

Minutes for OISRA Nordic Division Steering Committee 2018 Spring Meeting
Eric and Laurie's home
1821 NW Glassow
Bend, Oregon
June 17, 2018

Present:

Eric Martin – Nordic Director
Pete Reinhardt – Nordic Assistant Director
Gene Hyde – Nordic Commissioner
Kelly Crowther – Northern League Rep
Laurie Martin – Southern League Rep
Jinny Martin – Nordic Division Secretary
Bill Martin – 2018 State Meet Coordinator
Debbie Reinhardt – Guest

Meeting was called to order at 12:18 p.m.

1. PRELIMINARIES

Fall Meeting Minutes

MOTION: Peter R. moves to approve November 12, 2017 minutes. Laurie M. seconds.

VOTE: unanimous approval

Treasurer's Report

MOTION: Laurie M. moves to approve Treasurer's Report. Gene H. seconds.

VOTE: unanimous approval

2018-19 Budget

MOTION: Gene H. moves to approve proposed 2018-19 budget, accepting that it will be reviewed again in the fall when more information about sponsorships is available. Laurie M. seconds.

VOTE: unanimous approval

Discussion:

- Proposed budget does not balance- but do not want to change any budget line items
- Account balance is \$4,300, which could be used if expenditures are greater than income in 2018-19
- Will know more about sponsorships in the fall

2. OLD BUSINESS

Race Schedules

- Both leagues have set their schedules and the date for one joint race (XC Oregon Invitational) is set.
ACTION: Jinny M. will check with JD to find out how many relay teams are allowed per school.
- JNQ races at Mt. Bachelor and the Rainbow Camp are scheduled on the same days. Gene H. and JD will not be available to help coach at Rainbow Camp. Rainbow Camp will be held at Meissner both days.

Review of 2018 State Meet

- See Appendix I for Bill Martin's "OISRA State Meet Summary of Comments"
- See Appendix II for Alan Watson's (Technical Delegate) Report
- Discussed how the start area "works" and are satisfied that the current system of using the bib caller to get skiers to the start works well. More skilled skiers continue warming up until close to their start times, but less skilled skiers need time to get to the start line and are OK to stand in the line without last minute warming up.
- Discussed Alan W.'s suggestion for using a "Technique Restriction Zone" to keep a few advanced skiers from double poling all of a classic technique course, but decided that they were discussing the solution to a problem that has not yet cropped up for high school level of racing.
- Reviewed how the mass start "line-up" worked – with the skiers who were waiting to move into their final start positions for their wave being placed in a grid that was askew to their final start positions. Adjustments due to limited space in stadium.
- Expressed hopes to expand the stadium area to help with mass start grid.

!ACTION: Jinny M. will email Bill M. and Alan W. reports to all Nordic head coaches.

3. NEW BUSINESS

Earphone Restrictions

MOTION: Gene H. moves to adopt the following new Race Rule: "For the state meet, a competitor's use of electronic devices with earphones is prohibited in the Start area and during the race." Pete seconds.

VOTE: unanimous approval.

Ski Pole Length

MOTION: Gene H. moves to adopt the following new Race Rule: "The default of using the USSA rule about pole length will be the way to address any pole length issues for the classic race at the OISRA state meet. The USSA rule will be enforced at the state meet ONLY through a protest process." Pete seconds.

VOTE: unanimous approval.

Tracking Rules

MOTION: Gene H. moves to amend the Race Rules about tracking so that Nordic Race Rules Section B; 10 Race Operations reads as follows:

"10.6.2 In an interval start race, a competitor who is being overtaken must give way on the first demand. This applies in classical technique courses even when there are two tracks and in the free technique courses when the skier being overtaken may have to restrict his skating action.

10.6.3 In a mass start race, a competitor who is being overtaken is not required to give way on the first demand, but the overtaken skier must not obstruct the skier who is overtaking them.

EXCEPTION: a skier in a relay race (mass start race) who is being overtaken must give way on the first demand IF the skier being overtaken is in a different leg. The skier being overtaken must give way even when there are two tracks

in classic technique courses and in the free technique courses when the skier being overtaken may have to restrict his skating action.

Laurie M. seconds.

VOTE: unanimous approval.

Signature of TD on Official Result List

MOTION: Laurie M. moves to delete the requirement of the signature of the Technical Delegate on the Official Results. Gene H. seconds.

