NENSA Event Organizers' Handbook

About NENSA

This handbook is intended to help race directors and event organizers to construct effective bids for major events, and to run those events to the current expectation of the skiing public and within the current rules for Nordic racing.

NENSA events serve many purposes beyond providing a timed course for racers. Races are a primary vehicle through which NENSA can direct the development of ski racers and our skiing community. Eastern Cup, Marathon Series, Zak and Club Cup Series and Championship race organizers are partners with NENSA in building success at all levels of the sport. Many of the specifics in this handbook reflect specific development goals and priorities. The efforts of the organizing committee to meet those goals are paramount to the long terms success of cross country ski racing in New England.

Overview

The NENSA calendar regularly lists over 60 events every season. Of those, a handful are major NENSA events awarded to bidding organizers that meet NENSA specifications for running such events. This handbook is written to aid event organizers in running major events and to answer many of the questions that will arise during the bidding and event organization process. Other event organizers may also find the general guidelines in this guide helpful in planning their events.

A bid by an organizer to host a major event constitutes an agreement to work with NENSA to produce an extremely high quality event. All bids are subject to the specifications outlined in this handbook. At a minimum, all Eastern Cup and Championship event organizers are expected to meet the following expectations.

- **Membership:** Both NENSA and USSA Membership are now required at all Eastern Cup Events. NENSA Membership is required for Eastern High School and U16 Championship events. It is the responsibility of the race organizer to ensure that all racers pay the correct entry fee. See *Entries & Registration* section for details.

- **Seeding:** Eastern Cup and all Championship events are seeded by best of USSA/FIS points, and the seed list is created by the timers for those events, and EISA combined EC races are seeded by EISA timer. Seed lists are emailed to the High Performance Director at NENSA, and posted on the VTCM page.

- **User Fee,** aka "head tax": For Eastern Cup events, a $16 per racer user fee will be itemized and billed to the race organizer and is due no later than two weeks from receipt. The fee is $20 per skier for Championship Events. A User Fee will not be charged to BKL skiers, Adaptive skiers or complimentary entries mandated by NENSA.

- **Elite Team Entries:** NENSA Elite Team skiers receive complimentary entries to all Eastern Cup events. No user fee will be billed on these entries.

- **BKL Events:** All Eastern Cup events should try to accommodate athletes of all ages, including the Bill Koch League. The local BKL club should run the BKL portion of the Eastern Cup event. All BKL timing must be facilitated by someone other than the timer for the Eastern Cup open race. Please see pages 28-29 of this handbook for more information on hosting a BKL race at your event.

- **Race Fees:** The recommended maximum entry for pre-registered athletes in an Eastern Cup event is $40. The recommended maximum entry for the Eastern High School or J2 Championships is $110 including the banquet. Entry fees are set when a bid is accepted.

- **USSA sanctioning fee**: Split $500 for an EC weekend with NENSA ($250 due after event held)

- **USSA head tax:** Split $600 with NENSA ($300 due after event held)

- Pay **TD** fee of $100 per day, mileage, room & board (TDA if applicable)

- Contract, and pay **Timer** mutually agreed upon fee, including room & board

- **Entry Deadline:** For Eastern Cup events, **online registration closes at 5pm on the Wednesday before the EC weekend.** A late entry fee of $10 more is recommended for day-of-race entries.

- **Course Preview:** Courses should be properly marked, groomed, and mapped by noon of the day before the race. There will be no charge for course inspection after 3:00 PM. In the event that the course is closed for grooming after 3:00PM, there will be no charge for course inspection after noon. No charge all day is preferable.

- **PA System:** Organizers must provide an announcer and a PA system for music, commentary, and announcements during race day. The PA system should be clearly audible from the entire stadium and surrounding area.

Sponsorship

Rights to Sponsorship

NENSA has four main sources of revenue: memberships, program entry fees, contributions and sponsorship. Without the support of sponsors, NENSA would be unable to provide anything more than a bare-bones listing service to race organizers and racers.

In order to secure sponsorship NENSA reserves the rights to Title and Associate Sponsorship of all Eastern Cup and Championship events. *Event organizers may solicit supporting sponsors,* but NENSA must be informed of any plans for solicitation and updated on negotiations.

In cases of sponsorship conflict, NENSA commitments will be honored and race organizers must make alternative arrangements.
In the event that NENSA negotiates a major sponsor in conflict with an existing event sponsor, every effort will be made by NENSA to accommodate the existing sponsor as appropriate. NENSA has, and will continue to make every effort to work with race organizers on sponsorship issues.

Sponsor Accommodation:

Race organizers are expected to accommodate NENSA sponsors by arrangement. NENSA representatives will communicate all sponsor needs to the race organizer in enough time to make arrangements. The following check list based upon existing

sponsorship relationships will provide an understanding of the general requirements.

• **Banners:** For every Eastern Cup and Championship event, a Start and Finish banners will be provided, and must be used. A number of additional promotional banners will be available, and organizers are expected to help NENSA representatives make use of these banners, including providing volunteers to help put them up and take them down.

• **Bibs:** NENSA will provide bibs for all Eastern Cup and Championship events. These bibs must be used exclusively.

• **PA System Support:** The announcer will be expected to make use of provided promotional materials.

• **Corporate Presence:** Sponsors may desire a corporate presence at selected events. This may include display items, corporate personnel and guests. Organizers are expected to help facilitate a corporate presence.

• **Presence of Non-Sponsors:** Only sponsors may set up at NENSA events. Local organizing committees have full rights to selling sponsorships at the supporting level and below that do not conflict with NENSA sponsors.

• **Seed lists, Start lists and Results:** NENSA Title, Major and/or Associate Sponsors should be listed on the Header with the NENSA logo and Venue logo, and any venue and/or event Supporting Sponsors should be listed on the Footer of each page.

Organization

Club Involvement

Organizing and running a big race requires the help of quite a number of people. A properly staffed race can require 50 workers (or more!) by the time registration, start, finish, course marshaling, timing and awards are all taken into consideration. It is unrealistic to run a race without the help of many, many volunteers.
NENSA has promoted the involvement of clubs in development for several years. One of the factors that figures most heavily into the strength of a club is its ability to organize an event. Clubs that regularly run strong events tend to be organized in other areas as well. One of the beneficial side-effects that NENSA expects from any race organization effort is a strengthened club organization.

Recognizing the need for staff and the benefits of club involvement all around, **it is expected that all Eastern Cup and Championship organizers will be affiliated with a NENSA club and will make use of the club structure in staffing the race.**

In order to receive a major event, any bidding organization - including a commercial touring center - must state a club affiliation and is expected to make use of the club

structure to staff the race with volunteers. First preference in awarding events with be given to bidding organizations with club backing.

Organizing Committee

In order to ensure a realistic division of labor and level of organization, an organizing committee must be named with every race bid submitted. The organizing committee should begin working from the time it receives the event bid to ensure that timely preparations are underway. At a minimum, the following positions in the Organizing Committee should be filled. No person should hold more than one position on the Organizing Committee.

