

Welcome to Mt. Itasca

USBA Trials for World Junior and
Youth Championship, Jr Cup,
JOECH, YOG



All participants:

- Please mute your sound!
 - Use the CHAT feature to ask questions. Thank you!

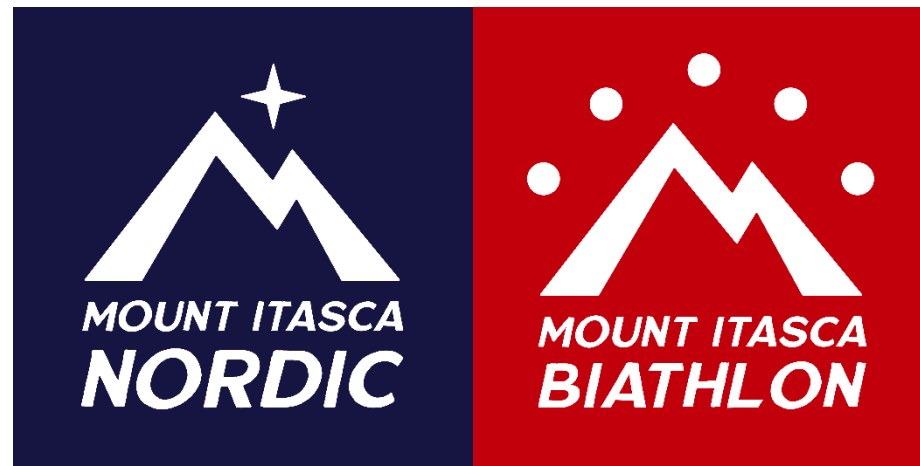
To contact Organizing Committee
after tonight's meeting:

Email:

mt.itasca.nordic@gmail.com

Organizing Committee

- Race Director: Carl Nordgren
- Chief of Competition: Carl Nordgren
- Chief of Stadium: Jon Arntson & Joe Muller
- Chief of Course: Craig Stertz
- Chief of Range: Derek Youngren
- Chief of Timing: Jon Arntson
- Chief of Secretary: Marlo Gangi



Registration Fees & USBA Membership

Many athletes have not paid their registration fees or paid for extra banquet tickets

No BIB will be awarded without first paying registration

Some athletes have not renewed USBA membership

No participation in races without USBA membership

Official Registration is

THURSDAY (tomorrow) from 1-4 pm in the HQ building at Mt. Itasca

Venue Information

- Nordic HQ Building: Race Secretary's Office/Registration
 - Bib pick up, registration, questions, etc.
 - Chief of Secretary: Marlo Gangi
 - Will be staffed on race days from 8 am-2 pm
- Bathrooms at Nordic/Biathlon side
 - Bathroom north of building: 2 men/2 women
 - 2 Port-a-potties south of building, 1 by timing building
- Awards Ceremony:
 - At the banquet for Thursday & Friday races
 - Podiums south of HQ Building on Sunday, 12:30 pm
- Chalet is available for warming, changing in downstairs bathrooms—but please don't leave bags etc.

Technical Delegates & Jury

- Technical Delegate: Tracy Lamb
- Assistant Technical Delegate: Shawn Robinson
- Jury:
 - Tracy Lamb (Technical Delegate—Chair)
 - Carl Nordgren (Chief of Competition)
 - Shawn Robinson (IR Range)
 - Jean Paquet (Coach)
 - Sarah Lehto (Coach)

Waxing Protocols

Tim Burke, USBA Director of Athlete Development



Official Training on Thursday
Sprint course will be set up
tomorrow

Segregated Training:

Males from 10 am – 11:55 am

Females from 12:05 pm – 2:00 pm

No skiing on trails before 10 am
Trails will remain open from 2-4
pm for skiing only, but will close
at 4 pm

**Again, Official Registration in the
HQ Building from 1-4 pm**

Bibs

- Everyone will pick up bibs in the morning before the race; registration opens at 8 am
- Registration fees must be paid to pick up Bib
- Individuals can pick up own bibs, or coaches/parents as needed
- Be certain to remove bib in finish area before departing that area after race finish; remind athletes or direct them to return if they wander off with bib

