

Trail Creek Invitational Nordic Ski Meet

December 19th, 2020

5K Skate individual starts-December 19th @ 1pm
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

Information:

Venue: Trail Creek Nordic Center, Wilson WY

COVID policy: There will be no spectators at the venue. The course will only be available to athletes, coaches, volunteers and race officials. Face coverings will be worn by all attendees at all times. The only time face coverings can not be worn is during the race itself by participants in the race. Face coverings must be worn during warm up, cool down by athletes.

Buses/Parking: There is minimal parking at Trail Creek. Saturday mornings are often busy with backcountry skiers using the narrow road in addition to our own race. Skiers can be dropped at the venue by the bus and then have busses park at the Stilson Ranch lot. Bus drivers should be called when the race is done and the team is ready to leave.

Shelter and Facilities: There is no indoor shelter at Trail Creek. There will be multiple porta potties outside the cabin. Please set up team tents in the stadium, there will be access to power. The cabin will be closed to all parties except timing.

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. To-go Lunches will be provided on Saturday for coaches and their assistants, trail groomers, bus drivers, race officials and staff.

Race Entries: Matt Herr and the Lander timing crew will need your entries by Monday December 14th at 6pm. They will send out entry forms on google sheets.

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.

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 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 out to coaches as soon as they are ready.

Reminder: Remind skiers 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. Please help us in providing the best possible race track for all competitors.

First Aid and Safety: There will be medical personnel at the premises at all times during competition. First responders in Wilson will be notified and are less than 10 minutes from the venue. A snow machine with a 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. They will also have radios to contact the medical personnel should racers be injured or ill on course.

All State Points: The top 30 skiers, regardless of amount from each respective team receive All-State points.
Ex. 1st place 30 points – 30th place 1 point.

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 next team if all 5 skiers from a respective team have already scored. This format continues until the last point is received.

Awards: No Awards

Questions: If you have any questions, please contact JHHS Activities Director Mike Hansen at mhansen@tcsd.org or JHHS Nordic Coach Katie Paddock at kpaddock@tcsd.org.

Events:

Saturday, December 19 - 5 km Skate Race: 15 second interval starts

Course open for inspection: 10:00 AM

Bibs available at Cabin: 11:00 AM

Course Closed: 12:50 PM

Start time:

12:30- Open class

1pm- Varsity 5K

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

Warm-up area: Ski course in proper direction **until 12:50 PM** and then on the warm up loop in the East Fields or fence line hill during the race.

Race Order:

The skate race is 15-second interval individual starts seeded by coaches, **followed by a 15 minute gap after the last boys, before starting the girls.** There will be someone announcing appropriate countdowns for each respective race.

Schedule:

12:30- open class 5k

1pm- 5k Varsity boys

15 minute gap

5k varsity girls

30 minute gap to change course over

3k JV boys

15 minute gap

3k JV girls

Timing/Awards: The timing for the race will be done by Matt Herr and the Lander timing crew. No award ceremony. Results will be dispersed to coaches when available.

RACE OFFICIALS:

Chief of Competition: Katie Paddock

Chief of Course: Will Wicherski

Chief of Timing: Matt Herr

Asst. Chief of Timing: Don Webber/Craig Bromley

Chief of Start/Finish: Andy Weenig

Groomer: Steve Swan

Activities Director: Mike Hansen