



The Boss 5K Classic & 3 x 1K Relay

Saturday, FEBRUARY 10, 2024

11:30 am

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)

Start lists and results will be posted on [Webscorer.com](https://www.webscorer.com) and on the [OISRA website](https://oisra.org)

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.

Bibs:

All racing bibs that were distributed at the beginning of the season will be collected at the end of the race. **Be sure to bring your whole team's set of bibs to the race.**

Short Course racers wear **red tie-on bibs**.

Racers from Bend will be assigned bibs 51 and 52 for individual race.

Relay bibs will be assigned to all teams.

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

Medic Tent: Blue tent with red cross sign 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 a Varsity team
- JV/provisional teams can be comprised of skiers from different teams, provisional skiers, and single skiers (from any team) who do not have another teammate
- Mt. View coach (Eric Martin) will have all the relay team bibs for the provisional relay teams. Bend skiers can ski on a provisional team.

TIMELINE

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| 10:30 am | Forerunner is on the course |
| 10:45 am | Course Monitor's Meeting |
| 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 Girls Relay (Varsity and JV are mixed) |

**Immediately after
Girls Relay** Start of Boys Relay (Varsity and JV are mixed)

Awards Ceremony for "*SOUTHERN LEAGUE RACE SERIES*" as soon as calculations are completed after relay races.

No food is provided for this race.

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



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



