

nsaa



Nordic Skiing Association of Anchorage
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Feb 12, 2020

Dear Alaska High School XC Coaches,

Welcome to the 2020 HS Cross Country State Meet! We are excited the State Meet has returned to Kincaid Park. Below you will find some important information for the weekend event.

ASAA website link: <https://asaa.org/activities/nordic-ski/>

Course Maps: See ASAA Website

Course Preview: Official training, Wednesday 10am-4pm

Venue Maps: See ASAA Website (instruction for team tent placement for waxing will be discussed at each coaches meeting)

Schedule: See ASAA Website

Coaches Meetings: All coaches meetings will be the night before every race night and located at Dimond HS.

Waxing Facility: The Waxing Facility, (bunker) will open up at 12:00pm on Wednesday for all teams. All teams/schools will have a designated area to wax in at the Kincaid Wax Bunker. Please use your assigned area. Please bring a tarp or tarps to use during waxing. There will be brooms and dustpans in each area. Teams are responsible for cleanup of their waxing areas.

Athletes areas and clean up: Both the Bunker and the Chalet are reserved. Please remind your skiers to clean up after themselves each night. There will be 2 teams assigned to each day for final clean up. Athletes lounging in the Chalet, please remember it is a public area and to keep belongings in their bag. Only athletes, coaches and team managers will be allowed in the carpeted areas. We will have signs.

Registration, substitution and seeding skiers: All athletes must be registered per ASAA forms and ASSA guidelines listed on the forms on the web.

- **NO substitutes/alternates will be added**, after the first coaches meeting on Wednesday night, 6:00pm, there will be Your 12 submitted skiers at that time will be the final roster.
- **Relay substitution:** can be done the morning of the relay one hour before the start of the relay. Only the 6 official members may participate in the relay.
- **Seeding:** Coaches will place their skiers in the seed of their choice one through six for the **interval start race**. Seed one will go out first, seed two will go out second, etc. Coaches are responsible to seed their skiers. Coaches have the option to change their seeds at the Wednesday coaches meeting. **The Mass Start** will be seeded based on results from the Individual race. If in the case a skier does not finish due to force majeure, the Jury will seed the skier in the safest spot of the chevron. **Relay** lane assignments will be based on the 2019 XC State Relay results.

Coach Bibs: Coaches will be given a designated colored bib. Access to the course will be unlimited for coaches as long as they ski in the same direction of the course. Wearing your bib will make it easier for the course marshals to identify you.

Warm Up and Course Closure: There will be a designated time for warm up for each race before the start of the race. Men will warm up prior and women will be allowed on the course after the completion of the men's race to warm up. The course will close to skiers 10 minutes before the start of the race.

Timing and Results: www.anchoragenordicski.com/asd-high-school-racing/hs-racing-results/

Concessions: Will be available in the Chalet for all provided by Dimond High School.

Awards: There will be unofficial flower ceremonies for the top 3 after every race, excluding the relay. Formal awards for the top 10 from the first two races and skimeister will be on Friday evening at Dimond HS (see schedule). Awards from the relay and overall will be post-race at Kincaid Park. Weather permitting, Saturday's awards will be outside in the stadium; if the weather is not permitting, awards will be in the Chalet.

Hospitality for Volunteers: Will be located up in the Timing Building.

Medical: NSAA will have medical available. We will have formal medical areas in the chalet and the Timing Building. Snow Machines will be available for transport. Ambulances in the Anchorage area are on call only; response time fits with FIS criteria.

Public Access and Trail Etiquette

- No spectator traffic on ski trails (outside of stadium and SML) unless a specified corridor is identified.
- No dogs permitted (leashed or not) in stadium or on trails.
- No Fat Bikes permitted (walking or riding) in stadium or on trails.

Competition Committee

Chief of Competition: Joey Caterinichio and Buzz Scher

Chief of Stadium: Buzz Scher

Chief of Course: Matt Pauli

Chief of Start: Steve Morris

Timing: Tim Brabets

Race Secretary: Sara Kamahela

Technical Delegate: Scott Jerome

ASAA: Russ Schrekengost

ASD: Kathleen Navarre

Jury:

Scott Jerome

Joey Caterinichio

Buzz Scher

ASAA Rep

ASD Rep

There will be further details at the Coaches Meetings. If parents are available to help please direct them to the Volunteer Sign Up List: www.signupgenius.com/go/8050f4fabab2aa2fc1-asaa

Please continue to check the website for updates. Looking forward to a great meet. If you have any questions you may email jcaterinichio@alaska.net or buzzscher@gmail.com .

Joey Caterinichio and Buzz Scher