

Bend Structural Engineering Skate

Saturday, JANUARY 14, 2023

Venue: South Diamond Lake

Sno Park Permits Required

Race Fees: None

Race Format: 5K Skate, interval start (Noon), plus 3 X1K Relay (Sk, Sk, Sk)

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.

Start lists and results will be posted on Webscorer.com

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 are asked to keep to the right when they are being overtaken and are asked to not interfere with the progress of the racer who is passing them.

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

11:00 am	Course is ready for practice
11:15 am	Coaches' Huddle
11:30 am	Course Monitor's Meeting - Forerunner is on the course
11:40 am	Timing Crew Meeting
NOON	Start of 5K Individual Race (Boys and Girls are mixed) 20-second interval start
1:30 pm	Start of Boys Relay (Varsity and JV are mixed)
Immediately after Boys Relay	Start of Girls Relay (Varsity and JV are mixed)