VOTE: unanimous approval

Changes to Nordic Policies to incorporate the changes made in the Bylaws that define voting members as “member coaches”

MOTION: Gene H. moves to adopt the changes in the Nordic Policies (Appendix III) that incorporate the changes made in the OISRA Bylaws that define voting members as “member coaches.” Pete R. seconds.

VOTE: unanimous approval.

New rules for reporting abuse

OISRA Board is writing OISRA rules for reporting suspected abuse. To provide training for OISRA coaches, the Board is considering creating its own training video, because existing training videos address federal and state laws that do not apply to all OISRA coaches. Kelly Crowther, Laurie Martin, and Jinny Martin volunteered to help work on this video.

Recruiting

Discussed offering “start-up” grants to any new teams – possibly LaPine and the new charter high schools in Bend.

2019 State Meet Plans

- Alan Watson will be TD
- Date confirmed with Mt. Bachelor – Feb. 22 and 23
- The Hot-Tees Company are OK to provide their on-site custom merchandise again – but they are not able to give back any profits to OISRA because do not sell enough products with the small window of time to be selling the products and small number of people at the event.

New Bibs

Unanimous interest in getting 300 new bibs. Southern League will use 100 during the league season and Northern League will use 200 during the league season. Will use the full set for state.

- Pete and Debbie R. will check out Lithia as a sponsor
- Gene H. is also willing to look for sponsors
- Possibly sell “spots” on the bibs to different sponsors – rather than getting one or two sponsors for full cost of the bibs

ACTION: Jinny will get a price quote from Reliable Racing for bibs that are the same as the bibs used for USCSA Nationals. She will send a photo of the bibs to Pete R. and Gene H. She will also send a link for the sponsorship map to Pete R. and Gene

H. to help with promoting the exposure a sponsor will be getting by sponsoring these bibs, which will be used for at least 10 years.

Meeting adjourned at 2:30 p.m.

Respectfully submitted by
Jinny Martin
Nordic Division Secretary

Appendix I

OISRA State Meet Summary of Comments June 15 2018

Chief of race Dan Thorndike

- Ski patrol also helped with Course monitoring at crossings.

Race secretary Jinny Martin

1. Live timing worked well.
2. TD was excellent.
3. Add Mt Bachelor to the State Meet Printed Program to thank them for their support.

TD Alan Watson

1. Have a start area with room for racers to warm up and not have to stand in start line too long.
2. The TD does not have to sign final race results
3. Consider using a Technique Restriction Zone, such as a no double pole zone vs worrying about the pole length for Classic race.
4. Consider using the Tracking rule only for individual start and not for mass start. Maintain the OISRA relay exception as written.

Coach Summit Gene Hyde

- Jessica Smith-Blockley agreed to be a technique monitor on Easy up. However during race she was moved to a monitor position to help racer stay on course during storm.

Stadium Bill Martin

1. The existing temporary location of the timing shed required overlapping lanes for the start and finish. To solve this problem at the start of each gender's race we removed part of a finish lane and then replaced the pin flags before the first racer finished. This problem will be solved by moving the shed toward the East end of the stadium.
2. The mass start grid was 14 M wide with 11 rows. The seeding was based on the finish results of the XC Oregon joint ski race. The first wave had 30 racers placed by seed and 3 racers placed by coaches preference. The first 4 rows were 3 M apart and the rest were 2 M apart. The first wave had 34 racers, the second wave had 30 racers and the 3rd wave had about 50 racers.
3. Saturday Classic Individual start. We used a 20 second interval start. Lay out went as planned. TD Recommend having a warm up area next to the start que and not have more than 10 racers wait in the que.
4. TD moved the finish line to the timing shed and had some timers in the shed.
5. During planning consider an alternant short loop for storm.

Overall JD Downing Coach / Organizer

1. Set up crew did not arrive until 1.5 to 1.75 hours before race this was not enough time.
2. Develop a checklist of who does what for all tasks for State Meet.
3. Develop list of equipment needed for state Meet. Coordinate with MBSEF for on Mountain development support they may need.
4. Continue to lobby with Mt B to get a permanent site for timing shed and for continuing improvements for the stadium area. Plan for better traffic flow from "Soccer Field " to stadium.
5. Use Soccer Field for food and team tents and waxing.
6. Get better communications to the "Soccer Field"; PA and radio
7. Pre plan for alternative routes for storm conditions (Plan B).
8. Banquet: Food excellent, too much left over about 30 – 40 %. Digital projection of sponsor logos great.
9. Having two places for award winners to stand worked great. This sped up the process.

