

Monroe County Nordic Handbook

Revised 2008

Official Section V Web Portal site:

<http://sectionv.org/nordic>

THE OLYMPIC CREED

The most important thing in the Olympic games is not to win but to take part.

Just as the most important thing in life is not the triumph but the struggle.

The essential thing is not to have conquered but to have fought well.

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Monroe County Nordic Structure

Organization

Monroe County Chairperson for Nordic	Anna B. Gorbald, Pittsford Central School District
Sectional Chairman	Bernie Gardner, Honeyoye Falls Lima School
District	
NYSPPHSAA Nordic Chairman	
League race Scorer	Eric Metzler
League race Head Timers	Bob Bauer
	Rob Howell

Participating School Districts

Brighton
Fairport
Honeyoye Falls Lima
Irondequoit
Penfield
Pittsford Mendon
Pittsford Sutherland
Sodus
Webster (merged)

Team of One:

West Bloomfield
Geneseo

Updated coaches' roster provided at the start of each season at the county meeting

Updated Athletic Directors roster provided at the start of the season

Coaches & Officials Roster

<p>Brighton Coleridge Gill 55 Fairmeadow Dr Rochester NY 14618 C – 746 5176 H – 442 8634 Email: xcski81506@aol.com</p>	<p>Fairport Eric Metzler 7B Pamela Lane Rochester 14618 W – 453 8992 C – 313 9698 Email1: coachmetzler@gmail.com Email2: emetzler@harris.com</p>	<p>Heather McLendon 205 Farmington Rd Rochester, NY 14609 C – 469 2350 coachmclendon@gmail.com</p>
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<p>Irondequoit Kate Murrell 86 Abington Rd Rochester NY 14622 C – 797 5318 Email: murrell_kate@yahoo.com</p>		
<p>Penfield John Giotto 168 Penn Lane Rochester NY 14625</p>	<p>W – 249 6450 ext 8305 H – 381 8599 C – 766 4523 Email: john_giotto@penfield.monroe.edu</p>	
<p>Pittsford Mike D’Hont 64 Bromley Rd Pittsford NY 14534 W - 527 9400 H - 264 0222 C – 202 4329 Email: mdhont@wnyfloor.com</p>	<p>Anna Gorbold 3 South Pittsford Hills Circle Pittsford NY 14534 W - 267 3976 H - 586 5096 C - 261 3300 anna_gorbold@pittsford.monroe.edu</p>	
<p>Pittsford Modified - Pam Metzler 2 Cranswick Lane Rochester, NY 14618 W – 267 3987 H- 381 1210 Pamela_metzler@pittsford.monroe.edu</p>		

<p>Sodus Derek Poole 6599 Sergeant Rd Sodus, NY 14551 W-315 483 5280 C- 315 576 3448 Email: dpool@soduscso.org</p>	<p>Livonia Randy French scodese@juno.com</p>
<p>Webster Chris Odle 438 Webster Road Webster NY 14580 W – 670 1059 C – 368 8221 H – 265 2439 Email: chris_odle@websterschools.org</p>	<p>Ryan Lantzer C – 415 2427 Ryan_lantzer@websterschools.org</p>
<p>Race Official / Starter / Timer Rob Howell 500 Watson Rd Fairport, NY 14450 H – 377 3564 Email: lrhowell@frontiernet.net</p>	<p>Race Official / Starter / Timer Bob Bauer 7127 High St Lima NY 14485 H- 582 1527 Email: rxbauer@juno.com</p>
<p>Race Official Retired Lee Mahood Email: lmahood@cnyti.com</p>	<p>Race Official / Starter / Timer Kathryn A Bryan 3179 Rush-Mendon Road Honeoye Falls, NY 14472 KathyBryan3@gmail.com cell:585-737-3901</p>
<p>Volunteer Organizer Terri Pavia mpavia3@rochester.rr.com 385 8538 H 350 9771 C</p>	<p>Fred Vojt C – 230 8649</p>
<p>Bristol Mountain Dan Fuller W – 374 1130 Email: dfuller@bristolMt.com</p>	<p>Steve Howie Ski School Director Bristol Mountain 374 1160 email: showie@bristolmt.com</p>
<p>Nordic Ski Patrol Skip Millor H – 381 0572 Email: smillor@yahoo.com</p>	<p>Tom Adler H- 729 7555 Email: tomadler@frontiernet.net</p>
<p>Mendon Ponds Park Eileen Kennedy - Park Manager H – 248 2789 Park C – 509 2895 Park office – 359 1433 Email: ekennedy2@rochester.rr.com</p>	<p>Harriet Hollister Tom Borrelli – Park Manager W 585 335-8111 Tom.borelli@oprhp.state.ny.us</p>
<p>Bonnie Drake Canadice Town Supervisor supervisor@canadice.org H - 585 669 9182 W – 367 2050 ext 1</p>	<p>Equipment Park Ave Bike – Jim Werner - SNOW – Tim Dyer – 292 0580 HFL Ski Swap & Sale – Ernie Day -</p>