Overall Race Director/Chief of Race - Ultimately responsible for all aspects of the event.

Race Secretary - Responsible for the orderly flow of information including all paperwork, published race information, entries, running orders, and printed results.

Club Contact/Volunteer Coordinator - Responsible for organizing sufficient volunteer staffing for the event.

TD - A Technical Delegate and assistant TD will be named for the Eastern Cup, Championship and Marathon Series events by NENSA. The TD will communicate with the chief of Competition in advance of the race to ensure that appropriate measures are taken to ensure the quality of the event and safety and fairness of the race.

For Zak Cup Series events, TD's are available. Race site should contact NENSA for more information about getting a TD for their event.

Other members may be added to the Organizing Committee as necessary. The complexity of lead-up arrangements will vary from race to race depending on the race facilities and the relationship between the organizers and the race site.

Organizing Committee Checklist:

At least two weeks prior to the event the Organizing Committee should be sure that:
- Volunteers are solicited, assigned race duties, and trained.
- Timing arrangements are made or timing service contracted.
- Lead-up course preparation is supervised.
- Sufficient toilets are provided (one toilet for every 50 at a minimum).
- Sufficient parking is provided and arrangements made for emergency plowing
- Awards/prize table donations are solicited & commitments made.
- Indoor space is arranged allowing for sufficient space for all racers and spectators in the event of bad weather.
- PA system & announcer are secured.
- Emergency medical plan is in place.

Race Officials

For the days leading up to the race and race day itself, race officials should be named to ensure that the various components of a good competition go smoothly. The core group of race officials, including the Chief of Race, reports to the TD.

Chief of Competition, the Chief of Competition is responsible for seeing that all race officials have their respective tasks under control.

Race Secretary - Responsible for start lists, information sheets, registration, distribution of bibs, and printed results.

Chief of Course – Responsible for course layout, grooming, and marking.

Chief of Timing – Responsible for timing and calculation.

Race Jury – Each NENSA Eastern Cup and Championship Event is governed by a jury with at least three members. The jury is composed of: Race Director, NENSA Rep, and Technical Delegate (TD.) For sprint races, the jury is expanded to five members with two assistant Technical Delegates added to the jury. The TD will set meeting times for the Jury, normally one-half hour before the start of the race, and one-half hour after the finish of the race. The Jury decides by majority vote on changes to the course or race schedule, and on protests. The TD will not vote unless a tie-breaking vote is necessary.

Volunteers

If the organizing committee and race officials (usually volunteers themselves) provide the backbone to a successful event, the volunteers provide the lifeblood. Volunteers are asked to staff registration and start and finish crews, marshal the course, collect bibs, and more. In order to be effective, volunteers must have a clear understanding of what is expected of them and it is the ultimate responsibility of the Chief of Race to see that all race officials have their volunteer crews equipped and informed as necessary.

Course Preparation

Stadium Layout

The stadium should be constructed to provide an exciting, fair start and finish. It should also allow for clean skier traffic flow to and from the start/ finish area. The stadium should be clearly marked by fences and barricades to make the flow of traffic – for racers on course and spectators - absolutely clear.

Start Area

The start area should be clearly marked with a start banner, should be easily accessible to the racers, and should be within earshot of the warm-up area. There should be enough space for racers to move around before their start and there should be designated places to leave warm-up clothes.

For individual start races, a single primary start lane should be prepared with a clearly marked second lane for late starts.

For mass starts an appropriate number of start lanes should be provided. An arrowhead start is preferred with the top ranked skier seeded at the tip of the arrow.

For mass start freestyle events, a double-pole zone is recommended. This zone should be at least 50 meters long, clearly marked, and set with tracks spaced at least one meter apart on center.

For mass start events, markers by bib number will be needed to set up the staging area of the start.

Finish Area

The finish line should be placed to allow for at least 50 meters of straight, relatively flat skiing before the finish. A finish zone of between 50 meters and 100 meters before the finish line should be clearly marked. There should be plenty of room for overtaking another skier without calling for track in the finish zone. At least three full lanes, preferably four, should be prepared and marked in the finish zone. Lane markings must be used, but should allow skiers to change lanes in case of overtaking.
The finish line should be straight and clearly marked. A painted 2x4 set just below the snow surface and kept clear of snow provides a good finish line.

The finish pen should be large enough so that skiers can slow down after the finish without running into one another. The finish pen should be enclosed with only one exit through which skiers may pass after returning their race bibs.

Grooming
Grooming for race day should be scheduled to provide the best possible race conditions. At times this may mean grooming very late at night, or very early in the morning. The TD will work with the Chief of Course to determine the best time for grooming.

Skate Races

- For skate races, **no classic tracks** should be set anywhere on the course, including down hills.
- The course for a skate race should be groomed to maximum width (recommended minimum of 16 feet), and should allow for unimpeded passing everywhere.
- For mass-start skate races and other head-to-head skate formats trail width is

paramount.

Classic Races

- For individual start classic races, the course should be prepared using a single "best-line track" for all but the finish zone.
- For head-to-head classic formats, the course should be prepared with double tracks spaced at least 1.5 meters apart. Start and finish zones should have the appropriate number of lanes. Four to six tracks should be prepared if possible for the first kilometer of the course.
- Tracks should be removed on any corner that cannot be negotiated in the tracks with relative ease. For head-to-head classic formats difficult downhill sections should have only one track.

Course Marking

- Race courses should be clearly marked for preview the day before the race and for race day. All intersections should be flagged or barricaded so that there is no question where the course goes. If different classes use different courses, then different colored markings should be used to designate those courses.
- Racers appreciate kilometer markings at each kilometer of the course. In the case of multi-lap races, the lap and finish lanes must be clearly marked. It is the responsibility of the racer to count laps, and course marshals should not physically prevent racers from taking an apparently wrong turn.
- The stadium should also be marked to clearly direct racer and spectator traffic to appropriate areas.

Spectator Access & Course Control

Courses should remain open to spectator traffic during the race except in sprint competitions when racers are actually on course. If course conditions demand that the course be closed to all but racers the race organizer may close the course. Race organizers should limit race traffic to the forward direction of travel only. **In general, coaches and spectators should be allowed on the course and free to move on the course in the proper direction**. Course monitors can remind non-racers on the course to yield to racers. In the event that the course must be closed to spectator and coach traffic, every effort must be made to provide alternative access to points on the course.

Entries & Registration

It is the responsibility of the race organizer to handle all race entries and to determine that all entries are in order before bib pick-up.

Online registration is handled through NENSA, on SkiReg.com, and NENSA staff can help you set it up.

