



HRV Nordic Mount Hood Meadows 2024 Team Skiathlon

Date: Saturday February 10th, 2024

Location: Mount Hood Meadows Twilight parking lot

Start time: 10:00am

RACE REGISTRATION

- There is a \$12 per skier track fee, (unless the skier has a Mt Hood Meadows season pass) this will need to be done online prior to the start of the race. Each skier registered will get a printed ticket that must be worn to gain access to the hill. If your skier does not complete this before the race they will need to go to the Nordic center and complete this before they are allowed to race NO EXCEPTIONS.
- In addition to purchasing a race day track ticket using the link provided by Tyler, we will also need a Competition Release of Liability form to be completed for each athlete.

Here are the two steps that must be completed for each athlete!

- Track fee link.
<https://www.skihood.com/product/nordic-race-track-ticket-for-february-10th>
- Competition Release of Liability form
<https://www.skihood.com/agreements/race-authorization>
- Seed list, all teams must be on the list by 6pm Thursday the 8th
<https://docs.google.com/spreadsheets/d/1TrLXkOPR-IJOWtTHsacGh7PDGk8Ix222Cccn7-s6yHE/edit#gid=0>

Race info

- Categories: Boys, Coed and Girls. Coed teams are encouraged!!
- Mass start each class (Coed teams start with the boys, boy goes first) upon completion of the boys and coed we will send the girl's race.
- This race is a 2-skier pair relay with 2 legs of alternating techniques for each skier.
- Each leg is roughly a 2.5km loop.
- Each skier in every pair will thus ski a total of 5km (2 legs x 2.5km loop). Between the two skiers, each pair will ski a total of 10km (2 skiers x 2 legs x 2.5km loop).
- Skier #1 starts in a mass start and does a 2.5km Classic ski leg / tags teammate.
- Skier #2 does a 2.5km Classic leg / tags teammate
- Skier #1 does a 2.5km Freestyle leg / tags teammate
- Skier #2 does a 2.5km Freestyle leg and finishes.

"Lone" Skiers

- If any school ends up with a lone skier without a pair partner, it's possible to match that skier with a pair partner from another school on race morning. Coaches should communicate when we get to Meadows on Saturday to figure out these last-minute matchups.
- Worst case, we can always have an "lone" skier still ski two legs shadowing a regular pair in their gender.

Bibs and pick up

- We will not put individual's names with bibs, instead we will assign bibs numbers to each team based on the number of teams they will have in each category.
- We will use the bibs from both Northern and Southern leagues to give both team members the same number. Example, Summit will have 5 boys' teams and Redmond 6 boys' teams, Summit will pick up two of each #1- #5 bibs and Redmond will pick up two of each #6- #11 bibs.
- Bibs will be picked up race morning at the tent by one member of each team, at that time they can add their names to the list per team to be input later in WebScorer.

Coaches' notes

- The area where we will set up the stadium/ transition space this year is a bit uneven please bring a shovel if you need a perfectly level area to set up in.
- There will be a 9:30 coaches meeting at the registration tent.
- The only facilities at this location are a few Porta-potties!
- You will be able to drop off tents, benches, and any other set-up items near the Stadium area. As soon as you have dropped off your items, you must move your vehicle to the NE corner of the parking lot!
- You will need to have all your teams on the seed list by Thursday evening 6PM!
- Please be sure the athletes have both their track fee and waiver taken care of prior to arrival.

Race location and parking

- Out-of-area teams please note this will be staged out of the Mt Hood Meadows Twilight parking lot, which is the first parking lot on the right on the way to the Meadows Nordic Center or the HRM chairlift (map attached below) -- same location as last year!
- As you enter the parking lot take your immediate left to the drop off location, we will have some volunteers helping with parking please plan on being parked by 8:30am.

Volunteers and Viewers

- We will need a few volunteers to help with tasks such as course monitors, bib pick up and separation, course sweep and clean up. If you have available volunteers, please have them sign up with Kellie @ (kellie.oosterbaan@gmail.com)
- **Viewers:** there is great viewing from the Twilight lot - start, finish and transition zones - or from the Nordic Center. If you choose to from the Nordic center, note the parking is in a different location.

Course Map