Officials Group
(*pending*)

Athletic Directors

<p>BRIGHTON Fritz Kilian Linda Ungerer Assistant 1150 Winton Road Rochester NY 14618</p>	<p>Fritz_kilian@bcsd.org O – 242 5070 H – 872 2717 C – 314 5163</p>
<p>FAIRPORT Jim Zumbo Suzanne Meyer Assistant 1358 Ayrault Rd Fairport NY 14450</p>	<p>Jim_zumbo@fairport.monroe.edu Suzanne_meyer@fairport.monroe.edu O – 421 2078 H – 425 9492</p>
<p>HONEOYE FALLS LIMA Brian Donohue Joy Jenne John Assistant</p>	<p>Brian_donohue@hflcsd.org joy_jennejohn@hflcsd.org</p>
<p>IRONDEQUOIT David Green (<i>Nordic Liason</i>) Joan DiGiovanni Assistant 260 Cooper Rd Irondequoit NY 14617</p>	<p>David_Green@Westiron.monroe.edu Joan_Digiovanni@westiron.monroe.edu O – 336 3006 H 544-3883 C – 703 6589</p>
<p>PENFIELD Peter Shambo Kelly Cardwell Assistant Penfield NY 14526</p>	<p>Peter_shambo@penfield.monroe.edu Kelly_cardwell@penfield.monroe.edu O – 249 6736 / 6733 C – 261 9764</p>
<p>PITTSFORD Scott Barker Kathleen Curry Assistant Debbie McEvoy Assistant Pittsford NY 14534</p>	<p>Scott_barker@pittsford.monroe.edu Kathleen_curry@pittsford.monroe.edu O – 216 1060 H – 249 0164 C – 261 3712</p>
<p>WEBSTER SCHROEDER Gary Tirohn Liz Newman Assitant 875 Ridge Rd Webster NY 14580</p>	<p>Gary_tirohn@websterschools.org Elizabeth_newman@websterschools.org O – 670 5062 H – 671 3457 C- 451 7074</p>
<p>WEBSTER THOMAS Scott Morrison Robin Issac Assistant 800 Five Mile Line Road Webster NY 14580</p>	<p>Scottj_morrison@websterschools.org Roben_Isaac@Websterschools.org O – 670 8067 H – 265 3316 C – 766 4279</p>
<p>SODUS Jim Sergeant W – 315 483 5261 C-315 573 2993 Email: jsergeant@soduscscd.org</p>	<p>West Bloomfield Pat Nolan Debbie Holdsworth Asst. W – 657 6121 ext 1162 pnolan@bloomfieldcsd.org dholdsworth@bloomfieldcsd.org</p>

<p>Executive Secretary for Monroe County Denny Fries 59 Timrod Drive Irondequoit, NY 14617 C-730 1526 freezer@frontiernet.net dfries@sectionv.org</p>	
	<p>Treasurer Secretary Section V Jacky Meyer jmeyer@sectionv.org</p>