NENSA Membership & USSA Membership

NENSA membership is required at all Eastern Cup and Championship events. USSA membership is also required at all Eastern Cup races. (Or FIS if not a US citizen)

Bib pickup/Registration

- Day-of-race registration and bib pick-up should accommodate the needs of all competitors as efficiently as possible. Pre-registered racers who are current members and have paid their entry fee should be able to collect their bib with a very short wait in line. They should not be expected to wait in a line with day-of-race registrants or "problem" registrants.
- Day-of-race registration is allowed at race organizer discretion, but not required

Registration Set-up Checklist
- Separate lines for pre-registration bib pick-up and day-of-race registration are required.

- A separate "problem desk" for unpaid entries and non-members is strongly suggested.

- Pre-packaging school team bibs together so that they may be picked up by one person is required and will save time for everybody. A start list must accompany bundled bibs.

- A start list and a race information sheet should be provided to every coach/team leader at bib pick-up. Start lists and race information sheets should be posted for easy viewing around venue.

Seeding

Draws must be conducted according to the following specifications.
NENSA Staff will seed all Eastern Cup events with the timers (unless combined with EISA event).

- Men's and women's events are seeded, drawn, and run separately.
- U16's will be run separately from the other age classes, seeded as a single, randomly ordered group EXCEPT when U16 Girls race same distance as Women in individual start races.

Seed Groups
- Eastern Cup events are seeded according to best of USSA and/or FIS points. Seeding of all Eastern Cups is done by the timer, based on best of USSA/FIS points, available on SkiReg at the time of the close of registration. Timers will produce both the seed and the start lists, with review by NENSA and the race jury. Day of race registrations are placed at the end of the start list.

Seed Group Running Order:

Individual Starts -
The seed groups will normally be run in a B, A, C, D order. In the event that earlier or later start times are deemed advantageous because of snow conditions the organizer may consult with the TD and a NENSA representative and choose to run the seed groups in a different order.

Mass Start and Sprint Events -
In mass start and sprint events, the A-seed and B-seeds are run according to rank, with the best athlete starting first. The C- seed is sorted randomly and follows the B-seed. The D-seed is run in order of registration.

Start Lists
Start lists should list each racer's name, NENSA #, USSA #, FIS #, class, club, and start time.
- o Start times should be listed as time-of-day.
- o Start lists should not list seed groups.

For all events, 50 printed copies of start lists should be available for spectators and coaches at the beginning of bib pick-up.

Special Note on Seeding EHSC and U16 Champs

For mass start events in the Eastern High School Championships and the U16 Championships and National Invitational, seeding will be done by Team Leaders. Stadium will be set up in an arrowhead start format. The top 3 athletes will be aligned in arrowhead formation, seeded by their Team Leaders. The remaining athletes are seeded by coaches, in the following lane arrangements: 9 total lanes, 2 for each state + 1 for NY & guests. If NY has a full team, they will receive 2 lanes and there will be an additional Guest lane if needed.

1
2 3

ME NH VT MA NY ME NH VT MA

The Day Before

NENSA staff (and often Technical Delegate) arrive in time for course review and meeting with Chief of Competition and other chiefs the day before major events.

Online Virtual Team Captain's Meeting (VTCM)

Note that most items on this list can be prepared weeks before the actual event. NENSA staff is standing by to post information for your race as soon as you send it along. Staff is also prepared to make adjustments and add material in the days leading up to race day.

VTCM includes at minimum:

- Seed Lists
- Start Lists
- Course maps
- Stadium map
- Team Captains Info Document
  Could also include:
  - Profiles
  - Site map

Topics to be included in the Team Captains Info Document, Jury and Organizing Committee intro, Race HQ location and Weather

- Seeding description – age group relevance
- Stadium directions
- Course directions- course preparation – snow condition
- Warm up and testing arrangements
- Parking, registration, bib pick up
- Specific instructions from TD
- General info from OC – prize giving, amenities for competitors
- General info from NENSA
- Acknowledgement of sponsors

Race Day

Scheduling the Day

The day should be scheduled to allow realistic time for bib pick-up, starts, race completions, results calculations and awards. The schedule should be published and distributed with start lists. The schedule should be followed as closely as possible with full use of a PA system to keep racers and spectators apprised of the pace of events.

Start Times
- Recommended start time for the first classes at Saturday Eastern Cup events is 10:00 AM. Recommended start time for Sunday Eastern Cup events is 9 or 9:30 AM. Exceptions may be made for Sprint races or those with exceptionally large fields like Supertours.

- Starts should be scheduled so that skiers of comparable ability are on the course at the same time. In case of a multi-lap event it may be necessary to run some classes to completion before starting others.
- Starts should be scheduled realistically, but breaks should be kept to a minimum.

Awards

- A "flower ceremony" recognizing the top 3 finishers in each race should take place as soon as unofficial results are tabulated. A small prize such as flowers, food product, or local souvenir should be given.

- Awards can be scheduled after each class of race or as soon as possible after the final race of the day. Skiers should be given ample prior notice.
- Awards should be presented based on unofficial results.

Start Procedures
Races should be started on schedule, with frequent PA announcements stating the official time of day.

Interval Starts
The start should be staffed by at least two start officials

- o The starter will give each racer a countdown and allow the racer to start at zero.
- o The assistance starter will ensure that the racers start in order, that no racers move up in the starting order to fill the gap left by a ghost or non-starter, and that late starters do not interfere with scheduled starters.

Mass Starts
- The start should be staffed by enough people to help stage the seeded racers and to ensure that all racers are lined up in an orderly fashion.
- The starter will give necessary instructions and start commands.
- For mass starts a countdown is not recommended. Instead, the starter should give racers appropriate instructions, a 1-minute warning, then 30 second warming. The race can start any time after the 30 second warning.
- For freestyle mass starts a double-pole zone is recommended.
- For classic mass starts skiers should be free to ski using whatever classic technique they choose right from the start line.
- Arrow start 5 to 9 lanes depending on stadium size and trail width as the arrow enters the trail.
- 30 m of tracks beyond the start line before the first scrub zone.
- For classical, tracks should drop half the number as the arrow nears the start of the ski tracks   .
- For freestyle, after the first 30m the tracks should end and skiers are free to use the freestyle technique

- Some type of marking needs to be used to place the skiers at their start positions with the skier's bib number on it.
- The mass start is a seeded start with the skier with lowest points at the point of the arrow and the skier with the highest points last.

Sprint Heat Starts
- The start should be staffed by at least two start officials
- Six start lanes are required
- Athletes choose lanes using the following: In Round 1, first choice goes to top-ranked athlete from qualifying. In subsequent rounds, first choice goes to the previous round with the top rank from qualifying; second choice to the other winner from the previous round; third choice to the second place finisher from the previous round with the better rank from qualifying; fourth choice to the other second place finisher from the previous round.
- Starter calls athletes to the pre-start line. When ready, starter calls athletes to the start line. As soon as all athletes are settled at the start line, the start command is given.

