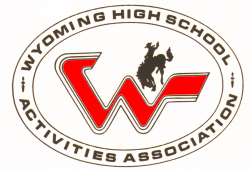




## Wyoming High School Activities Association

6571 East 2<sup>nd</sup> Street  
Casper, Wyoming 82609



# State Nordic Ski Championships

February 24 and February 25, 2023  
Trail Creek Nordic Center – Jackson, WY

### Hosted by

Jackson Hole High School  
Dr. Gillian Chapman, Superintendent  
Mike Hansen, Activities Director  
Katie Paddock, Nordic Head Coach

**Venue:** Trail Creek Nordic Center. Wilson, WY

**Buses/Parking:** There is **minimal** parking at Trail Creek. Saturday morning especially it will be very busy with the state meet, and backcountry skiers using the narrow road. We will block off reserved spaces for team buses but please limit your parking at the venue to one vehicle per team. Please park any additional vehicles at the Stilson Ranch Parking lot and ride the shuttle bus to Trail Creek. Please tell any spectators to take advantage of the shuttles as parking on Trail Creek road for spectators will not be allowed. Shuttles will begin Friday and Saturday at 8:00 AM and will run until completion of the events both days (approximately 1pm).

**Shelter and Facilities:** There is no indoor shelter at Trail Creek. In the case of extreme cold, we will have a bus as well as heaters in the Pistenbully tent as warming spaces for athletes. There will be multiple porta potties outside the cabin. Please set up team tents in the Stadium, where there will be access to power.

**Refreshments:** Complimentary water, chocolate milk, and fruit will be provided to racers at the finish area. Bagels and coffee will be provided on Friday and Saturday for coaches and their assistants, trail groomers, bus drivers, race officials and staff.

**Race Entries:** Matt Herr and their timing crews will need your entries by Sunday Feb. 19th at 6pm. They will send out entry forms on google sheets.

**Timing:** The timing for the race will be done by Matt Herr and crew using the Summit Timing System. Race results will be posted on the kiosk outside of the building as soon as they are available. Race results will also be sent to coaches via email on the evening of the event.

**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 Chief of Competition, Chief of Course, Chief of Finish plus two visiting coaches whose athletes are not involved in the given dispute.

**Wax Protocol:** All skiers at the 2023 Wyoming State meet agree to use designated glide wax for those races. The wax call will be made by noon on Tuesday February 21st. The wax choices will either be:

Cold conditions – Swix High Speed 5 solid

Medium conditions – Swix High Speed 6 solid

Warm conditions- Swix High Speed 8 Solid

This is in accordance with the IMD and HP wax protocol for sanctioned USSA races.

**TEAM PHOTO AND CAPTION:** Please have your team photo and name caption emailed to Cyndi Sutton [csutton@tcsd.org](mailto:csutton@tcsd.org) no later than February 10 to be included in the program.

**Race Course Maps:** Maps will be posted outside of the cabin. Maps will be emailed out to coaches as soon as they are ready. Coaches please keep in mind that there is no JV category at state and that these are Varsity level courses. Your discretion is advised.

**Reminder:** Remind skiers/parents/spectators on skis 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. Spectators/parents who will be walking, please avoid walking on trails

whenever possible. There will be off trails packed around the stadium area to prevent walking on the race course. Please help us in providing the best race track for all competitors.

**First Aid and Safety:** There will be medical personnel doctor at the premises at all times during competition. First responders in Wilson will be notified in an emergency and are less than 10 minutes from the venue. A snow machine with sled will be ready to retrieve skiers if necessary. There will be many volunteers on moose patrol in the woods with air horns to try to prevent any wildlife encounters.

**All State Points:** The top 30 skiers, regardless of amount from each respective team receive All-State points. Ex. 1<sup>st</sup> place 30 points – 30<sup>th</sup> place 1 point. Overall First Team All-State and Second Team All-State certificates will be presented at the conclusion of Saturday's events.

**Team Scoring:** Starting from 1<sup>st</sup> 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:** The top 10 boys and girls for both days will receive WHSAA medals. Medals from the first day will be presented at the banquet Friday evening, with Saturday's being presented at the conclusion of Saturday's events. The State Champion and Runner-Up team trophies will also be presented at the conclusion of Saturday's events. Please see banquet information for specific on the Willie Neal Skier of the Year Award.

**Apparel:** We will not have apparel for sale on site but will the link below you can access an online store to purchase state nordic apparel <https://whsaastore.com/whsaa/winter/nordic-skiing-championships.html>

**Questions:** If you have any questions, please contact JHHS Activities Director Mike Hansen at [mhansen@tcsd.org](mailto:mhansen@tcsd.org) or JHHS Nordic Coach Katie Paddock at [kpaddock@tcsd.org](mailto:kpaddock@tcsd.org)/518-791-6517.