NYSPHSAA Nordic Sectional Chairpersons for Nordic

STATE CHAIRPERSON XC	
SECTION I	SECTION II Robert Underwood Queensbury High School Aviation Road Queensbury NY 12804 Email: underwoodu@aol.com H – 518 656 3127 W – 518 793 8811 C – 518 796 5908
SECTION III Bill Brooker Old Forge High School NY 13420	SECTION IV
SECTION V Bernie Gardner Honeoye Falls – Lima High School 83 East Street Honeoye Falls NY 14472 585 624 7070 email: Bernie_gardner@hflcsd.org	SECTION VII Tom Kalinowski Saranac Lake HS Saranac Lake NY 12981 518 891 5460
SECTION IX John Sterns 14 High Ridge Road New Paltz NY 12561 W- 845 256 4150 H – 845 255 7937 Email: sternjs@msn.com	

Section V Nordic Ski Web Portal

<http://sectionv.org/nordic>

Emergency & Safety Information

All coaches have to be CPR, First Aid & AED certified.

Nordic Ski Patrol does provide rescue services when man power permits them to do so, every attempt is made to provide rescue services at the big meets ie. Sectionals, States.

Nordic Ski patrol contact information is provided in on Page 5.

At race venues the First Aid post – marked by a post with a Red Cross on it – will be placed at the race start area. An AED will be positioned at this post.

In the case of an emergency :

Harriet Hollister Spencer State Park is in the Town of Canadice – call 911, ask for Honeoye Ambulance

Nordic Scholastic Racing Program

Racing Opportunities:

- League racing
- Section V Championships (Sectionals)
- New York State Public High Schools Athletic Association Championships (NYSPHSAA / States)
- Empire Games (ESG's)
- Junior Olympics (JO's)
- Biathlon

League Racing

All the major communication for Nordic in Section V is available at the Section V web portal :

<http://sectionv.org/nordic>

The Scholastic winter sport season is determined by Monroe County and starts just after or before Veterans Day and runs through to the winter break in February.

There is a regular weekly racing schedule during the months of December, January and into early February. This schedule is predetermined in March of each year for the following winter season, and then modified and adjusted by the coaches at the County meeting in early November at the start of the new winter sports season.

League Awards

- All County Awards – determined by coaches at a timely end of season meeting
 - For athletes at the Varsity level - ranking is determined using the Points scoring system implemented by Eric Metzler in 0708 for the required number of races.
 - The required number of races is based on the number of distance races held (see table below).
 - Top 6-8 ranking boys & girls named First Team All County – receive certificates & patches.
 - Second 6-8 ranking group boys & girls named Second Team All County.

Number of races held	Number scored
7	4
6	3
5	3
4	2
3	1
2	1
1	1

Ruth Hayes Award – initiated by Roger Weston, Fairport Coach - 2004

- *Award Purpose:*

To honor Ruth Hayes for her many years of cross country dedication, love, enthusiasm and spirit that she has provided and continues to provide.

- *Award Criteria*

Given to the top boy and top girl from the Sectional Championship races with the best combined % back in the two events currently held.

- Officials Fund this award

Carl Laine Metzler Sprint Award, initiated by the Metzler Family - 2005

- *Award Purpose:*

This award is given by Jim and Pam, Eric and Paul Metzler in memory of their son and brother Carl.

- *Award Criteria:*

This award was created to honor, individually the top placing boy and the top placing girl at the Pittsford Annual Sprint Race

- The Metzler family provide the funding for this award

Race day Volunteer Form

Race day Volunteer Form Training:

@

First Name:
Last Name:
Tel. # 1. 2.
Email:

Section V Nordic Championships

Each school will nominate 8 girls and 8 boys to represent their team in the Section V Sectional Championships.