Late Starters
- In all individual start formats, a late start lane should be provided. The assistant starter(s) should stop any late starter at the start lane, make sure that they will not interfere with scheduled starters, and allow the late starter to start.
- The assistant starter should write down the actual start time for any late starter. The first set of unofficial published results should show a time based on the schedule start time of all late starters. Elapsed time should only be adjusted to reflect actual start time for late starters if a protest citing "force majeure" as the reason for the late start is upheld by the race jury.
- Racers who miss their published start time should not be issued new start times.

Finish procedures
- The finish area, including the finish zone and finish pen, should be well marked and fenced so that only finishers cross the finish line.
- Racers must choose a finish lane at the start of the finish zone and should not change lanes unless they are overtaking a slower racer and not obstructing another skier.

- Racers do not have to yield track once they have reached the marked finish zone.
- Racers should be met by finish personnel after crossing the line. Finish personnel should keep finishers moving away from the finish line to avoid congestion, and should help racers remove their bibs when they are ready.
- Water or sports drink is very much appreciated by racers after crossing the finish line. It is the responsibility of the race organizer to provide any finish line refreshments, though NENSA sponsors may be in a position to provide a product. Organizers should check with a NENSA representative to determine whether finish line refreshments are available.

Special Notes for Mass Start Finishes
- For classical three to four lanes should be used. These lanes should be divided and be 1.2m to 2m center too center.
- For freestyle at least three lanes 3m wide and divided.
- The finish zone should be at least 80m to 100m long and strait. The finish zone must be

marked with a painted line in the snow and a sign.
- Beyond the finish line there should be another line called the red line where once crossed a finisher may stop and remove skis.

Course monitors/marshals
- Marshals should be placed on the race course wherever necessary to ensure the safety of the racers and spectators.
- If course marshals are expected to change course markings or blockades between classes of a race they should be in radio contact with the chief of course to ensure that no racers are misdirected.
- Course marshals should ensure that the course is properly marked, but should never physically block the progress of a racer, even if the racer appears to be making a wrong turn. It is the sole responsibility of the racer to stay on the marked course.

Emergency Medical Planning
An emergency medical plan should be presented in written form at all race sites. The TD will check to ensure that this plan is in place. It should include:
- Detailing the quickest and safest access and exit routes to various points on the course.
- Names of people who are on the EMP Team.
- Location of first aid equipment.

- Location of nearest available medical facility. At least one snowmobile staffed by an EMT or Medical personnel should be stationed at/near the start/finish line.

Timing & Results
There is no requirement for electronic timing at Eastern Cup or Championship Events that are not NRL events, however, it is highly recommended. IF the event is an USSA and/or FIS NRL Scored event **electronic timing with a start wand** must be used. Note that all Eastern Cups are USSA NRL events, and many are FIS sanctioned too. Results must be available in a timely fashion, and even preliminary results must be typed.

Timing procedures

Electronic Timing

- When start wands and electric eyes are used to time races, backup hand-timing must be run parallel to the electronic system.
- In the event that there is a malfunction of the start wand that affects the times of a significant group of racers, published start times should be used in calculation for the entire field.
- In the event that there is a malfunction of the electric eye that affects the times of a significant group of racers, hand-timing should be used in calculation for the entire field.

Bracket Format for Sprints-

Sprint Rounds-Lucky Loser based on Qualifier Times

Sprint Brackets for 30 Qualifiers
(where lucky losers are promoted based on Qualifier Time)

Quarterfinal #1

Bib	Name
1	
10	
11	
20	
21	
30	

Quarterfinal #2

Bib	Name
4	
7	
14	
17	
24	
27	

Quarterfinal #3

Bib	Name
5	
6	
15	
16	
25	
26	

Quarterfinal #4

Bib	Name
2	
9	
12	
19	
22	
29	

Quarterfinal #5

Bib	Name
3	
8	
13	
18	
23	
28	

Semifinal #1

Q1 1st Place
Q2 1st Place	} Written in Bib Order
Q1 2nd Place
Q2 2nd Place	} Written in Bib Order
Q3 2nd Place
3rd Place who was Fastest in Qualifier

Semifinal #2

Q3 1st Place
Q4 1st Place	} Written in Bib Order
Q5 1st Place
Q4 2nd Place
Q5 2nd Place	} Written in Bib Order
3rd Place who was Second Fastest in Qualifier

B Final

S1 4th Place
S2 4th Place	} Written in Bib Order
S1 5th Place
S2 5th Place	} Written in Bib Order
S1 6th Place
S2 6th Place	} Written in Bib Order

A Final

S1 1st Place
S2 1st Place	} Written in Bib Order
S1 2nd Place
S2 2nd Place	} Written in Bib Order
S1 3rd Place
S2 3rd Place	} Written in Bib Order

Sprint Rounds-Lucky Loser based on Quarter and Semi Final Times

Sprint Brackets for 30 Qualifiers
(where lucky losers are promoted based on Quarterfinal and Semifinal Times)

Quarterfinal #1

Bib	Name
1	
10	
11	
20	
21	
30	

Quarterfinal #2

Bib	Name
4	
7	
14	
17	
24	
27	

Semifinal #1

Q1 1st Place
Q2 1st Place
Q1 2nd Place
Q2 2nd Place
Q3 2nd Place
Fastest 3rd Place in Quarterfinals

} Written in Bib Order

} Written in Bib Order

B Final

Slowest 3rd or 4th in Semifinal
Slowest 3rd or 4th in Semifinal
S1 5th Place
S2 5th Place
S1 6th Place
S2 6th Place

} See Note1

} Written in Bib Order

} Written in Bib Order

Quarterfinal #3

Bib	Name
5	
6	
15	
16	
25	
26	

Semifinal #2

Q3 1st Place
Q4 1st Place
Q5 1st Place
Q4 2nd Place
Q5 2nd Place
Next Fastest Skier in Quarterfinals (either 3rd or 4th place)

} Written in Bib Order

} Written in Bib Order

A Final

S1 1st Place
S2 1st Place
S1 2nd Place
S2 2nd Place
Fastest 3rd Place in Semifinals
Next Fastest Skier in Semifinals (either 3rd or 4th)

} Written in Bib Order

} Written in Bib Order

} See Note1

Note1: Order by Semifinal Rank, then Bib Number

Quarterfinal #4

Bib	Name
2	
9	
12	
19	
22	
29	

Quarterfinal #5

Bib	Name
3	
8	
13	
18	
23	
28	

Final Format for Sprints

Final Format:

Official Results

2006 TAMC International Spring Series

THE AROOSTOOK MEDICAL CENTER

USSA Super Tour Finals
19-26 March 2006
Men's Sprint Competition

Starting Time: Thursday, 23 March 2006, 16:30:15

Nordic Heritage Center, Presque Isle, ME

Jury / Competition Management		Weather	Course Data	
Technical Delegate, Chairman:	Bill Rodgers	Snow Condition: Slush	Name Of Course:	1 Km Sprint Course
NENSA Representative:	Jim Rodriques	Snow Temperature:	Course Length (CL):	937.1 meters
Chief of Competition:	Eric Hendrickson	Air Temperature:	Height Difference (HD):	11.8 meters
Competition Secretary:	Carol MacPherson	Sky: Cloudy	Max Climb (MC):	11.8 meters
			Total Climb (TC):	25.3 meters