### **Events:**

#### **Thursday, Feb 23 – Course inspection**

**Course open for inspection: 10:00 AM**

**Courses Closed: 5:30 PM**

#### **Friday, Feb 24 - 5km State Classic Championship: 15 second interval starts**

**Course open for inspection: 8:00 AM**

**Bibs available at Cabin: 8:30 AM**

**National Anthem in Stadium: 9:30 AM**

**Course Closed: 9:50 AM**

**Start time 10:00 AM**

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

**Warm-up area:** Ski course in proper direction **until 9:50 AM** and then on the warm up loop in the East Fields during the race.

**Race Order:** The Varsity girls will go first, starting at 10:00 AM, **followed by a 15 minute gap after the last girl, before starting the Varsity boys.** There will be someone announcing appropriate countdowns for each respective race.

**Awards:** WHSAA medals will go to the top 10 Boys and Girls

**State Banquet:** Friday Feb. 24, 6:00 PM @ Jackson Hole High School Commons. 1910 High School Rd Jackson WY. \$15 per person, everyone is welcome, coaches, athletes, parents, spectators. **Teams must email with updated team meal numbers by Friday, February 17th at 3pm to ensure there is enough food.** Entrance to commons area is on the west side of JHHS, please park in the west lot and enter through the doors by the gym. Walk through the rotunda and commons is on the right (south) hand side. Awards from Friday's races will take place, the Willie Neal Skier of the Year Award and the 2023 Seniors recognition.

#### **Willie Neal Award Information:**

This award was created in honor of the life and contribution to Wyoming skiing made by Willie Neal. He grew up in Jackson Hole and from 2004 to 2008 skied for both the Jackson Hole High School and the Jackson Hole Ski Club.

Willie is the only skier to have ever won 8 Wyoming State Nordic Skiing championships, and truly pushed Wyoming skiing to another level. He skied in 5 Junior National Championships, in which he was a multiple-time

All-American, 3 Senior National Championships, represented the United States on the 2008 Scandinavia Cup Ski Team, and looked forward to skiing for the Middlebury College Ski Team.

Willie was a humble and gracious competitor, leader, and example of great sportsmanship. He was passionate about each person's individual responsibility to make a difference in this world, embracing Mahatma Gandhi's assertion that we should each "be the change we wish to see in the world". Willie was involved in helping in his community, state, and nation, and his passion was inspirational.

This award honors this legacy of dedication, sportsmanship, leadership, and service to others, and its specific criteria include:

- A dedication/commitment to Nordic skiing and training
- Competitive results in Nordic races
- A demonstration of good sportsmanship, humility, and integrity
- Leadership within Wyoming skiing and within her or his community
- An ability to inspire other to get involved, to achieve, and to "reach higher"

Please send nominations to Mary Neal ([mneal4863@yahoo.com](mailto:mneal4863@yahoo.com)) by Feb 20, 2023.