Sectional team eligibility is determined by each coach based on the how many races a skier has completed. In order to be eligible, a skier must have skied in 6 events as per State guidelines. (Varsity, JV, League, Invitational).

In the event that weather conditions compromise the number of races that could have been raced the Sectional Chairman will petition the state for a waiver to lower the required number of races for Sectional eligibility.

In the event that a medical condition affected an individual skier's eligibility, that skier must petition the Sectional Chairman for a waiver

The Sectional Championships are based on a 2 race format:

- One individual distance race
- team relay race comprised of the same skiers that skied in the distance race.

The classic technique and skate technique alternate between distance and relay, and the technique determination mirrors the New York State Public High School Athletic Association Championship race format and technique. i.e. one year the distance race is classic and the relay skate, and the next year the distance race is skate and the relay classic.

Each of the 8 Sectional team competitors will ski the required Sectional Championship distance race and will race on a their team's Sectional Championship 4 x relay team composed of skiers from the original 8 members of their school team's sectional team. There will not be any short teams or mixed teams.

Sectional championship distance requirements:

- Girls distance – 7.5K
- Boys distance – 10K
- Relay distance – 3K

The venue for the Sectional Championships and the race seeding for line up position is determined at a coaches' meeting called by the Sectional Chairperson prior to the Sectional Championships. (Weather factors, snow availability and grooming facilities are major determining factors).

Sectional Team names are submitted at a date and time as determined by the Sectional Chairman and the race officials.

Specific Race bibs are provided and assigned for sectional skiers.

The Sectional championship determines the NYSPHSAA team which will be comprised of:

- Top 12 girls which will include the winning School's girls relay team that displaces
- Top 12 boys which will include the winning School's boys relay team that displaces

New York State Public High Schools Athletic Association Nordic Championships

The NYSPHSAA championships are held in conjunction with the Alpine NYSPHSAA Championships.

The venue for NYSPHSAA championships rotates on a 2 year cycle. The primary venues are Lake Placid and a location within Section V.

Race Format

Race Technique rotates between Classic & Skate for distance and relay.

Race distances:

Distance race: 7.5 K for girls
10K for boys

4 x Relay : 3K Boys & Girls

Accommodation, Transportation, Funding

Accommodation will be provided for :

24 athletes (4 per room)
3 rooms for coaches
2 x Breakfast provided for athletes and coaches
Dinner provided at hotel or by hosts

Funding for State – each school district is charged for their portion of the expenses. State chairman manages the paper work.

Additional coaches wishing to attend States can request coverage from their school districts.

Transportation to the venue is by team coach – Students are NOT allowed to drive them selves.

Waxing provided by coaches.

Awards

Sectional Boys Champion

Sectional Girls Champion

High School Team Champion Boys – requires a school relay team for qualification

High School Team Champion Girls – requires a school relay team for qualification

Nordic Combined (distance + relay) Overall Champion Boys

Nordic Combined (distance + relay) Overall Champion Girls

Sportsmanship Award – boy & girl for each Section

Empire State Games

All Nordic athletes – scholastic through Masters are eligible to ski ESG qualifying races. One Classic and One Skate race are required for ESG qualification.

Membership to NYSSRA is also a requirement for race participation to be scored.

Membership information, race schedules are all available on line at:

<http://www.nyssranordic.com/>

Junior Olympics

Athletes interested in qualifying for the Mid Atlantic Junior Olympic team must :

Be a member of USSA (United States Skiing Association)

Must race in the 6 qualifying races

A Mid-A Junior handbook that is recommended reading and the schedule of qualifying races are available on line at:

<http://www.nyssranordic.com/mid-a/juniors.htm>

Biathlon

Information about Biathlon in New York State is available at :

<http://www.nybiathlon.org/>

There are regular scheduled Biathlon races. The venues also provide Biathlon rifles & safety training for junior Biathletes interested in trying the sport.

League Race Organization

Season's opening meeting

Winter sports season begins with a Coaches meeting – some time early November.

