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**Meissner Classic Race #1
OISRAN Northern League
Wednesday, December 18, 2024
at 3:00 PM**

Race Organization:

David Smullin, Chief of Race
Larry Katz, Chief of Grooming
Dave Bowman, Chief of Stadium
Bob Madden, Chief of Course
Julie Larson, Chief of Timing

Michelle Swift, Chief of Volunteers
Brooke Binstock, Seeding
Erin Moore, Start Lists
Satenik Donaca, Bibs

Race Jury:

David Smullin-RCNST
Chris Carey-BHS
JD Downing-SHS

Host League: OISRAN

<https://oisran.org>

Host Team: Redmond Community Nordic Ski Team

Venue: Meissner Sno Park (Backup for low Snow: Mt Bachelor Nordic Center)

<https://www.google.com/maps/place/Virginia+Meissner+Sno-Park/@43.984856,-121.526669,11z/data=!4m5!3m4!1s0x0:0x153d58085a53e2e!8m2!3d43.9848561!4d-121.5266687?hl=en-US>

Race Format: 5KM, Classic, Individual Start (15 s Intervals), Boys and Girls Mixed start by seeding. (Fastest First)



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Volunteers: Please have Parents sign up to help at:

<https://www.signupgenius.com/go/9040849AEA62AA7FD0-53349368-meissner#/>

They must also Register as Volunteers with OISRAN at:

<https://campscui.active.com/orgs/OISRAN?e4q=a747a448-7b0f-4ea3-aeca-bc0ac516eb69&e4p=a9093cd9-9293-40e0-99f3-8297e491a17f&e4ts=1733402186&e4c=active&e4e=snlvcmpscui00001load&e4rt=Safetynet&e4h=737701fd8a39164e2d7e475f04e7f593#/selectSessions/3540938>

Waiver Required: None

Weather & Grooming

NOAA Weather: <https://forecast.weather.gov/MapClick.php?lat=43.987380347887374&lon=-121.54964447021484&site=pdt&smap=1&marine=0&unit=0&lg=en>

Meissner Nordic: <http://meissnernordic.org>

Medical: Organizers will identify parents who are doctors and nurses.
All head coaches have Red Cross Certification.

Schedule: All time are estimates and subject to change. Allow adequate time for travel.

Wednesday, Individual Start Classic (15 second Intervals)

- 2:30 PM Coach's Meeting (in Lodge)
- 3:00 PM, 4.5KM Mixed Boys and Girls



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Trail Passes: Trail passes are not needed to ski at Meissner, however donations to Meissner Nordic (<https://meissnernordic.org/donate/>) are always appreciated and encouraged. (Suggested donations to cover grooming = \$5/Athlete)

Race Fees: None, but a suggested donation of \$5/athlete to Meissner Nordic would help cover grooming costs. Teams that donate annually to Meissner can skip this donation.
<https://meissnernordic.org/donate/>

Registration: Bib pick up for teams is outside the Lodge from 1PM- until 45 minutes before race time

Bibs will be in a tub outside the lodge organized by team.

Coaches are responsible for picking up their team bibs and distributing them.

Coaches are responsible for collecting ALL team bibs immediately after the race and returning them to the bin.

Seeding: On line seeding at:

https://docs.google.com/spreadsheets/d/1pVkXIQBU6hORpqnDKjIGsj0_strt0ECXaw9hVrcYi88/edit?gid=1670042737#gid=1670042737

Must be completed by Sunday, December 15 at 5 PM

Seeding is determined by coaches using 1-7 (1 is the fastest seed and starts first and 7 last)

Girls and Boys starts will be mixed.

Food and Drink: Race organizers will not provide any food or drink before, during or after the race. Athletes are expected to provide their own and teams are encouraged to bring snacks for their teams.

FIS Classic Pole Length Rule Monitoring: FIS limits classic pole length to 83% of the skier's height. We will not be checking pole length at the start of the race, however, the Race Jury has the right to challenge a skier's pole length.



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Start List: The start lists will be posted by Tuesday December 17 @ www.webscorer.com .

Results: Unofficial results will be posted at Webscorer.com. There may be live timing. Results will be posted and updated periodically through the day.

Scoring:

17.1 Calculations for Varsity Team Scores for Individual Races

17.1.1 Only the top five finishers for each team earn varsity placement points at a race. The sum of the placement points of the top three finishers for each team determines the varsity team score.

17.1.2 If a varsity team has only 2 finishers, a dummy score may be used for the third place. The dummy score is calculated by adding one to the total varsity placement points.

17.1.3 Where more than five (5) athletes have entered any race for one team, racers finishing 6 , 7 , 8 , etc. for that team do not displace points for varsity team scoring.

Awards: No Awards

Classic Race: There will be skating monitors on the course. Two tracks will be set on either side of the trail.

12.1 Classical 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 track.

Technique Zone: There will be a “Technique Zone” on 1 climb. The Technique Zone will be marked with signs and will be the first climb after skiers turn off of Tangent onto Pine Drops. Double Poling (with or without a kick) is not allowed in the Technique Zone. Within the TZ skiers



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must use diagonal stride technique comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.

Start Procedure: The competitor shall start with the front of both bindings behind the starting line

The Starter will not place a hand on the racer's shoulder.

The Starter shall give every competitor a 10-second warning before start with a verbal "10 seconds" before the start. He/she shall count "5-4-3-2-1 and go."

A competitor who starts late shall not interfere with the start of the other competitors.

If a competitor starts late, the competitor's actual start time must be noted in case the jury decides his late start was due to force majeure.

When a competitor starts late, the start list time will count for the start time.

Passing: A competitor who is overtaken must give way on the first demand ("Track" or "On your right/left"). This applies in a classic race even when there are two tracks.

Direction of Skiing:

The courses will be open for skiers during the races with monitors at all intersections, but skiing will only be allowed one way in the direction of the race.

Finish:

The Finish of the race will be 3 lanes.

Once a competitor enters a finish zone where lanes are marked, they must choose a corridor. A competitor is allowed to leave the chosen corridor as long as they do not obstruct another competitor.

Course Inspection:

Courses will be signed Tuesday AM. Beware of two-way skiing.



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Waxing Area: Please set up wax benches and tents on the road between the gate and the Pole Barn.

Wax Testing: All trails are open to anyone on skis. Wax testing can be done on the course or on the Tangent trail.

Parking: 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.

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, outside of 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.



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Course: Note: The Start and Finish areas may change slightly if snow allows, in order to minimize conflicts with the public.



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