Set up Ken Stenkamp

1. Friday set up crew left Bend at 10 AM which left enough time to set up for 2 PM race.
2. Traffic flow from team tent area to start was difficult. Need to improve traffic flow.
3. Saturday's storm made set up difficult. V boards would get buried in snow. Suggest using [4 ft] bamboo at intersections.
4. Saturday the communications between coaches, racers in the tent area and the start area was difficult.
5. Weather conditions caused the cancelation of the JV relay. Most people were happy with this decision.

Misc:

Cost at Mt. Bachelor for lift tickets \$4411 for 2 days. The per skier cost was \$11, there was no break for racers with season passes.

Mt B race help with two snow mobiles and Ski patrol were exceptional helpful.

Compiled by Bill Martin

2018 Nordic State Meet Cost for Banquet and Meet

- Planned for 350 people
- Because of poor weather, about 75 skiers, coaches, and parents drove home early and missed banquet
- People took extra food home
- Tate & Tate cost \$4,527.50
- Water and beverages cost \$79.92
- Rental of school cost \$492.00

Comments:

- Could have used more beverages.
- Still plan for 330-350 next year
- Average cost per person for food at the banquet was \$12.94 (for 350 people).

Sarah Smith – water and beverages + Misc. decorations	\$79.92
Mt. Bachelor Nordic Center (trail passes)	\$4,411.00
Alan Watson TD	\$700.00
Bend Awards and Engraving	\$1,085.00
Tate and Tate Catering	\$4,527.50
Rental of school	<u>\$492.00</u>
	\$11,295.42

OSU Cascades (extra)	\$1,000.00
OISRA (Partner Sponsorship: OSU + Point S)	\$3,500.00
Oregon Nordic Ski Foundation	\$2,000.00
OISRA (\$10 Division fees)	\$2,800.00
Point S (extra)	\$1,500.00
CORA	<u>\$3,500.00</u>
	\$14,300.00

Appendix II

OISRA State Championships

Feb 23-24, 2018

Race Report by Technical Delegate Alan Watson

Summary

The races were well organized and successfully run in spite of some challenging weather. The JV relays were cancelled but all the other races took place as planned and on schedule. Racers, coaches, and race workers seemed to be very happy with the event.

Pre-race preparations

Pre-race preparations were extensive and well thought out, and undoubtedly contributed to the success of the event. Race organizers communicated with the TD on numerous occasions. Several versions of course and stadium maps were prepared, with improvements in each version. Information was posted on the event website with printed versions individually prepared for the TD and each coach.

Race Conditions

Temperatures were cold before and during the race. New snow was well groomed but the tracks were slightly soft. Friday's race temperatures were in the mid teens, with skies transitioning from clear in the morning to cloudy in the afternoon. Saturday was stormy, with temperatures rising from below 0 to the upper teens, falling snow, and brisk winds. Racers and race workers seemed well prepared for the storm.

Before the individual start race on Saturday the coaches and jury decided to allow a shorter 3 km option for any skiers who appeared to be suffering from wind and cold. The idea was to allow them to finish and be recorded in a separate set of results, which would not count for team scoring. None of the racers chose this option, but it does seem like a good idea if future races take place under similar conditions.

Coaches and Jury Meetings

Both coach and jury meetings were part of the printed schedule and took place as planned. The coaches meetings were entirely collegial. The only real issues related to Saturday's storm. On Saturday morning it was unanimously agreed to shorten the course slightly but cutting off on small section just after the stadium that was most exposed to the wind, and to cancel the JV relays, as well as to monitor the racers and race workers in case conditions deteriorated further. All the coaches appeared to have a positive attitude about making the event as successful as possible for all, rather than just looking out for their own teams.

Race Workers and Volunteers

There seemed to be plenty of volunteers, most or all of whom were positive and competent. At the course monitors' meetings the questions and discussion of what to look for to evaluate were open and intelligent. The starters, timers, and course monitors who had to stand in the cold for most of the day seemed hardy and well prepared. A good supply of volunteers is fundamental to the success of an event like this, so it was gratifying to see how good they were. They deserve plenty of thanks and praise.

Communications

Printed and online information was clear and complete. On race days radios were issued to key race officials and to key course monitors. As a result there were no significant communication problems. Radios allowed rapid response to the one minor medical issue on course and to what turned out to be a false report of racers not staying on course.