Pl	Qu.Pl	BIB	Class	First name	LAST NAME	TEAM	State	FINISH	Ski Time
1	5	1	SR	Kris	Freeman	U S Ski Team	NH	16:32:18.9	02:03.9
2	2	105	U23	Philip	Widmer	Canadian Ski Team 2010	AB	16:33:17.2	02:02.2
3	3	114	SR	Chad	Giese	Subaru Factory Team	MN	16:35:33.4	02:03.4
4	6	2	M1	David	Chamberlain	Atomic	ME	16:32:34.4	02:04.4
5	7	108	SR	Zack	Simons	FSx/Sun Valley	UT	16:34:04.7	02:04.7
6	3	110	U23	Steve	Scott	Maine Winter Sports Center	ME	16:34:33.4	02:03.4
7	1	107	SR	Anders	Haugen	Team Rossignol	AK	16:33:46.8	02:01.8
8	8	106	SR	Colin	Rodgers	MWSC/FSx	ME	16:33:34.8	02:04.8
9	11	128	OJ	Harry	Poole	Burke Mountain Academy	ME	16:39:06.8	02:06.8
10	12	118	J1	Alex	Harvey	Equipe du quÊbec	PQ	16:36:36.9	02:06.9
11	9	143	M2	Jens	Johansson	County Physical Therapy	ME	16:42:49.9	02:04.9
12	14	121	U23	Skeets	Morel	NTDC / Georgian Nordic	ON	16:37:22.8	02:07.8
13	16	126	U23	Benjamin	True	Dartmouth Outing Club	NH	16:38:38.6	02:08.6
14	20	124	J1	Kevin	Cutts	Putney Ski Club	VT	16:38:09.5	02:09.5
15	22	132	J1	Fabian	Figi	University of Utah	SUI	16:40:09.7	02:09.7
16	13	4	SR	Brayton	Osgood	MWSC	VT	16:33:07.6	02:07.6
17	15	133	J1	Erik	Gjomle	University of Utah	NOR	16:40:23.2	02:08.2
18	31	131	J1	Patrick	O'Brien	Stratton Mountain School	VT	16:39:54.2	02:09.2
19	21	152	NA	Nicolas	Poirier	DÈfi Promutuel/EQ	PQ	16:45:09.6	02:09.6
20	24	120	SR	Jeff	Ellis	Exel Racing Team	ON	16:37:10.1	02:10.1
21	22	117	OJ	Anders	Folleras	University of Vermont	NOR	16:36:24.7	02:09.7
22	24	123	U23	Mark	Doble	NTDC / Hardwood Hills	ON	16:37:55.1	02:10.1
23	27	136	U23	Andrew	Casey	NTDC / Blow Me Down Nordic	ON	16:41:12.0	02:12.0
24	28	115	U23	Michael	Sinnott	Dartmouth Outing Club	NH	16:35:57.1	02:12.1
25	30	134	OJ	Marty	Smith	Stratton Mountain School	CO	16:40:43.1	02:13.1
26	10	112	SR	Marshall	Greene	Alpina Racing/ XC Oregon	OR	16:35:05.6	02:05.6
27	17	3	U23	Leif	Zimmermann	Bridger Ski Foundation/Alpina	MT	16:32:54.1	02:09.1
28	18	109	SR	Colin	Mahood	XC-Oregon/ Rossignol	OR	16:34:24.2	02:09.2
29	26	116	SR	Tom	Keefe	MWSC	ME	16:36:10.2	02:10.2
30	29	130	OJ	Zach	Wetherell	Burke Mountain Academy	MA	16:39:42.6	02:12.6
31	31	113	SR	Andrew	Hunter	APUNSC	AK	16:35:28.2	02:13.2
32	32	135	U23	John	Rennie	NTDC / Nakkertok	ON	16:40:59.1	02:14.1
32	32	140	OJ	Anthony	Gauvin	Skibec	PQ	16:42:14.1	02:14.1
34	34	125	U23	Christopher	Butler	NTDC / Big Thunder Nordic	ON	16:38:29.3	02:14.3
34	34	129	J1	Frèdèric	Touchette	CNMSA CNEPH	PQ	16:39:29.3	02:14.3
36	36	137	J1	Fritz	Horst	Stratton Mountain School	VT	16:41:29.9	02:14.9
37	37	127	OJ	Christian	Ruel	Skibec Nordique Team 2014	PQ	16:39:00.6	02:15.6
37	37	158	J2	Chase	Marston	Stratton Mountain School	VT	16:46:45.6	02:15.6
39	39	139	J1	Robert	Gardner	Honeoye-Falls LIma	NY	16:42:02.3	02:17.3

25

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Reporting and Precision of Times
- Times should be reported to the tenth of a second. If times are calculated automatically to greater precision, they should be truncated to the tenth of a second.
- Ties to the truncated tenth of a second should be reported as ties.
- If hand timing is being used, results should be reported to the second (no tenths).

Unofficial/Official results
- Unofficial results should be posted for each race as soon as possible. Most timing systems can produce results within 10 minutes of the last finisher. Anything more than 30 minutes is too long.
- When there are different classes racing different distances, results should be posted as soon as possible after the last finisher in each class.
- Unofficial results should be posted in several locations with the time of posting written on them. The results become official upon the successful completion of a protest period (see *Protests*). Results must be available in a timely fashion.

Results Format
- For Eastern Cup and Championship events, all racers of the same sex racing the same distance should appear on results in the order of their placement. Age-class places may be published on results, but the results should not be sorted by age-class.
- Results must be provided to a NENSA representative in an Excel compatible file.
- The results header should contain:
- The event title (including the title sponsor)
- The event date
- The event format (for example, "Men's 10K Classic Interval Start"
- Temperature and Conditions
- The Race Jury

The results list should contain:
- Overall Place
- Bib number
- Name (First name Last name)
- NENSA number
- USSA number
- FIS number (if applicable)
- Class
- Class Place (optional)
- Club
- Hometown and State (if space is too tight, a separate set of results may be generated for the NENSA Media Coordinator, including hometown and state and omitting bib number, NENSA number, and club as necessary)

- Time

Sample Results Format:

Rumford Eastern Cup
November 12, 2019

Men's 10K Classic   Race Jury: Ted Gardner, TD
Individual Start   Roger Arsenault, Chief of race
                                                                      Jim Rodrigues, NENSA

Temperature: 18 F

Conditions: Clear, Calm, Powder Snow

Pl	Bib	Name	NENSA#	USSA#	class	Club	Town	Time
1	83	Russell Boswell	36871	123456	U18	PSC	Putney VT	18:23.2
2	88	Dan Brodhead	02859	234567	SR	CNSC	Craftsbury VT	18:25.1
3	47	Max Wonsavage	38746	345678	SR	MNSC	Hanover NH	18:25.3
3	46	Everett Caldwell	86932	456789	U16	PSC	Windham VT	18:25.3
5	22	Bob Gray	01455	987654	M3	PSC	Newbury VT	18:29.4
6	80	Dave Smutok	03850	876543	M1	CSU	Wayland MA	18:29.6

Results Web Posting

For Eastern Cup and Championships, results are posted to the NENSA website from the race site by NENSA staff. Timers should provide NENSA staff with a link to their websites for all race results. A hard-copy is also helpful for writing press releases. **ALL race results for Eastern Cup races must be emailed to J.J. Ehlers at USSA, by the TIMER, on Sunday evening, after the completion of all the races, and after the results have been signed off on by the TD, for race scoring by USSA.** Also, please be prepared to transfer correctly formatted Excel files to NENSA staff immediately following the conclusion of the final race.

