



The Wholesum Agency Classic

Saturday, JANUARY 21, 2023

Venue: Meissner Nordic Ski Trails <https://goo.gl/maps/3MTRKuYAbBFMbaTK9>

Sno Park Permits Required

Parking spaces are limited at Meissner and we must be considerate of the public's access to parking and skiing during our event. In order to minimize our impact, please adhere to the following guidelines:

- 1) Car Pool
- 2) If possible drop off skiers and equipment at Meissner and then park at Swampy Sno Park (1 mile up the road on the right) and ski down the Tangent trail or park across Century Drive at Wanoga.
- 3) If parking at Meissner: Park perpendicular to the snow bank (do not park at an angle) to limit the amount of space taken up.

Trail Passes/Race Fees: Trail passes are not needed to ski at Meissner, however OISRA Southern League expects teams to donate \$5/racer to help cover grooming costs. Make a donation to Meissner Nordic <https://meissnernordic.org/donate/> or drop cash/check in the blue box near the info board at the entrance to the ski area.

Spectators: Spectators may not walk on the groomed ski trails. If spectators wish to observe the race on the course, they must be on skis or snowshoes. If on snowshoes, stay as far to the side of the trail as possible, outside the classic tracks.

Public Use: Meissner is a public use area, and anyone can ski during the race. The course will not be closed, but monitors will be available to direct traffic. Please be considerate of the public and stay out of their way as much as possible.

Race Format: 5K Classic, interval start (20 sec), Boys and Girls mixed in seeding with fastest going first. Plus a 3 X1K Relay (CI, CI, CI)

Online Seeding:

https://docs.google.com/spreadsheets/d/1StzBtZsmnL_UZxOJtNdHCshmXkRo9Oh-mrLqDQByOyM/edit#gid=0

Must be completed by Wednesday at 6:00 pm. Girls and Boys starts are mixed. Fastest skiers go out first.

Start lists and results will be posted on Webscorer.com

Bibs:

Southern League racers wear pre-assigned bibs for individual race. Racers from other leagues will be assigned bibs for individual race. Relay bibs will be assigned to all teams. Relay bibs and bibs for racers from other leagues will be collected at the end of the race.

Late Starts: will be allowed to start asap after they arrive at the start - the Start Supervisor determines when they can start. Their elapsed time that is calculated from their preassigned start time will be the posted time. Their actual start time will be noted. A jury will meet if a coach wants to contest a late skier's time.

Overtaking skiers: Racers who are being overtaken must give way on the first demand ("Track" or "On your right/left"). Racers being overtaken must not interfere with the Racer who is passing them.

Waxing Area: The area behind the lodge on the Northeast side of the lodge.

Medic Tent: Will be on the North Side of the lodge.

Relay teams:

- All skiers on a Varsity team must attend the same school
- Two skiers can make up a Varsity team if there is no third skier from that school. (A dummy time will be calculated for the missing third skier.)
- Provisional skiers cannot ski on Varsity teams
- JV teams can be comprised of skiers from different teams, provisional skiers, and single skiers (from any league) who do not have another teammate
- Dummy times may not be calculated for JV teams.

| TIMELINE | |
|-------------------------------------|--|
| 10:15 am | Coaches' Meeting |
| 10:30 am | Course Monitor's Meeting - Forerunner is on the course |
| 11:00 am | Timing Crew Meeting |
| 11:30 am | Start of 5K Individual Race (Boys and Girls are mixed) 20-second interval start |
| 1:00 pm | Start of Boys Relay (Varsity and JV are mixed) |
| Immediately after Boys Relay | Start of Girls Relay (Varsity and JV are mixed) |

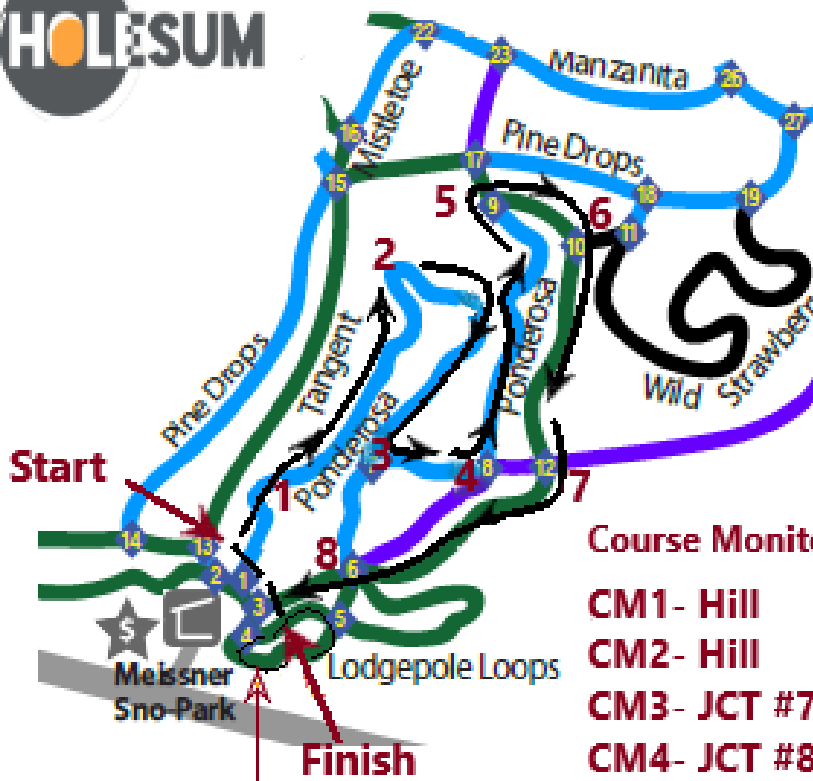
Definition of the CLASSIC Technique:

Classic Technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are NOT allowed. This will also apply to competitors skiing outside of the set tracks.



**Southern League
Meissner Sno-Park
5.3 K Classic Race
January 21, 2023**

11:30 Start



Course Monitors

- CM1- Hill**
- CM2- Hill**
- CM3- JCT #7**
- CM4- JCT #8**
- CM5- JCT #9**
- CM6- JCT #10**
- CM7- JCT #12**
- CM8- JCT #6**
- RELAY CM at JCT #5**

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THE WHOLE\$UM AGENCY**