



JOEL TRANBY MEMORIAL RACE

Saturday, January 27, 2024

INFORMATION UPDATED @ 9:00 PM FRIDAY EVENING

Venue: Hoodoo Ski Area <https://goo.gl/maps/QaM1sY9vr8NVTdQS7>

Race Fees: \$20

- The fee includes an amount to cover biathlon costs.
- Coaches and volunteers **on skis** are given complimentary passes
- OISRAN/Sarah Swaney will pay Hoodoo for all the passes and pick up the passes prior to race. **Sarah will invoice all teams for race fees.**
- **All persons on skis must have a trail pass.** It is your release of liability.

Race Format: 4.5K Skate Biathlon, interval start (11:00 am)

1.6K Short Course Skate Biathlon, interval start (~11:45 am)

High school racers' Bibs:

- The bibs for Southern League skiers that are pre-assigned **for the whole season** and will be distributed at this event. Coaches, please keep **all** of your skiers' bibs.
- **Southern League skiers** who are participating in the **Short Course will wear red tie-on bibs** instead of their preassigned stretchy bibs. These bibs must be returned after the Biathlon.
- **Racers from other leagues (NL and MHL)** pick up your bibs at check-in and return bibs after the Biathlon. If your skier is doing the **Short Course**, **their bib will be a red tie-on bib.**

Start lists and results are posted on the OISRAN website:

<https://oisran.org/2023-24-race-results/>

TIMELINE

| | |
|------------|---|
| 10:00 a.m. | Course is ready for practice |
| 10:00 a.m. | Forerunner check in with Dave Munson |
| 10:00 a.m. | COACHES MEETING |
| 10:15 a.m. | Course Monitor's Meeting (at start line) |
| 10:20 a.m. | Timing Crew Meeting (near timing tent) |
| 10:30 p.m. | Paintball Volunteers meet w/Dave Munson at West edge of Paintball range |
| 11:00 a.m. | Start of 4.5K Biathlon Race, Individual Start, 30-sec intervals Boys & Girls mixed |
| 11:45 a.m. | Short Course Biathlon skiers be ready for race start. Exact start time will be determined on race day. |



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Food will be provided: Hot Chocolate, Soup, bagels, and fruit.

Summary of Start Timing Procedures (Reference OISRA Race Rule 13.1)

Racer starts on the "GO" command, after a verbal countdown and an audible beep from the timing software.

Any early start that is greater than 3 seconds early will be penalized by a 15-second time penalty.

The notes of the start supervisor will be used to recalculate any early start that is less than 3 seconds early.

Racers gain no advantage by starting before "GO," and they risk a 15-second penalty.

Overtaking another skier in an interval start race (Reference OISRA Race Rule 10.6.2)

The racer being overtaken in an interval start race must give way on the first demand, whether it is a classic race or a skate race.

PAINTBALL MARKER SAFETY:

- 1) Treat all PAINTBALL MARKERS as if they were **LOADED** (No Horseplay)
- 2) Keep your finger off the **TRIGGER** until you are ready to FIRE.
- 3) Point the PAINTBALL MARKER only at the TARGET that you intend to SHOOT (**THE LASER RULE**).
- 4) Be 100% sure of your target (**SITUATIONAL AWARENESS**).

PAINTBALL MARKER SHOOTING TIPS

1. Control your BREATHING.
2. RELEASE Paintball Marker SAFETY.
3. Establish SIGHT PICTURE. | | |
RED FRONT SIGHT.
BLACK REAR SIGHTS.
4. Focus on **FRONT SIGHT**,
then **FRONT SIGHT** onto CENTER OF TARGET.
O
5. **SQUEEZE** the trigger.
6. **ADJUST** sight picture for next shot if necessary.
7. Return Paintball Marker back into
SAFETY MODE.

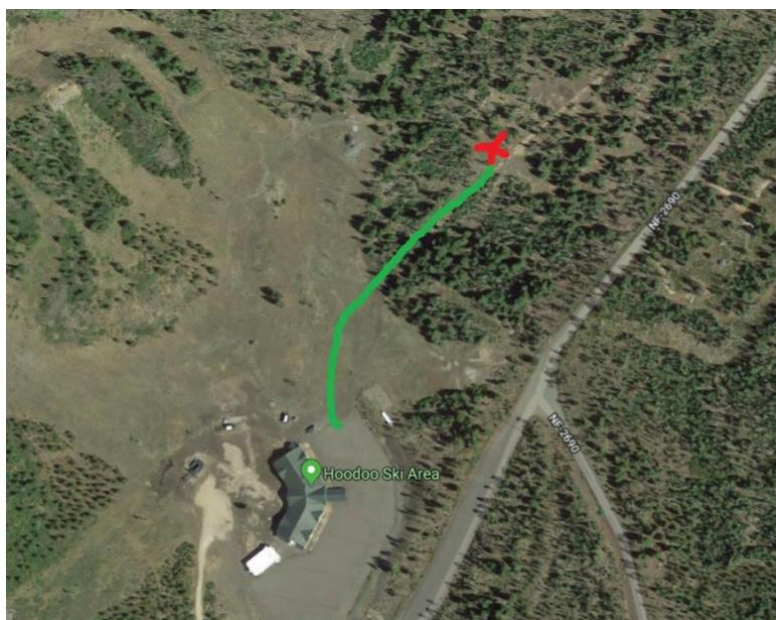


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Location of volunteer parking



Location of race course in relation to the Lodge