For Zak Series, Marathon Series, and all other events on the NENSA Calendar, results and press releases are posted from the home offices of NENSA staff. Please email your results and write-up to staff@nensa.net as soon as possible following your event. The "staff" email address goes to all NENSA staff members. All staff members are able to post results to the web.

NENSA members expect to see results at NENSA.net on the same day as the event. Please make it a priority to email them to staff@nensa.net immediately following your

event.

Protests
- There will be a protest period of 15 minutes from the time that unofficial results are posted. During that time any athlete or coach with a grievance may present a written protest to the race director, TD, or race secretary.
- If a protest is filed, the TD will call a Jury meeting. The Jury will hear the protest, and then make a majority decision. The TD will not vote unless a tie-breaking vote is necessary.
- If a protest results in a change to the posted unofficial results, the adjusted results will be re-posted as unofficial results and a new protest period of one-half hour will begin.

Prizes/Awards

An awards ceremony is an important means of closure to a day of racing. In order to bring the day to an orderly and timely close the awards ceremony should be held on schedule, as close to the end of the race as possible. If there is a protest pending that may change the distribution of awards, the race organizer may choose to delay awards. Otherwise awards can be distributed based on unofficial results.

- The awards ceremony should begin within 45 minutes of the end of the race.
- The awards ceremony should be organized and brief. Race organizers are responsible for providing appropriate awards. Most organizers provide a prize table with merchandise that racers can choose from as they are recognized. Other organizers reserve prizes for specific placing's. While it is important to recognize the accomplishment of all competitors, awards should be organized to recognize the fastest skiers first and foremost.
- Prizes should be awarded to the top three finishers overall men, overall women, U16 men, and U16 women. Most hosts will also choose to recognize Masters top-three finishers.
- In the event that racers have a choice from the prize table they should be recognized in the following order:
  -First place overall (men & women)
  -Second place overall (men & women)
  -Third place overall (men & women)
  -First place age group skiers

The race organizer may choose to conduct a bib raffle for some prizes which should not replace a standard awards ceremony.

The Participants' Experience

Event organizers should always keep in mind that they are providing a paid service to customers. The ultimate success of any race will be determined by the quality of the racers' experience. Most race days are 4-5 hours long, not including travel. The racers

should be relatively comfortable while they are not racing.

The Participant's Day

- Arriving at the event site it should be clear that there is an event scheduled, and parking should be easy to find.
- From the parking lot the participant should be able to easily find registration, even if they have never been to the race site.
- Prior to standing in line at bib pick-up the participant should be able to locate him/herself on a posted start list, and confirm that their registration is in order.
- The wait in the bib pick-up line should be short.
- Start lists and race information sheets should be available to all participants. A race information sheet should contain the schedule for the day as well as answers to any obvious questions that participants may have about the race day.
- After collecting his/her bib the participant should be able to change clothes indoors if he/she desires.
- Toilets should be available.
- The participants should have access to race trails for testing skis and warming up.
- PA system announcements should make it clear that the race is being conducted on schedule and should guide the participant to the start. PA should be staffed full-time with radio communication to the Chief of Competition. Music should be played through PA system during down times.
- Once on course the participant should be relatively unimpeded and should have no questions about where to go.
- After finishing, the participant should be met by a volunteer who will help move traffic away from the finish line, and collect bibs.
- From the finish the participant should be able to easily reach warm-ups discarded at the start.
- Shortly after the last finisher the participant should be informed by the PA system that unofficial results have been posted.
- In case of bad weather there should be sufficient indoor space to house participants while they wait for awards, or for their start.
- Shortly after the last finisher of the day crosses the line, the participants should be informed by the PA system that the awards ceremony will be conducted on schedule.
- After the awards ceremony the participants should be able to collect a set of results.

Race Organizer Checklist/Evaluation

This page can be used by organizers to check their preparations. It will also be used as an evaluation check-list by NENSA representatives upon the conclusion of the event.

Infrastructure
- Sufficient parking provided
- Sufficient indoor space provided

- Sufficient toilets provided in appropriate locations
- Sponsors appropriately accommodated PA system and announcer provided
- Emergency medical plan in place and on file

Course Layout and Preparation

- Stadium well designed and marked
- Start & Finish areas provide for effective traffic flow and fair races
- Course layout provides challenging and entertaining terrain Course well marked
- Course well groomed
- Course preview available

Registration

- Separate pre-registration and day-of-race registration provided
- Registration staffed by competent and informed workers
- NENSA memberships provided and sold as required for any DOR registrants

Start Lists
- Running order seeded and drawn to specifications
- Sufficient start lists available for all racers at registration

Schedule
- Race day schedule well-conceived and executed
- PA system used to keep schedule on-track

Timing & Results
- Accurate results provided promptly at the conclusion of each race
- Results formatted to specification
- Copies of results available to all competitors (on line)

Awards
- Awards ceremony started on schedule with sufficient warning to racers
- Racers appropriately recognized

Sprints and Pursuits

Sprint races and pursuits (aka duathlon, skiathlon, continuous pursuits) have quickly gained acceptance and popularity at all levels of the sport. The FIS and national organizations continue to refine the rules both of these formats. These guidelines are designed to allow for continued growth and evolution of the format while recognizing the emergence of a standard on the international scene.

Sprint Event Structure

Elimination sprints are conducted in two stages. A qualifying round is held during which athletes ski the sprint course as a time trial. A number of athletes are selected based on time in the trial to race in head-to-head sprint heats. The heats are arranged so that six athletes race against each other, and the top two finishers move to the next heat.

