

# Integrated Capital Planning 5k Skate

Diamond Lake, Oregon

**Saturday, JANUARY 11, 2025**

**Venue:** South Diamond Lake <https://maps.app.goo.gl/JaJFsh5ijX41yfH3A>

**Sno Park Permits Required**

**Race Fees:** No trail passes or race fees

**Race Format:** 5K Skate, interval start (11:00 am), plus 3 X 1K Relay (Sk, Sk, Sk)

## **Bibs:**

- ❖ Southern League racers wear pre-assigned bibs for the individual race.
- ❖ Any racers from other leagues will be assigned bibs for the individual race.
- ❖ Relay bibs will be assigned to all teams.
- ❖ Relay bibs and bibs for racers from other leagues will be collected at the end of the race.

**Start lists and results will be posted on:**

<https://www.webscorer.com/oisran>

<https://oisran.org/2024-25-race-results/>

**Late Starts:** will be allowed to start asap after they arrive at the start – the Start Supervisor determines when they can start. Their elapsed time that is calculated from their preassigned start time will be the posted time. Their actual start time will be noted. A jury will meet if a coach wants to contest a late skier's time.

**Overtaking skiers:** Because the individual race is an **Interval Start**, a skier who is being overtaken **must** give way on the first demand. In a skating race, this means the overtaken skier may have to restrict their skating action (Race Rule 10.6.1).

In the **relay race (a Mass Start)**, a skier who is being overtaken is **not** required to give up their position at the "Track" command, but they must not obstruct the skier who is overtaking them. However, if the skier being overtaken is wearing **a different color bib**, the skier being overtaken must give up their position on a demand (Race Rule 10.6.3).

## **Relay teams:**

- ❖ All skiers on a Varsity team should be the same gender and attend the same school

EXCEPTION: The La Pine relay team can include a JV skier from another school as the THIRD (Dummy) skier. For the results report, the time of the slowest third-lap skier will replace the actual time of the skier from another school that skis the third lap on this team.

- ❖ Provisional skiers cannot ski on Varsity teams

EXCEPTION: The Ashland boy's relay team can include an Ashland Provisional skier (boy) as the THIRD (Dummy) skier. For the results report, the time of the slowest third-lap skier will replace the actual time of the provisional skier who skis the third lap on this team.

- ❖ JV teams can be comprised of skiers from different teams, provisional skiers, and single skiers (from any league) who do not have another teammate
- ❖ Dummy times may not be calculated for JV teams.

**Links to the Course Maps are on the OISRAN website at this location:**

<https://oisran.org/race-schedules/>

### **TIMELINE**

<b>10:00 am</b>	Course is ready for practice
<b>10:15 am</b>	Course Monitor's Meeting
<b>10:20 am</b>	Timing Crew Meeting
<b>10:30 am</b>	Forerunner is on the course
<b>11:00 am</b>	Start of 5K Individual Race (Boys and Girls are mixed) 20-second interval start
<b>12:45 pm</b>	Start of Boys Relay (Varsity and JV are mixed)
<b>Immediately after Boys Relay</b>	Start of Girls Relay (Varsity and JV are mixed)