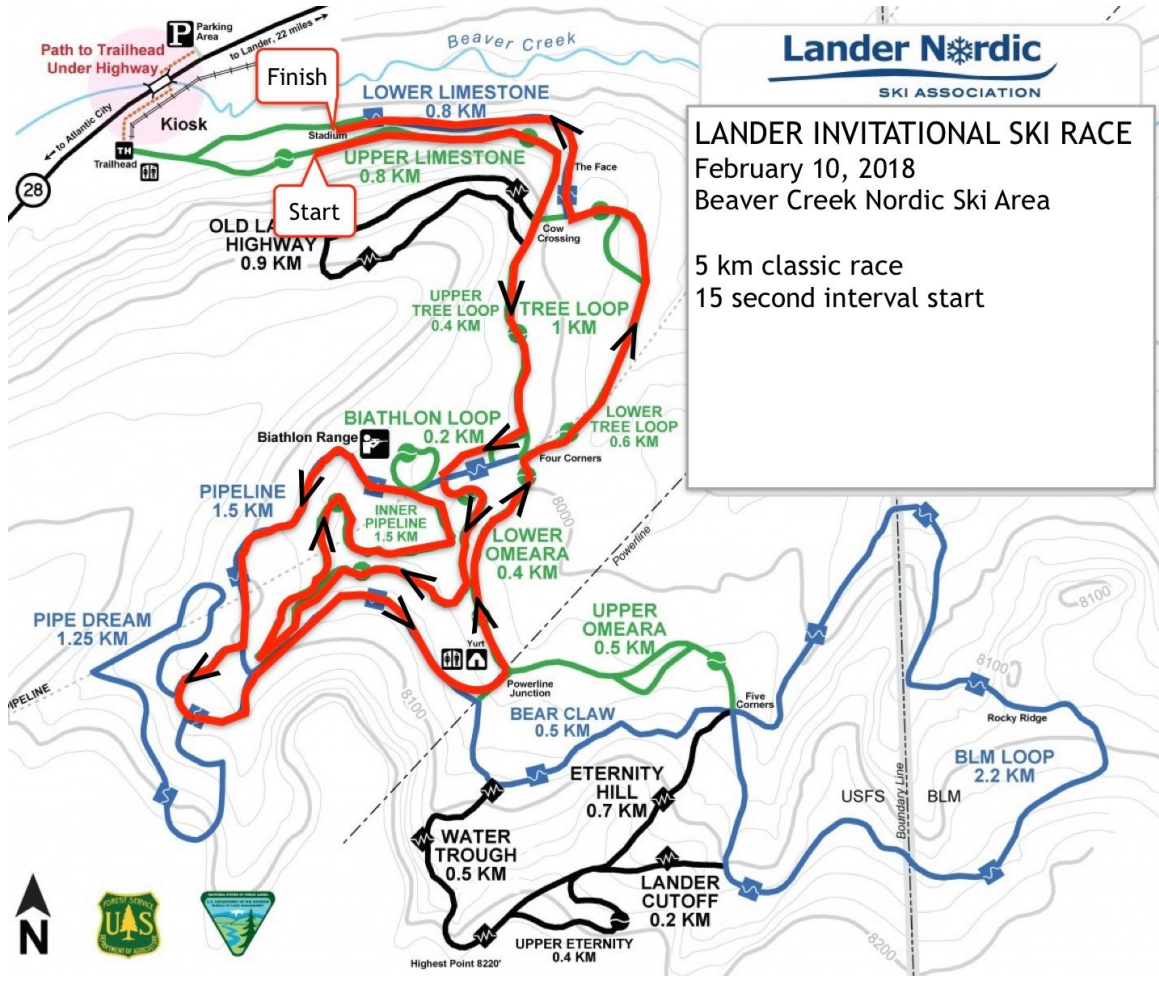
An emergency medical team will be on-site. Assessment, stabilization, and evacuation will be available on both race days. The Fremont County ambulance has been notified of the race by medical staff.

Weather:

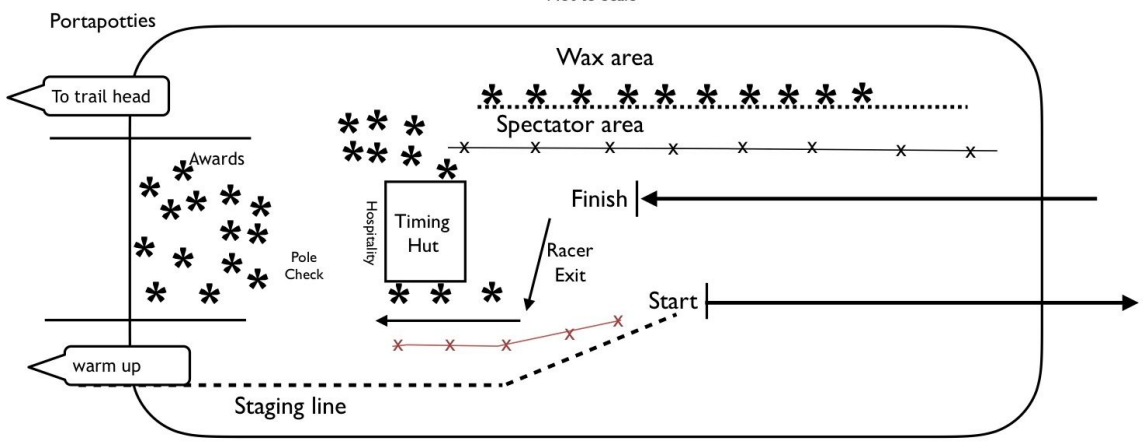
The weather at Beaver Creek may be different than Lander. The closest weather sensors and webcam are approximately 4 miles from Beaver Creek. The following website may provide helpful information: www.landernordic.org
If there is a delay due to road conditions or cold weather, coaches will be contacted at their hotels or by cell phones to update them on the plans for the races.

There are NO DOGS allowed on the trails at Beaver Creek. Sorry, PLEASE leave fido at home!

COURSE MAP:



Beaver Creek
Stadium Layout Detail
Not to Scale



* = trees
 x - x - x = fence

Race Officials:

LVHS Principal: Brad Neuendorf

Athletic Director: Serol Stauffenburg

USSA TD: Peter Freire

USSA ATD: Web Webster

Chief of Transportation/Parking: Bill Lee

Chief of Timing: Don Webber

Asst. Chief of Timing/ Secretary: Matt Herr

Asst. Chief of Timing: Craig Bromley

Chief of Race Marshalls: Joe Austin

Chief of Stadium: Matt Jacobsen

Chief of Course: Steve Matson

Chief of Hospitality: TBD

Chief of Announcing: Louisa Hunker/James Whiting

Chief of Competition: Emily Tilden

Chief of Medical: Judd Strom

Official Starter: Bruce Campbell