

SECTION MEET REMINDERS

Review for yourself and skiers/parents all MSHSL Nordic rules and policies

Wear legal hat and uniform . Hat must have legal logos.

Classic poles 83% of skiers height

Bib Must be visible and worn the entire race. Tie securely.

ALL bibs must be returned—will collect at finish of all relay skiers for each race and after the final 10km race. Relay finals new bibs.

Tracking—is only allowed in the interval race which this yer is classic
No track in the skate race

Technique Zone—For classic race only. Will be on Ridgeline and signed,
Diagonal stride or Herringbone technique. **NO** double poling

Sprint Relay—30 meter exchange zone, tag off is body to body in the zone-
each skier does 2 laps, Finish Line for final skier is the timing shack

NEW—Time Penalties imposed for infractions of technique, relay exchange,
False starts, turning issues.

Where there are one or more set tracks, repeatedly changing or stepping in
and out of tracks is not allowed.

As a general rule applying to all competitions, competitors shall not obstruct
other competitors

For this year—Flagrant violations will be penalized, other minor ones will get an
educational warning. Jury has the final call.

WAX as of Tuesday 2/1 the MSHSL adopted the **no Fluoro wax** for section and
State Meet.

Wirth:—buses need to be parked off site. Team camps need to be outside
Athletes can warm up inside as much as needed. No gear bags etc
Athletes with a bag lunch are welcome but no cases of food drinks etc, no crock
pots. Restrooms are always available.

Tie Breaker for team advancement. go to 4th pursuit: if needed go to 5th pursuit, if
still needed go to relay place.