Race Formats and Schedule

- Friday, December 29: Sprint Race
 - Youth and Junior Men: 10k (1.67k x 6)
 - Youth and Junior Women: 7.5k (1.25k x 6)
- Saturday, December 30: Pursuit Race
 - Youth and Junior Men & Women: 10 k (2kx5)
- Sunday, December 31: Sprint Race
 - Youth and Junior Men: 7.5k (TBD)
 - Youth and Junior Women: 6k (TBD)

SCHEDULE

HQ open at 8 am on race days

THURSDAY DEC 28

10:00-16:00 Official Training

FRIDAY DEC 29

Sprint Race: 10K Male, 7.5K Female

9:45 Equipment Check Opens

10:00-10:45 Zero

11:00 Race Start

SATURDAY DEC 30

Pursuit Race: 10K F&M, 5 second seeded interval start

9:45 Equipment Check Opens

10:00-10:45 Zero

11:00 Race Start (Women at 11:00, Men at 11:45)

18:00 Banquet: Timberlake Lodge (Awards for Race 1&2)

SUNDAY DEC 31

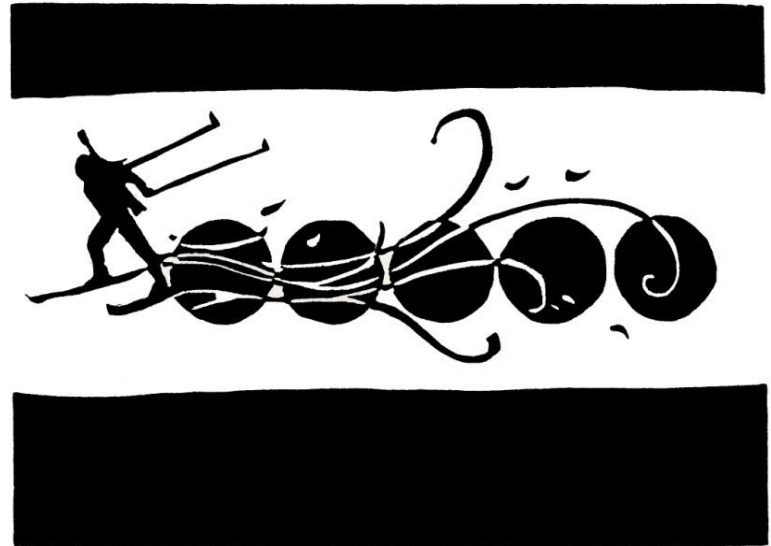
Sprint Race: 6K Female, 7.5K Male

9:45 Equipment Check Opens

10:00-10:45 Zero

11:00 Race Start

12:30 Awards at Mt Itasca



Range

Training Day:

Segregated Training: 49 males / 33 females

Zero Assignments

Coaches: We are going to query team coaches about how many lanes you
NEED

Unmute to respond when we ask for number of lanes

30 minutes of paper shooting

Then open for shooting metal, open allocation with half standing and half prone
(1-15 prone, 16-29 standing)

Race Days

For Sprint: 1-15 prone, 16-29 standing, 30 para

For Pursuit: Rolling range

Start Lists/Timing

- Registration lists have been up on Mt. Itasca Nordic website since Sunday
- Start lists for first sprint races will be generated randomly with Juniors starting in front of Youth
- Start lists for pursuit will be based upon first day's finish, with Jr and Youth athletes intermingled
- Review Start Lists online at mtitascanordic.com website
- Start Lists will be posted in HQ building and on board outside on race day
- Preliminary results will be available intermittently on the website as they become available
- They will also be posted on the windows in back of the timing building and (eventually) in HQ