Opening meeting is facilitated by the Nordic County Chairman.

This meeting is used to fine tune the organizational aspects of scholastic racing for the new season:

- Race schedule (previously submitted to Monroe County Athletic Directors in March)
- Racing and training schedule at Bristol Nordic Center
- Race classes - Varsity boys & girls, JV (JV A & B) boys & girls, Modified boys & girls (Varsity B boys & girls may be introduced if desired to accommodate senior skiers)
- Race Distances
- Race venues
- Sectional & States dates
- Team Rosters and Bib allocation
- Race timing and scoring
- Nordic hand book
- Coaches contact information
- Race official information
- Race Volunteers
- Ski Sales
- Additional items

Race Schedule

A proposed race schedule is submitted by the Monroe County Nordic Chairman every March to the Athletic Directors for approval for the next winter sports season.

The proposed race schedule is based on the previous year's racing schedule with adjustments for technique.

At the opening meeting the race schedule is fine tuned in the event there are date changes for Sectionals and States as well as for race venues.

Race Classes

Priority is given to ensure that adequate racing is provided for Varsity skiers.

With the expanding program every attempt is made to provide racing experiences to as many levels of skier as possible within the organizational capabilities of the Nordic group of coaches and officials, with out detracting from the Varsity and JV race program.

Race classes can be:

Varsity

JV

JV A

JV B (this replaces the Novice category – all rookie new skiers who are not ready for JVA level)

Modified

Race Distances

The racing program is designed to prepare the skiers for Sectional and States distances:

- Distance race 7.5 K for girls
- Distance race 10K for boys
- Relay distance 3K for boys & girls

Bristol's Summit Nordic Center has lit, groomed trails with snow making that helps greatly in the limited day light of December and early January – every attempt is made to ensure that race distances are appropriate to building up ski endurance from the beginning of the season.

Race distances are modified to fit any additional racer class ie. JV B & Modified.

Race Timing and Scoring

Varsity and JV races are hand timed and finish order recorded by race Officials.

Where possible and appropriate hand held devices are used with Banana Split for timing JVB and Modified races can also be timed and finisher recorded by Officials – depending of the race course OR are hand timed and finish order recorded by coaches.

All race results are collated by the head race scorer (Eric Metzler).

Race results are emailed to all coaches and posted on the web.

Electronic timing can be used for Sectional races

Race Venue

There is a limited number of venues for racing due to grooming, terrain suitability, distance to travel.

Mendon Ponds Park – North Meadow (off Canfield Road)

Mendon Ponds Park – West Meadow (of Douglas Road past the sledding slopes)

Mount Pittsford – Pittsford Middle School

Harriet Hollister State Park – south end of Honeoye Lake – beware of Hunting season ends approx Dec 14th

Bristol Mountain - Summit Nordic Center Back, South Hill Road

Possible new venues:

Center Park – Ayrault Road Fairport

Dyer Road Park – Victor – spear headed by Scott Likely, Tow Path Bikes

Snowing Grooming

Mendon Ponds Park - park management grooms with RXCSF support

Harriet Hollister State Park – groomed by RXCSF

Mount Pittsford is groomed by Mike D'Hont (Nordic Coach for Pittsford) & Jonathan Gorbald

Center Park will be groomed local park management

Dyer Road Park will be groomed by Victor and outside assistance.

Racing Bibs for League Races

Coaches submit team rosters to the person in charge of bibs at a predetermined date set at the coaches opening season meeting. (0809 Bib Queen Pamela Metzler, Pittsford Modified Coach).

Bibs will be handed out as determined by the coaches at their opening season meeting

Each skier is assigned a bib number for the season.

Coaches and skiers are responsible for the bibs during the season.

Coaches are responsible to return the bibs CLEAN and UNKNOTTED at the end of the Nordic season to the designated person in charge of the bibs.

Dedicated stretch racing bibs are provided for Sectional teams.

Racing Start Times

Most week day league races are scheduled to start at 4:15.

