

Roy Varney Hornet Classic January 31st, 2023 MOWC Coach's Notes



Race Day Schedule:

1:00-2:00pm—Registration/Bib Pick-Up 3:00pm: Boys 5K Classical Mass Start 3:30pm: Girls 5K Classical Mass start Approx 4:45pm: Awards inside the lodge (on the left side)

Course Info:

The course is a two lap course.

Always ski in the direction of the race course. Skiing in the opposite direction will result in a disqualification. Absolutely no walking on the course. Only walking is allowed on the field on the ungroomed snow. This is a two lap course. Racers who do not ski the required number will be disqualified.

The course is closed during the race.

Technique:

This is a classical race. No skating is allowed except skate turns (where no track is set) and when changing tracks, in which case the competitor is allowed one skate out and one skate back in. A skier will be disqualified if he/she obviously ignores a stop skating warning of an official or he/she receives a second stop skating warning by an official.

Other Rules:

The use of freestyle skis is prohibited. Fluoro free glide and kick wax only.

Registration:

Registration/bib pick-up is located inside the lodge. Registration is 1:00-2:00pm. Coaches report any scratches. If there are racers to be added to the start list, they will go at the end of the start list. Hopefully, there will be very minimum amount of additions. There is no change to start order on race day.

Parking:

Bus parking is right after the lodge.

Restrooms:

There are porta-potties available.

Concessions:

Unfortunately, there will be no concession stand.

Results:

Results will be posted on the outside of the lodge. Protests must be submitted by the coach. Protests must be made within 30 minutes after the official results have been posted. Results (along with photos) will be posted on the MHSS website and be sent to area newspapers.

Awards will take place inside the lodge as soon as results become official (approximately 4:45pm). There will be an announcement indicating the award ceremony start.

We have A LOT of prizes for the bib draw.

Roy Varney Hornet Classic shirts and sweatshirts will be available for sale.

Race questions:

Contact Leavitt coach Dustin Williamson, <u>dustin.williamson@msad52.org</u>. On race day, feel free to find me somewhere in the stadium.

Thank you for your help in making the Roy Varney Hornet Classic a success.