Courses: 10k Sprint



1.67K Loop

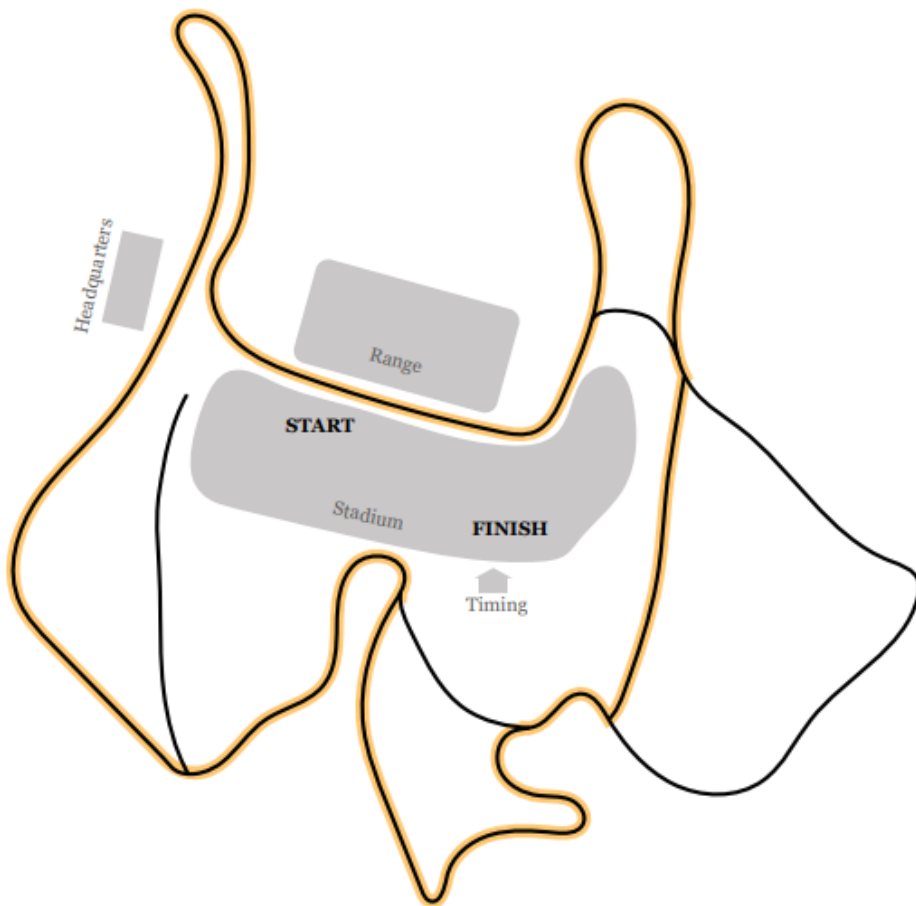
10K Course

(6 x 1.67K)

(Laps to shoot: 2-2-2)

Races on this course:

