



**5K Freestyle Race and
3 x1K (FS,FS,FS) Relay
February 3, 2024
@ Hoodoo**

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

Trail Passes: \$15

- Coaches and volunteers **on skis** are given complimentary passes
- Sarah Mattox will pick up the passes prior to the race. **Sarah Swaney will invoice all teams for race fees.**
- **All persons on skis must have a trail pass.** It is your release of liability.

Race Format: 5K Skate, interval start (11:00 am), boys and girls mixed
3 x 1K Relay, 12:30 pm start; girls first, followed by boys

Individual Bibs:

- The bibs for Southern League skiers are pre-assigned **for the whole season. Coaches remind skiers to bring bibs.**
- **All three skiers** who are participating in the **Short Course will wear red tie-on bibs.** These bibs must be returned after the Short Course.
- **Racers from other leagues (NL and MHL)** pick up your bibs at check-in and return all bibs (individual and relay) after racing.

Relay Bibs:

- Will be in a bin at the Start-Finish area.
- **Please note that the Boys relay bibs are stretchy (Pepsi) relay bibs; and the Girls relay bibs are the tie-on relay bibs.** This sort for the relay bibs is an effort to make it easier for coaches to distinguish between boys and girls relay bibs.
- **Bib numbers assigned to Boys teams must be in the Boys Relay race.**
- **Bib numbers assigned to Girls teams must be in the Girls Relay race.**
- **Varsity team bib numbers** must be worn by racers who are on the same team. Two-person teams skip the third lap. A “dummy time” will be calculated.
- **JV team bib numbers** can be worn by racers who are on different teams.

Start lists and results are posted on Webscorer (<https://www.webscorer.com/>) and also on the OISRAN website: <https://oisran.org/2023-24-race-results/>

Overtaking another skier in an interval start race: 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.



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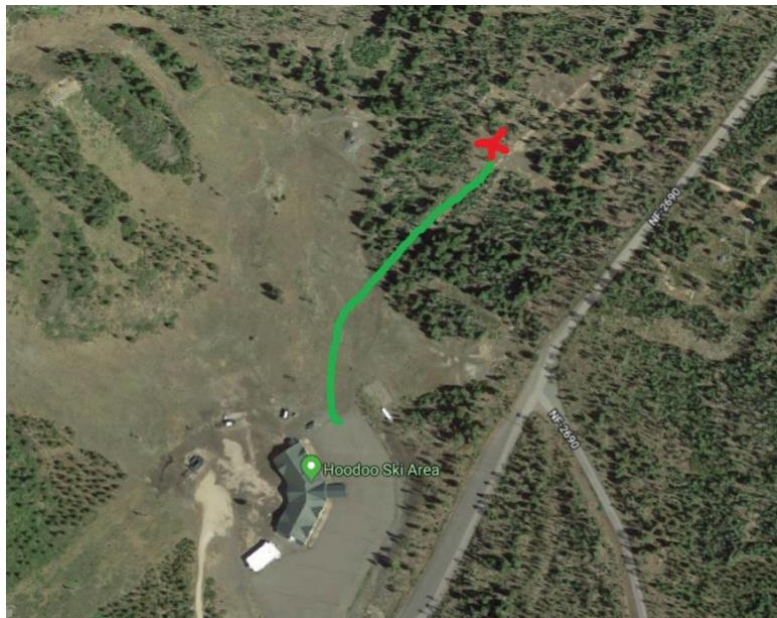
Summary of Start Timing Procedures

Racer starts on the "GO" command, after a verbal countdown and an audible beep from the timing software. An early start that is greater than 3 seconds early will be penalized by a 15-second time penalty. The actual early start time that is less than 3 seconds early will be used. **Racers gain no advantage by starting before "GO," and they risk a 15-second penalty.**

TIMELINE

10:00 a.m.	Course is ready for practice
10:00 a.m.	Forerunner check in with Dave Munson
10:15 a.m.	Course Monitor's Meeting
10:30 a.m.	Timing Crew Meeting
11:00 a.m.	START of 5K, 20-second interval start
12:30 p.m.	START Girls Relay (Varsity and JV in same race)
Immediately after Girls Relay	START Boys Relay (Varsity and JV in same race)

Food will be provided, courtesy of the Eugene Team.



Location of race course in relation to the Lodge



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**OISRA Southern League
5K Freestyle Race**



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**OISRA RELAY LOOP 750 meters
Hoodoo Nordic Trails**