Sprint Course Preparation

Start
- For the qualifying round the start should be arranged as it is for any individual start event. A well-staffed late start lane is more crucial since starts typically take place at 15 second intervals.
- For the elimination heats the start should be arranged so that each racer has a start lane at least 3 meters wide. The course should be prepared to the full width of the start line for at least 75 meters. However, there should be no lanes marked on the course beyond the start line.
- Lane choice. In the first round, first choice goes to top ranked athlete from qualifying. In subsequent rounds, first choice goes to the winner of the previous round with the top rank from qualifying, second choice to the other winner from the previous round, third choice to the second place finisher from the previous round with the better rank from qualifying, fourth choice to the other second place finisher from the previous round.
- For freestyle races the start should be arranged so that all starters can skate directly from the start line. There should be no double-pole zone.
- For classic sprints there should be sufficient tracks for all

  starters for at least 75 me__
  Classic lanes to be between 1.2m and 2 m center to center.

- Freestyle lanes to be 3m wide and where possible skiers should be able to use freestyle technique right out of the start.
- Lanes should be divided up to 30 m from the start line.
- There needs to be a pre start line 5m behind the start line.

Finish:
- The finish should be prepared to the specifications of a normal finish, with four lanes for both Classic and Freestyle.
- Classic lanes need to be 1.2m to 2m center to center, and divided with whiskers.
- Freestyle lanes need to be 3m in width and divided.
- The finish zone needs to be 80m to 100m long and straight with a line in the snow at the start of the finish zone and an upright sign.
- The finish line needs to be marked in the snow and with an upright sign.

  sign.

_____The finish line needs to be marked in the snow and with an upright sign.

*There needs to be a line called the red line 10m behind the finish line. This is where a skier may stop and take off his or her skis.

- A high-speed video camera should be fixed in place in a position that can be used to judge the finish. The most highly recommended placement is directly in-line with the finish line, but at least 10 feet off the ground. If the camera must be placed at eye-level it should be placed at an angle to the finish line so that the view of one finisher is not blocked by another finisher. For Eastern Cup purposes a common digital video camera is sufficient.

The Course
- The course should be 0.8K to 1.5K in length.
- For freestyle races the course should be prepared as wide as possible.
- For classic races there should be three to four tracks around the entire course, (four is best), except for the start and finish, which should have four tracks.
- The course should demand the use of more than one technique, and should comprise turns in both directions. It must be designed for high speeds.

Qualification
- The running order for sprint qualification should be determined as specified in the section on seeding.
- Racers should start one every 15 seconds.
- Sprint qualification must be timed using a start wand and an electric eye. Times should be reported to the 1/100th of a second.

Heats
NENSA Eastern Cup events will hold three official sets of heats: 1. "Premier" and 2. U16 and 3. U18/U20 heats.

Premier Heats feature the top 30 racers by qualifier time.
- *Quarterfinals:* 5 heats of 6 racers. Top 2 in each heat advance along with 2 "Lucky Loser" 3rd place racers*.
- *Semifinals:* 2 heats of 6 racers. Top 3 in each heat advance.
- *B-Finals:* Bottom 3 racers from each semifinal heat. (Finish places 7-12 for the day.)
- *A-Finals:* Top 3 racers from each semifinal heat. (Finish places 1-6 for the day.)

U16 and U18/U20 Heats feature the top 12 U16 or U18/U20 racers by qualifier time not advancing to the Premier heats.
- *Semifinals:* 2 heats of 6 racers. Top 3 in each heat advance.
- *B-Finals:* Bottom 3 racers from each semifinal heat. Run at Race Director discretion.

- *A-Finals:* Top 3 racers from each semifinal heat.
- U16 heats count for JNQ scoring but do not count for NRL points. U14 skiers racing up are not eligible for NENSA/JNQ points and will not be advanced to the U16 heats.
- U18 / U20 heats featuring the top 12 combined U18/U20 skiers not advancing to Premier heats.
- If scheduled and run, U18/U20 heats will be scored for JNQ points. These heats will not count for NRL/FIS points.

Additional Heats: Run at Race Director discretion.
- U23, and Masters heats may also be offered. These heats are unofficial and do not count for standings Points. As such, these heats should be run separately and not mixed in with Premier or other heats.

*Lucky Loser Format:

With Untimed Heats:
- The top 2 in each quarter final advance
- The two third place finishers with the fastest <u>qualifier</u> times (lowest bib #'s) advance

With Timed Heats:
- The top 2 in each quarter final advance
- The two third place finishers with the fastest heat times advance.

Results:
- Places 1-6: A-Final order of finish
- Places 7-12: B-Final order of finish
- In the case of no B Final, the athletes are ranked according their ranking in semi-final.
- In the case of a tie (for both timed and untimed heats), the athlete with the lowest sprint points wins the tie.

Order of finish placing's (based on FIS rules):
- 13th – 15th/16th rank, the 3rd place finisher from each heat in the quarter-final, who did not advance to the semi-finals will be assigned based on their respective ranking in the qualifying round
- 16th/17th - 20th rank, the 4th place finisher from each heat in the quarter-final will be assigned based on their respective ranking in the qualifying round.
  (Exception, if one of those 4th place finishers will advance to the semi final)
- 21st – 25th rank, the 5th place finisher from each heat in the quarter-final will be assigned based on their respective ranking in the qualifying round.
- 26th – 30th rank, the 6th place finisher from each heat in the quarter-final will be assigned based on their respective ranking in the qualifying round.
- 31st to last rank, the results from the qualification round will be used.
- The heats do not need to be timed.
- The following chart (where numbers represent the finish placing of qualifiers) may be used to construct heats for a 30

Racer scenario:

Heat 1	Heat 2	Heat 3	Heat 4	Heat 5

1	4	5	2	3
10	7	6	9	8
11	14	15	12	13
20	17	16	19	18
21	24	25	22	23
30	27	26	29	28

Sample Sprint Heat Schedule:

Heat Number	Class	Heat	Number in Heat	Time
1	MU16	Quarterfinal 1	6	1:30 PM
2	MU16	Quarterfinal 2	6	1:33
3	MU16	Quarterfinal 3	6	1:36
4	MU16	Quarterfinal 4	6	1:39
5	FU16	Quarterfinal 1	6	1:42
6	FU16	Quarterfinal 2	6	1:45
7	FU16	Quarterfinal 3	6	1:48
8	FU16	Quarterfinal 4	6	1:51
9	MU16	Semifinal 1	6	1:54
10	MU16	Semifinal 2	6	1:57
11	FU16	Semifinal 1	6	2:00
12	FU16	Semifinal 2	6	2:03
13	MU16	Final B	6	2:06
14	MU16	Final A	6	2:09
15	FU16	Final B	6	2:12
16	FU16	Final A	6	2:15

The Start:

- Heats should be started with a single start command. A start judge should be positioned within full sight of all starters to determine whether there is a false start. In case of a false start, course marshals should block the skiers progress and return them to the start.
- Skiers should be allowed to ski feely from the start line, with no lane constraints or technique constraints (aside from the standard classic technique constraints disallowing skating).

On Course:
o Racers are free to move on the course, but may not obstruct or impede the progress of other racers.
o When one racer is overtaking another racer, the slower racer must be able to continue to ski normally.
o Racers are not required to yield track anywhere on the sprint course.

