



Central Oregon Nordic Club Mt. Bachelor Classic

January 6, 2024

3:00 pm

Venue: Mt. Bachelor Nordic Trails

Race Fees: \$16 per racer (regardless of passholder/non-passholder status). Coaches and volunteers will be comp'd. OISRAN Treasurer, Sarah Swaney, will bill teams after the race based on the number of racers.

Trail Passes for racers, coaches, and volunteers: Racers' bibs will be their trail passes. Coaches & volunteers will pick up trail passes at check-in table outside near the Nordic Lodge.

Spectators' Passes: Any spectators on skis must purchase a \$24 afternoon ski pass. Spectators on foot will have free walking access to the stadium. **Spectators on foot MUST stick to the designated walking route, stadium, and not venture anywhere else on foot.** Continuing to have free spectator access for future events depends on all spectators being compliant with this Mt. Bachelor policy.

Sticking to designated walking route: No one should walk on the groomed trails. Racers, coaches, and volunteers who ski should be ON SKIS when accessing the stadium area. If they are not on skis, they must stick to the designated walking route.

Mt. Bachelor 23/24 Season Waiver: Instructions for completing this waiver have been sent to you by Sarah Swaney. If you have not received those instructions, please contact Sarah at sarahmvhsnst@gmail.com All waivers must be verified by Friday, January 5, preferably sooner!

Two Race Formats: 4K Classic; 15-second interval start – 2 lap course
Short Course – mass start

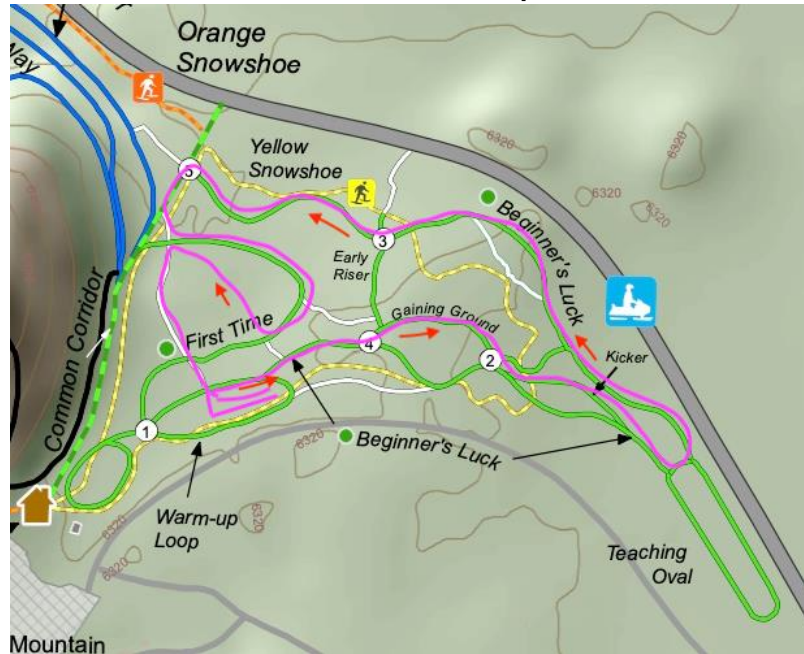
Race Rules for Overtaking Another Skier: This race is an interval start race, which means that the racer being overtaken must give way on the first demand. Fastest skiers should use best judgment when passing a very slow skier.

Race Rules for the Start of the Interval Start Race (4K Race): Each racer will be given a 10-second warning, then they will hear a count "5-4-3-2-1 and GO." Racer starts on the "GO" command.

Race Rules for the Start of the Mass Start Race (short course race): Racers will be given a "30 Seconds to start" warning. Next there will be the command "10 seconds to start." When all competitors are motionless, then the next sound will be the Start Signal.

TIMELINE:

- 1:00 pm Set up crew meets at stadium
- 1:30 pm Team & Volunteer check in table opens outside Nordic Lodge
- 2:10 pm Course Monitors' Meeting (near the timing shed)
- 2:20 pm Timing Crew Meeting (near the timing shed – east end of stadium)
- 2:20 pm Forerunner on the Course
- 2:50 pm Start Short Course Race – mass start
- 3:00 pm Start 4K Race – 15 sec interval start – 2 laps



Short Course in Purple