Every attempt is made to accommodate late arrivals due to transportation issues.

If evening league racing is planned for Bristol, race starts are scheduled for 5:00pm approximately.

Saturday races (League, Invitationals, Sectionals) are planned for morning starts at 10:00am approximately.

Sectional distance races start at 10:00 approximately.

Sectional relay races start at 2:00 pm approximately.

Volunteers

Each team is required to provide volunteers to help at races.

Each team will use the ratio of 10% of team membership as the number of volunteers that team is responsible to find.

Volunteers will be coordinated by the Volunteer Coordinator

Volunteers will be trained in race procedures before the race season begins by the Race Officials

2007 /08 Nordic Race logistics, setup and procedures

Racing at Bristol: (race start formats for MMP & HH may be changed to accommodate the trails)

- Each skier’s bib # is the personal number – it does not designate a category – skiers can move up from JV B to JVA to V at coach’s discretion
 - Please inform chief scorer (Eric Metzler 0809) if racer changes category
- V & JVA Race starts will be Seeded Individual Mass starts
 - First race of season – seed will be based on the previous Sectional and JV champ results
 - Subsequent seeds will be based on the previous race results
 - The race order hard copy will be a grid that indicates each racers start position and row
 - The row #'s will be indicated by either numbered cones or labeled markers
- JVB & Mod starts will be modified mass starts
 - Depending on numbers the ‘mass’ start will be more a large wave ie. If there are 40 JVB boys they would go off in 2 waves of 20, the same would be done for the JV B girls, Mod B & Mod G
- When JVA & V races are held the JVA races will go to completion, the VG race will go to completion, VB will go to completion
- Dead line for race line up is 7:00pm the evening before the race
 - Email Eric the team line up or call Eric’s Cell 313 9698
 - Absolutely **NO** additions or changes will be made after the team line up is submitted
 - No shows will be handled in digital scoring
 - Any late entries will join the appropriate mass start at the back
 - Coaches are responsible for informing skiers of their start order
 - Athletes are responsible for getting to the start line on time and position themselves in the appropriate row
 - Athletes are **NOT** to ask officials for race start order
- Races are scheduled to start at 5:00pm at Bristol – please make every attempt to be there for 5:00 to allow time for warming up
 - Realistically 5:30 is more likely be the start time
 - There will be shelter and warmth in the sprung structure
- Proposed Race order:

All Levels racing clock sequence	Racing Modifications
1:00 Mod boys modified mass	<ul style="list-style-type: none"> • If only Mods are racing the start order may be modified accordingly by race basis
2:00 Mod Girls modified mass	
7:00 JVB Boys modified mass	
8:00 JVB Girls modified mass	
(10 min break)	<ul style="list-style-type: none"> • If JVB & JVA are racing with V the start order will be the same but timing sequence will be amended
18:00 JVA B 18.00	
19:00 JVA G 19.00 – to completion	
New Clock:	
1:00 V Girls Seeded Individual mass, to completion	<ul style="list-style-type: none"> • If JV & Mods are racing together the start order will be the same and time sequence may be similar
New clock:	
1:00 V boys Seeded Individual mass, to completion	<ul style="list-style-type: none"> • If only V are racing the start order and time sequence may be amended but would be similar

League Racing Rules

Rules will be those covered by USSA in the Cross Country Ski Competition Rule Book as they apply to High School level racing.

- 337.1 The competitor must follow the flagged or marked trail from start to finish. They must complete the whole course using only their own means of propulsion and on skis. The help of pace markers or helpers pushing are not allowed.
- 337.2 During the race poles may be exchanged and for our high school races may be exchanged when breaking a ski or binding and it can be proven to the jury.
- 337.3 A competitor who is overtaken by another competitor **MUST** give way at the first demand.
- 337.4 A competitor who is overtaken the last 200 meters is not obliged to yield or give way. Race officials may shorten this distance and it must be clearly marked.
- 337.5 Accidents or racers giving up (dropping out) must be reported to the next control or to the finish officials
- 337.6 The competitor must comply with the directions of the race officials and stewards and must not interfere in the organization of the competition.