**Saturday, Feb 25 - 10km (1 lap) State Freestyle Championship: mass start**

**Course open for inspection: 8:00 AM**

**Bibs available at Lodge: 8:30 AM**

**National Anthem in Stadium: 9:30 AM**

**Course Closed: 9:50 AM**

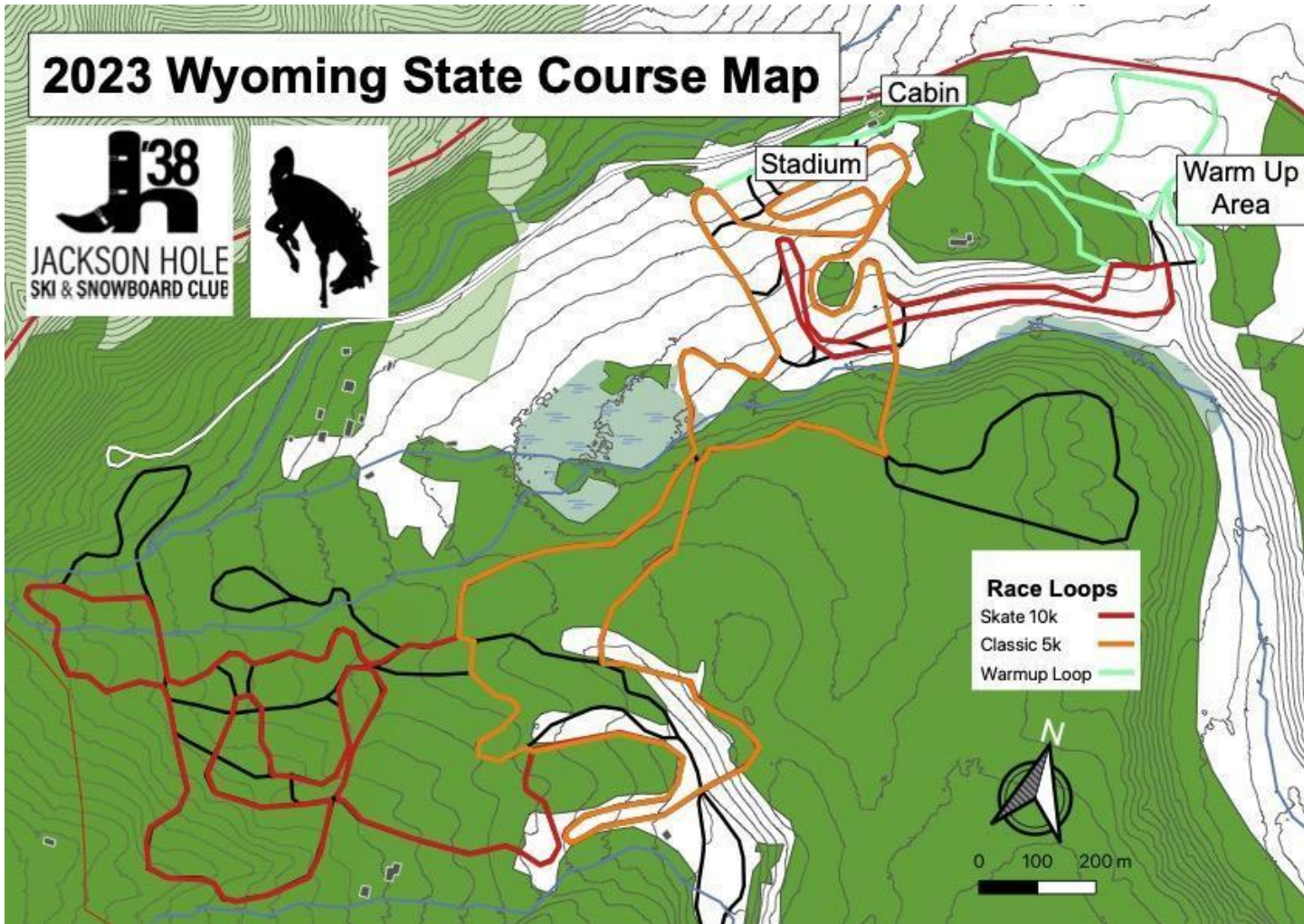
**Start time 10:00 AM**

**Warm-up area:** Ski course in proper direction **until 9:50 AM** and then on the warm up areas in the East Fields during the race.

**Race Order:** The Varsity boys will go first, starting at 10:00 AM. Racers will be seeded in a Chevron mass start based on their performance in Friday's 5k Classic race. Varsity girls will start at 11:00am. There will be someone announcing appropriate countdowns for each respective race.

**Awards:** WHSAA medals will go to the top 10 Boys and Girls which will be presented at the conclusion of Saturday's events in the stadium area. The State Champion and Runner-Up team trophies will also be presented at the conclusion of Saturday's events. Overall All-State certificates will be presented at the conclusion of Saturday's events.

**Course Maps:**



Note- the 10k is the combined red/orange course.

**RACE OFFICIALS:**

Chief of Competition: Ali Sehnert/Will Wicherski  
Chief of Course: Katie Paddock  
Race Secretary/Chief of Timing: Matt Herr  
Asst. Chief of Timing: Jeff Stines

Chief of Start: Rody Hagen  
Chief of Finish: Andy Weenig  
Groomer: Steve Swan  
Activities Director: Mike Hansen

# EMERGENCY ACTION PLAN

## RESPONSE PROTOCOL – Regional / State Tournament Information

|                      |                            |
|----------------------|----------------------------|
|                      |                            |
| Event:               | State Nordic Skiing        |
| Site:                | Trail Creek Nordic Center  |
| Emergency Contact 1: | 911                        |
| Emergency Contact 2: | Dan Lindsay - 210-331-8244 |
| Lead Responder:      | Dan Lindsay                |
| Responder:           | Mike Hansen                |
| Responder:           | Luna Wasson                |
| AED Location:        | Trail Creek Cabin          |
| EMS Access Point:    | Trail Creek Nordic Center  |
| EMS Cross Street:    | Hwy 22 and Old Pass Road   |
| Add'l Information:   |                            |
|                      |                            |