

# Pahlisch Homes Classic

Virginia Meissner Sno-Park – Bend, Oregon

**Saturday, JANUARY 18, 2025**

**Venue:** Meissner Sno-Park – <https://maps.app.goo.gl/guUA4xrTd8egNPMC7>

**Sno Park Permits Required - \*see parking suggestions below**

**Race Fees and Trail Passes:** None, but a suggested donation of \$5 per athlete to Meissner Nordic would help cover grooming costs and is always appreciated and encouraged.

<https://meissnernordic.org/donate/> **Note: Teams that donate \$30 annually per skier to Meissner can skip this donation.**

**Race Format:** 5K Classic, 20-second interval start, 11:30 am, plus 3 X 1K Relay (CI, CI, CI)

## **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 classic race, this means the overtaken skier will need to step out of the track even if there are two tracks (Race Rule 10.6.2).

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).

**Technique Zone:** There will be a “Technique Zone” on 1 climb. The Technique Zone will be marked with signs and marked on the map. Double Poling (with or without a kick) is prohibited in the Technique Zone. Within the TZ skiers 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.

## 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/>

### **\*Parking Suggestions:**

Parking spaces are limited at Meissner and we must be considerate of the public’s access to

parking and skiing during our event. To minimize our impact please adhere to the following guidelines:

- ❖ Carpool
- ❖ 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 Sno Park.

- ❖ 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.

## TIMELINE

<b>10:30 am</b>	Course is ready for practice Forerunner is on the course
<b>10:30 am</b>	Course Monitor's Meeting (meet at the Finish line)
<b>11:00 am</b>	Timing Crew Meeting (meet at the timing tent)
<b>11:30 am</b>	Start of 5K Individual Race (Boys and Girls are mixed) 20-second interval start
<b>~1:00 pm</b>	Start of Girls Relay (Varsity and JV are mixed)
<b>Immediately after Girls Relay</b>	Start of Boys Relay (Varsity and JV are mixed)
<b>Immediately after Boys Relay</b>	Jury Meeting if Needed