Starting

- 352.1 A competitor who makes an early start when hand timing is used shall be recalled and again pass the starting line. In this case his/her starting time shall be the time on the start list.
- 352.3 A competitor who starts late shall not interfere with the start of the other competitors. The competitors actual start time shall be noted in case the jury decides that his/her late arrival was due to “force majeure”. For our high school relays a team may start late, however, they use the same start time that the others started at.

Disqualifications

- 371.4 Does not follow marked track
- 371.5 Receives unauthorized assistance
- 371.6 Fails to give way to an overtaking competitor when so requested or obstructs another competitor.
- 371.7 Runs part of the course without skis on his/her feet.

Relay tag

- 383.8 This is achieved by the racer arriving with a tap of the hand on any part of the body. (Not hand to hand or hand to shoulder) It must be hand to body. The racer will be recalled if this does not occur. Pushing is not allowed.

OFFICIALS Job Descriptions

The officials' main duties are to ensure a safe and fair race.

All officials are volunteers (small stipend for regular participation) and are parents of present or former racers.

Various Jobs

Starter

- need 2 for interval or wave starts (one to organize and one to actually start the skiers)

Timer and Recorder combination

- usually one pair for girls and one for boys
- for Sectionals: need one pair for "official" and one pair for "backup"

Order of Finish

- need one for overall - helps to straighten out any problems the timer and recorder might have

Lap Checker

- ensures all skiers ski enough laps

Course and Race Control

- directs finishers to finish line and lappers to proper area

Course Stewards

- spotters on course - check technique (traditional races)
- the positions of these technique controllers are not revealed to the skiers or coaches before the race

Scorer and Entries

- order of start (makes up start list)
- compiles and publishes results

Relay - Touch Zone Official

- for relays - ensures a proper touch within the touch zone (30 meters)
- also needs an Official to feed next skiers into the touch zone at (not before) the appropriate time

Also:

- course pre-check and post-check (fore and post runners)
- gate keepers

Types of Races

Freestyle or Traditional

- Traditional races benefit from technique control / spotters on course (if available)

Distance or Relay or Sprint

- Distance races may require lap officials
- Relay race requires a touch-zone official
- Sprint races require a qualifying race and then heats

Distance Races - Types of Start

- 1) mass start
- 2) wave start (wave and individual starts require two starters)
- 3) individual start
- 4) pursuit – continuous or separate

note: relay starts at State Championships have traditionally been a "running" start

Jury

- to handle protests
- composed of most experienced officials (2 or 3) and coaches not involved in the protest

Clothing

- dress warmer than expected – a warm hat is a plus!
- may stand in one place for 1.5 - 2 hours
 - a piece of cardboard or foam or old carpet or blanket to stand on makes a difference!

Watches

- start all watches at same time (for Sectionals - may have separate girls and boys times)
- usually start first racers at 1:00 minute

Finish Line

- time is to last whole second
- finish line is straight and across the race course – marked by colored water
- time counts when the leading toe crosses the finish line
- if skier falls at the finish line and crawls across, the finish time is when the racer has completely crossed the line

Miscellaneous

Officials are in charge of race and course (not coaches)

Officials don't set course but may ski to check it and can alter course if they think it's necessary to ensure a safe and fair race. (Any alteration would be made after consultation with the coach who set up the course for that day and perhaps also the other coaches)

Spectators and racers and coaches should not hinder view of officials or bother officials when busy.

