



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

[Mount Itasca Biathlon Stadium](#)

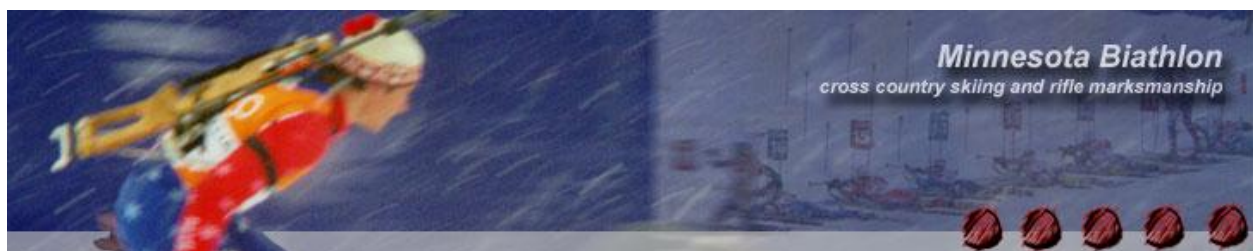
Coleraine, Minnesota

27-31 December 2023

WELCOME

The Mt. Itasca Nordic Ski Association is excited to host the US Junior and Youth Trials at our facility in Coleraine, MN. ([Location here](#))

These race trials will select the best athletes to represent Team USA at YJWCH, Jr IBU Cup/JOECH, & YOG races in 2024.



RACE REGISTRATION

NOTE: Online Registration will open on October 1st.

Register online at [MN Biathlon Trials](#)

Payment can made via Venmo app to [Mount Itasca Nordic Ski Association](#)

or you can mail a check to:

Carl Nordgren
37166 Bluewater Rd
Grand Rapids, MN 55744

Entry Fee of \$185 includes all training days, three races, and banquet. Individual race entry is \$60.

Early Registration payments must be received before December 1.

Late registration fee of \$30 will be implemented on December 1.

You will receive an email confirmation of your registration after your payment is received.

[Banquet](#) fee for coaches and spectators is \$35. You may register via the online registration link. Please submit payment by December 15th.

RACE CALENDAR AND FORMAT

TUESDAY DEC 26

10:00-16:00	Unofficial Training
13:00-16:00	Registration check in

WEDNESDAY DEC 27

10:00-14:00	Official Training
13:00-16:00	Registration check in
17:00	Coach's Meeting via Zoom

THURSDAY DEC 28

Sprint Race: 10K Male, 7.5K Female

9:30	Equipment Check Opens
10:00-10:45	Zero
11:00	Race Start

FRIDAY DEC 29

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

9:30	Equipment Check Opens
10:00-10:45	Zero
11:00	Race Start

18:00	<i>Banquet: Sugar Lake Lodge</i> Awards for Race 1&2 (Note: Pursuit Awards scored with actual time... Not the finish order)
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SATURDAY DEC 30

10:00-16:00	Official Training
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SUNDAY DEC 31

Sprint Race: 7.5K Male, 6K Female

9:30	Equipment Check Opens
10:00-10:45	Zero
11:00	Race Start
12:30	Awards at Mt Itasca

LODGING

Preferred Lodging is at [Sugar Lake Lodge](#) in Cohasset, MN. They will also be hosting the Friday night **Banquet**.

Sugar Lake Lodge is opening especially for our event and we will be the only guests. They have 2BR and 3BR Villa/Lodge Suites available with full kitchens and living rooms. There are also Studio Rooms available.

If we reserve 30 or more units, they will provide complimentary breakfast each morning.

We will have access to the entire main lodge for hanging out including bar service.

Registrations can be made directly with [Sugar Lake Lodge](#).

Sugar Lake Lodge
[37584 Otis Lane](#)

Cohasset, MN 55721
PH: 218-327-1462

We also have hotel rooms in Grand Rapids blocked thru 30 Nov:
Best Western Plus, Grand Rapids. PH: 218-301-0345
Country Inn by Radisson, Grand Rapids. PH: 218-327-4960

EVENT ONLINE STORE

You may pre-order T-Shirts and other items at our [Online Store](#).

Store Opens on or about October 15.

Items ordered **by Sunday December 1st** will be delivered to Mt Itasca. Items can be ordered **after December 1st** but you will need to pay for shipping to your home.

RULES

IBU rules are in effect for this event except as specifically modified by the Organizing Committee or Competition Jury.

TEAM SELECTION

Points list will be calculated with the best 2 of 3 results using the USBA percent-back system. Youth and junior athletes will be scored together. Two lists will be created for each gender. The Primary List will include both Junior and Youth athletes. The Youth list will include only youth athletes.

Juniors born 2002, 2003, 2004
Youth born 2005-2008

Full Criteria for each team can be found on the USBA website.

[YJWCH](#)

[Jr](#)

[YOG](#)

WAX PROTOCOL

All athletes will adhere to USBA's wax protocol policy.

- Athletes will deliver one pair of scraped skis, name clearly marked, to the Mt Itasca wax room no later than 1 hour after Official Training or 2 hours after race conclusion on the day before the race. [Full wax protocol details](#) at USBA
- Race skis will be checked in and marked by USBA
- All skis will receive the same wax
- Race skis will be delivered to the start pen 10 minutes before the race. Race skis must stay in the start pen.

CONTACT INFORMATION

For further race information:

Carl Nordgren

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