

Cody High School Invitational Nordic Ski Meet

December 17th and 18th, 2021

Classic mass start-December 17th @ 10am

Skate pursuit start for varsity. JV 15 individual starts-December 18th @ 10:00am

Park Cty. Nordic Ski Assoc.–Pahaska, WY

Hosted by

Cody High School

Tim Foley, Superintendent

Tony Hult, Activities Director

Meggin Becker, Nordic Head Coach

Park County Nordic Ski Assoc.

Information:

Venue: Pahaska Teepee Cody, WY

Buses/Parking: Buses access the parking lot through the second entrance and park along the right hand side of the parking lot (Snowbank closest to the road). Volunteer and spectator parking available along the road.

Shelter and Facilities: There is no indoor shelter at Pahaska. Porta potties are located by the road closure sign.. Please set up team tents along side the road.

NOTE: The cabin will be **CLOSED** to all parties except timing and medical personnel.

Waxing Protocol: Fluoro kick waxes are allowed in all WY HS/HP/USSS races. NO LF/HF glide waxes of any kind (Pure fluoro powders, liquids, blocks, sprays, etc.) are allowed in WY HS/HP Classical, Freestyle, and Sprint races. These rules will apply to all WY HS/HP races, including JNQ and NRL races.

Refreshments: Water and chocolate milk will be provided to racers at the finish area.

ATHLETES are responsible for their own snacks. To-go Lunches will be provided on Friday and Saturday for coaches, their assistants, trail groomers, bus drivers, race officials and staff.

Race Entries: Matt Herr and the Lander timing crew will send out entry forms on google sheets along with the deadline.

Timing: The timing for the race will be done by Matt Herr and the Lander Timing Crew. Race results will be dispersed to coaches as soon as they are available. Race results will also be sent to coaches via email on the evening of the event. As well as on the High Plains website.

Protests: Protests must be made in writing within 30 minutes of the posting of 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 Chief of Competition plus two visiting coaches whose athletes are not involved in the given dispute.

Race Course Maps: Maps will be posted outside of the cabin. Course maps will be emailed to coaches as soon as Dec. 13th @ 6:00pm

Reminder: Remind skiers to always ski in the same direction as the race course. Skiers not doing so will be subject to disqualification. We appreciate your cooperation. This does not apply to coaches, volunteers, and race officials. Please help us in providing the best possible race track for all competitors.

Also, to help maintain the integrity of our fragile snow base/course course will be closed following the races.

First Aid and Safety: There will be medical personnel at the premises at all times during competition. A snow machine with a sled will be ready to retrieve skiers if necessary.

Team Scoring: Starting from 1st place (30 points) the first 5 skiers from each team are allowed to score points for their team. Team points then skip to the next team if all 5 skiers from a respective team have already scored. This format continues until the last point is received.

Awards: Top three will be recognized. Award ceremony for both races Saturday-December 18th following the races.

Spectators: Are welcome. However, if walking they must stay in the barrow pit and outside the guard rail. PCNSA will need to groom the entire width of the road for the races.

Questions: If you have any questions, please contact CHS Activities Director Tony Hult at thult@park6.org or CHS Nordic Coach Meggin Becker at mbnordic@hotmail.com

Events:

Friday,- 6k Varsity/3k JV ClassicHill climb: Mass start

Each team will be assigned a lane. Seed accordingly within the team. Must stay in designated lane til a determined length.

There will be a couple warm-up tracks for you to test wax.

Course open for inspection: 8:30AM

Bibs available the warming hut (outside on the bench): 8:00AM

Course Closed: 9:15AM

Varsity Men-10:00
Varsity Women 10:45
JV Men 11:30
JV Females 12:00

To help keep the integrity of the fragile snow base. Courses will be closed immediately after races.

Saturday.- 6km Varsity/3k JV Skate hill climb: Pursuit start-Varsity. JV 15sec interval

Bibs available outside the warming hut (outside on the bench) 9:00am

Varsity women-10:00am
Varsity men-10:35
JV women-11:20
JV men-11:50

Note: To try and give the best skate platform for everyone. Women's race will be one half of the course. Men's race will be on the other half. No course inspection.

Race officials reserve the right to alter start times due to inclement weather/situations if the need arises.

Race Order:

The skate race is a pursuit style start for varsity up to 7 mins behind the top racer. Then 15secs afterwards. 15 sec individual starts seeded by coaches for jv. There will be someone announcing appropriate countdowns for each respective race.

RACE OFFICIALS:

Chief of Competition: Erik Wachob
Chief of Course/grooming: Richard Becker
Chief of Timing: Don Webber
Asst. Chief of Timing: Craig Bromley
Chief of Start/Finish: Roy Holm
Activities Director: Tony Hult