- o Any racer who is seen by course marshals to obstruct another racer may be sanctioned (ranked last place of the relevant heat with written reprimand) or disqualified from the competition by any jury member with no Jury meeting required. Disqualifications or sanctions should be announced immediately upon the conclusion of the heat in which the incident occurred.
- o In the event that a racer is judged to be prevented from advancing to the next heat because of obstruction or interference from another racer, the obstructed racer may be advanced by the jury into the next heat. That racer will have the choice of start lanes behind all other qualifying starters.

The Finish:

- o Standard finish rules apply.

- o Four finish lanes must be provided with sufficient width and condition so that each lane provides fair, unimpeded use of all allowable techniques.

Results

Results Format:
Sprints Require 3 sets of results to be produced during the event.
1) Qualification   Results
2) Bracket (filled in with bracket results)
3) Final Results

Qualification Results:
These look like results from any other event, sorted by time from fastest to slowest.
Two important notes:
     1) Sprint Qualification times should be timed to the 1/100th of a second
     2) If there is a tie for the final qualification spot the athlete with the lowest bib number in qualification advances.

Bracket:
A bracket is set up after the qualification round. The initial bracket includes all of the qualified athletes filled in for the opening round. As the event progresses, brackets should be a) filled in on a large board and b) printed and posted between each round on the official results board.

Final Results:
These results look like results from any other event except for the following:
     1) They include two "Place" or "Rank" columns; one for final rank, and the other for qualification rank. They are sorted by the final rank.

     2) They should show times to the 1/100th of a second.

Bracket and final results are provided to NENSA (and USSA if applicable) electronically after

the event.

See Pages 15-16 for correct sprint results format.

Pursuit Event Structure

Pursuit events include classic and freestyle technique in one continuous race. Athletes begin with a classic technique leg. Upon completing this leg, they change equipment (with the clock running) and complete a freestyle leg to the finish. Pursuit events use the mass start format.

Pursuit Course Preparation

Start
- The start should be prepared as it is for any mass start classic event

Finish

- The finish should be prepared to the specifications of a mass start finish with as much width as possible and four finish lanes.

- Like a mass start event, two high-speed video camera should be fixed in place in a position that can be used to judge the finish. One should look directly across the finish line, the other should face the racers coming to the line. For Eastern Cup purposes a common digital video camera is sufficient.

The Course

- The course should be prepared as it is for any mass start event
- For freestyle section of the course should be prepared as wide as possible.
- For the classic section there should be double tracks around the entire course, except for the start and finish.
- A separate loop should be prepared for each technique

The Exchange Zone

- The exchange zone should have a clearly designated area for each competitor to change equipment.
- All of a competitor's equipment must stay within his or her designated area at all times.
- The exchange zone should be designed to allow competitor traffic to flow smoothly in and out of the zone.
- Coaches and spectators are not allowed in the exchange zone while the race is in progress.

Please contact Amie Smith, Executive Director & High Performance Director, at Amie@nensa.net if you have any questions regarding any of the above information.

Looking forward to a great winter of competitions!

New England Nordic Ski Association
49 Pineland Drive, Suite 301A
New Gloucester, ME 04260
staff@nensa.net
207-688-6503

Planning for Kids at Events

Are you interested in planning a kid's event during your bigger event? You should! Having kids at an Eastern Cup, Super Tour or a Masters race gives everyone the opportunity to see the whole development pipeline, see how skiing is a lifelong sport and come together as a community. Putting on a kid's race is easier than you think!

Here are some things to remember:

1. Make sure your organizing committee and volunteers for your kids' race are COMPLETELY separate from your other event staff and volunteers.

2. Plan ahead but keep FUN as the key ingredient! A well-organized race makes things more fun on the day: have enough people for each job, keep in mind the timing of the day to make sure the kid's race doesn't interfere with other events, have bibs, organize registration etc., but there's no need to stress about timing wands. A clipboard and some paper and pencils are all you need for a timed event. You can even have a mass start and give awards based on order of finish.

3. Keep the race distance age appropriate. Children who consistently race distances longer than those recommended for their age group risk neuromuscular development of the speed that is their natural gift. They quickly become efficient at moving themselves over the snow at a conservative pace.

Distance and Terrain guidelines for Bill Koch Youth Ski League Races

- **Lollipop-**This race should not be so short that it isn't worth the pre-race bedlam, but not so long that the kids can't get to the finish line. Up to 500 meters is recommended.
- **Grades 1&2** – Up to 1 kilometer remembering that this is the transition category from the Lollipop races to Grades 3&4.
- **Grades 3&4** – Up to 2 kilometers with no more than 20-25 meters (65-85 feet) of total elevation gain and a maximum single climb of 10 meters (35 feet).
- **Grades 5&6** – Up to 3 kilometers with no more than 30-40 meters (100-135 feet) of total elevation gain and a maximum single climb of 10 meters (35 feet).

- **Grades 7&8** – Up to 4 kilometers with no more than 40-55 meters (135-180 feet) of total elevation gain and a maximum single climb of 15 meters (50 feet).

4. Choose an appropriate course: The terrain should be smooth and undulating with no extremely sharp gradients. The course should have smooth turns that leave skiing rhythm uninterrupted. A limited number of bumps and sharper turns have their place on courses for the older, more experienced BKL racers. More difficult features such as steep, long uphill and downhills with high speeds and sharp turns may be added to courses for older junior and adult skiers— but they are not recommended for BKL skiers.

5. Mix it up! A 3 km mass start is an easy race to run, however it may be too long for some ages, and it will not challenge skiers in skill development. Be creative in holding kids races, mimic a World Cup weekend and have kids try sprints, team relays or a pursuit style race.

Kids often have the most fun in the spaces where we plan the least. Give them some structured boundaries and let their imaginations fill in the rest! Listed below are some ideas for fun events.

Build a Ski Park, Obstacle Course, or Snow Playground Mini-Marathons with
Relay Races
Slalom Courses
Double Poling for Distance Barrel Sprints
Tandem Ski Relays
Biathlon events

Details on these events as well as other ideas can be found in the BKL Parent/ Leader Manual available on at www.nensa.net. This manual is a great resource to help with putting on kids' events.

Not sure How to Make Your Event Kid-Friendly?
It's important to think like a kid. It doesn't have to be expensive, or flashy, but just a few little additions can ensure fun for all. Here are some ideas but remember your imagination is the limit!

Face Painting
Scavenger Hunt
Obstacle Course, Ski Park
Mini "Race Course" Loop
Sledding/Slalom Hill for timed or untimed races
Snowball Biathlon Area
Laser Rifle Demonstration
Sign-Making Station (cheering for athletes!) Noodle Tag

Maple Sugar and Snow Treats
Dog Sledding
Snacks! Hot Chocolate!

Please contact Amber Dodge, Community Program Director, at Amber@nensa.net if you've got ideas or questions! Part of my job is to be a part of planning Bill Koch League races, please contact me _especially_ if you are having a kid's race at a bigger event.