Course Maps

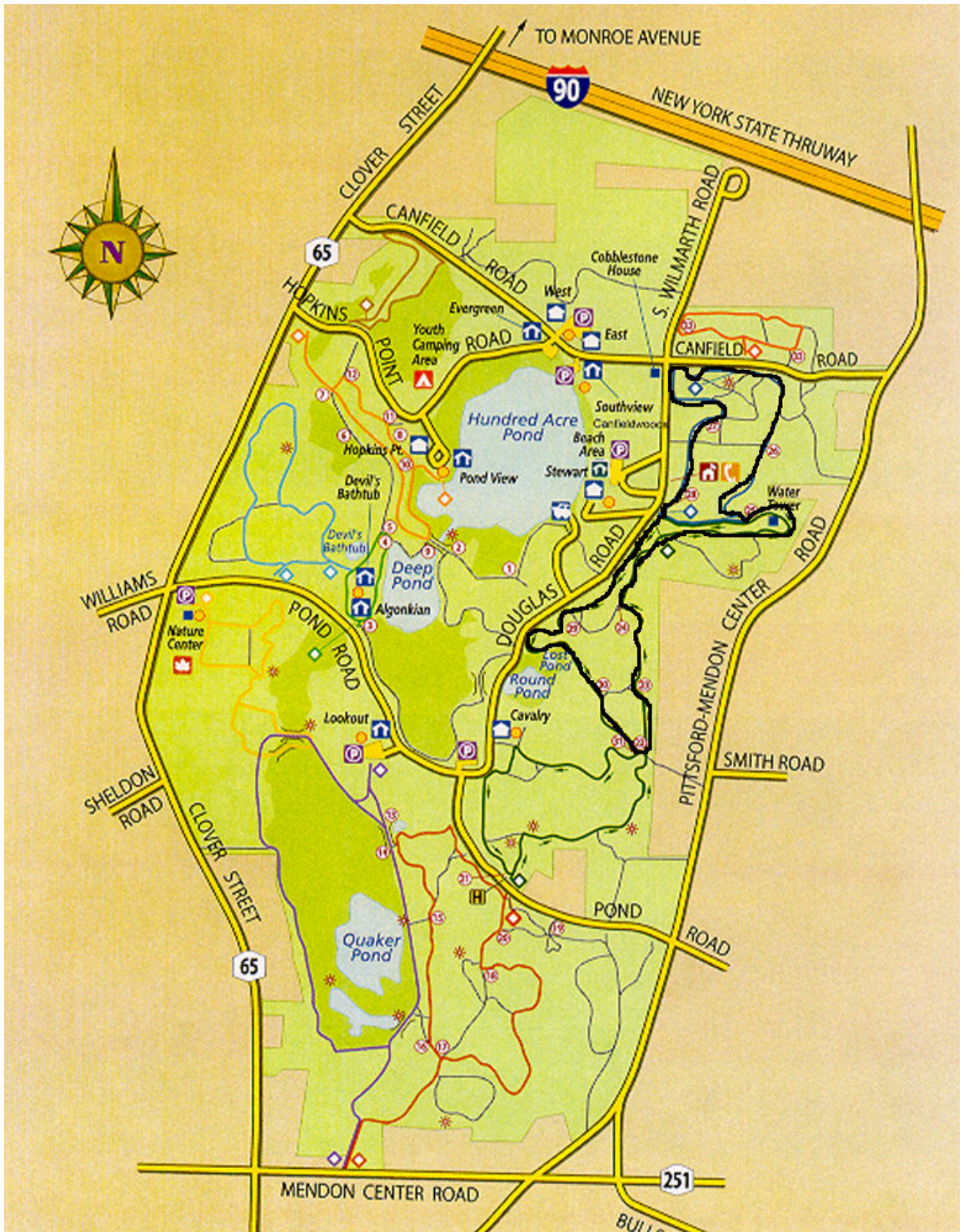
Mendon Ponds Park



Mendon Ponds Park 3K Relay loop



Mendon Ponds Park 7.5K loop



Mendon Ponds Park Chickadee / water tower loop



Harriet Hollister State Park

Dryer Road Park

http://www.victormtbc.com/index.php?option=com_content&task=view&id=5&Itemid=29

Bristol Mountain Summit Nordic Center