Men's 10K Sprint - Friday



Courses: 7.5k

Courses: 10k Pursuit



2.0K Loop

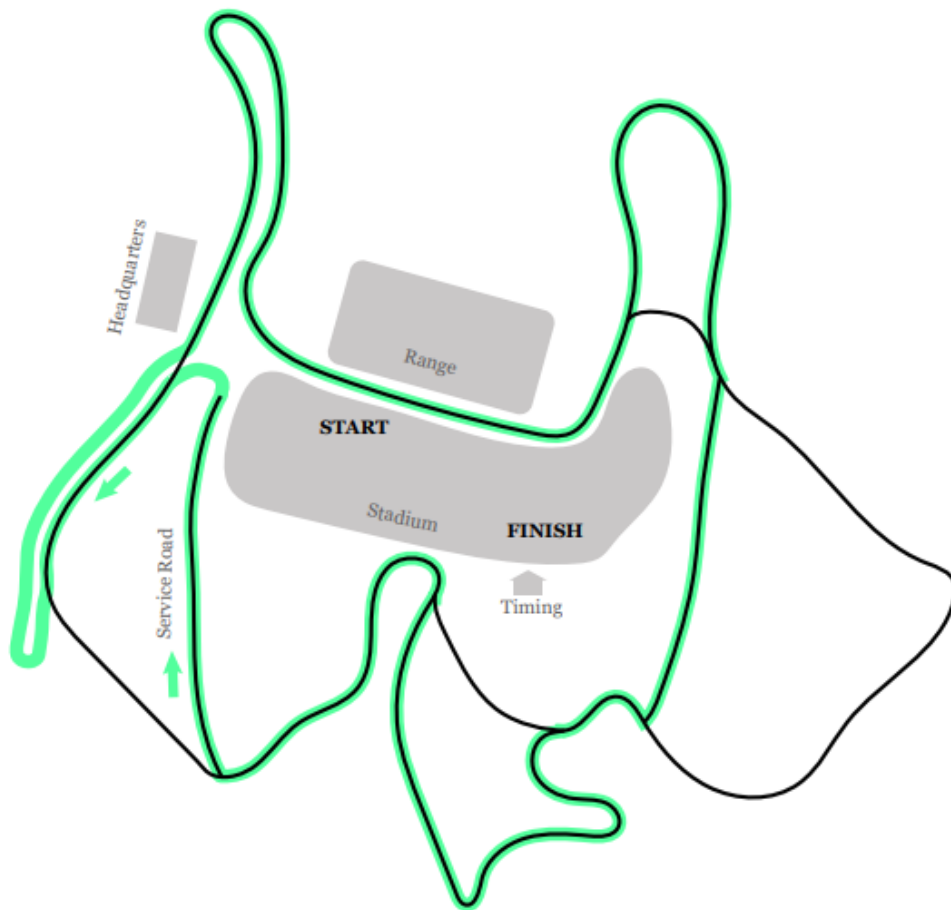
10K Course

(5 x 2.0K)

(Laps to shoot: 1-1-1-1-1)

Races on this course:

Men's/Women's 10K Pursuit - Saturday



Grooming Plan

- Groomed in the evening, adjust as weather demands
- Course fully set up by 9 am, open until 10:55
 - Course adjustments will be made between races as necessary

Course Open/Close Times

- Course opens two hours before race start, NOT zero
- Course closes at 10:55 am on race days
- **Race starts at 11:00 am each day;** any changes will be posted **BOLDLY** on the event website and sent to email addresses provided at registration—please check
- After courses close, you are restricted to warm-up areas only

Weather per NOAA.gov

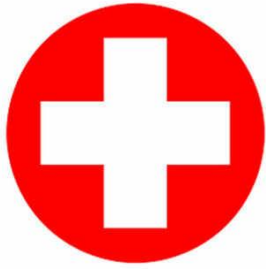
- Snow: none in the forecast
- Friday, Sprint
 - Overnight low 23 degrees F, high of 36 degrees F
 - Predicted temp at 11 am start 29 degrees
 - NW wind 5-10 mph
- Saturday, Pursuit
 - Overnight low 21 degrees F, high of 27 degrees F
 - Predicted temp at 11 am start 24 degrees
 - N wind 15 mph
- Sunday, Sprint
 - Overnight low 16 degrees F, high of 22 degrees F
 - Predicted temp at 11 am start 20 degrees
 - N wind 10-15 mph

Banquet Information

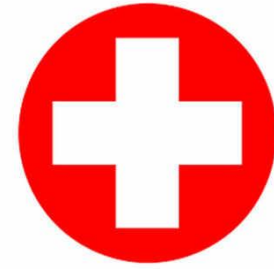
- Saturday, December 30, 6 pm central
- Included for athlete with registration, but \$35 for extra tickets (family, coach, etc.)
 - Please be sure to pay for your extra tickets!
- Located at **Timberlake Lodge** in south Grand Rapids
 - Easy to find on Google Maps

Race Logistics

- Bib Distribution: will be available 8 am in Race Secretary's Office, HQ building
- Start Lists, Results provided by Mt. Itasca Nordic Timing: www.mtitascanordic.com
- Event Website: www.mtitascanordic.com
- Email: mt.itasca.nordic@gmail.com



Medical Plan



- Physician first responder located at Timing Building for medical needs
- Triage: if possible, the public side of Timing Building
- Meds One in Grand Rapids for ambulance service

Final Words