Courses

The courses at Mount Bachelor were appropriate to the range of abilities participating, fairly gentle but with enough hills to be challenging but not overwhelming. Friday's mass start race was about 6 km. Saturday's individual start was slightly shorter, about 5 km, mostly due to elimination of the leg out to the Oval. The relay course was a 1 km loop. The courses were well marked, with V-boards at each intersection preventing any doubts about where the course went. Grooming was excellent: after falling snow Saturday morning had obliterated the classic tracks set by the regular Mount Bachelor groomer, John Millslagle and Chuck Kenlan did an outstanding job setting new classic tracks with a snowmobile leading up to the individual start and again before the relay. Those two exemplified the spirit of the race, going the extra mile to be sure that everything went as well as possible.

Stadium

The Mount Bachelor stadium area has limited space, which made it a challenge to fit ten start lanes and three finish lanes for the mass start race. Unfortunately the movable timing shack was parked along the middle of the right side, providing an additional constriction. The solution was to allow the start and finish areas to overlap partially, so that the right hand start lanes were on top of the beginning of the left hand finish lane. This required the race crew to move start and finish lane pins and V-boards after each mass start and between the girls' finish and the boys' starts. This was done smoothly and without any adverse consequences, and was probably the best possible way to use the stadium. The boys started 45 minutes after the girls, which allowed time for the lane adjustments after most of the girls had finished.

Starting area, mass start positions, finish lanes, and relay tag zone were all clearly delineated. Because of limited space lanes were somewhat narrower than FIS/USSA standards, but plenty wide for the actual race.

Team Waxing Setup

The “soccer field”, above and slightly removed from the stadium, was the designated waxing area. Snowmobiles with sleds were available to help the teams move their tents, benches, and other gear from the parking lot. A refreshment table was set up under another tent, with cookies, bagels, and cocoa for racers. Electric power was not available, but the teams were advised of that beforehand and could bring generators if necessary.

Start

The mass starts on Friday were each a few minutes late, which did not seem to be more than a minor inconvenience to the racers waiting in the start area. Lanes and positions in the grid behind the start line were clearly marked and racers readily found their spots. Each mass start race was separated into three waves, which started at one-minute intervals, in order to avoid too much crowding where the trail exits the stadium. All the starts went off well, with only one small tangle noted.

For Saturday’s individual start the organizers had as many as 25 racers standing in line behind the starting gate. At 20 second start intervals that meant that some racers stood still for more than 8 minutes, which was probably not the best way to organize things especially in cold, windy weather. A better option would be to enclose the start area with fencing, other than the lanes going out onto the course and a single gate through which racers enter the start area. The bib checker would record starters as they passed through that gate rather than by their place in line behind the start wand. Meanwhile the racers could try to stay warmed up by moving back and forth within the enclosed start area, with only 2 or 3 having to stand in line before starting.

Course Monitors

Course monitors were stationed at major intersections. Monitors were advised about obstruction before going to their stations and were given special cards on which to report infractions. No infractions were noted by any of the monitors. (One racer reported that another racer had refused to yield the track when being overtaken; the jury spoke to the offending racer afterward). Although the field included racers with a wide range of experience and ability, all had enough knowledge and sportsmanship for the event to run smoothly.

Finish and Timing

Timing and finish recording appeared went smoothly. Results were promptly available online. There were no delays, protests, or other issues.

Medical

A printed medical plan with emergency phone numbers and suggested procedures was distributed to race workers and coaches. There was one minor injury on Saturday, in which a racer fell and hurt her knee. This was reported by radio and a Mount Bachelor Ski Patroller promptly went by snowmobile to

the accident sight. After some comforting the injured skier was able to ski in, although she did not finish the race.

Recommendations for the Future

Build on past success by doing the same things in the future. This was an excellent event and not much needs to be changed.

Consider changing the start area and line-up procedures for the individual start race as noted in the "Start" section above. Not forcing racers to wait in line before their start is a good idea in any conditions, not just cold and wind.

Appendix III

Amendments to OISRA Nordic Policies to incorporate the changes made in the Bylaws that define voting members as “member coaches.” Amendments are in red. Major changes are to delete “Temporary Member Schools” and replace with “Guest coaches.”

OISRA NORDIC POLICIES

Waxing Restrictions: The Steering Committee recommends not using fluoro waxes in league races. For state meets and joint races, waxing restrictions do not apply. This is a recommendation and not a rule that will be policed.

Section I: Nordic Division Steering Committee Policies

Refer to **OISRA Policy 7** for a description of Division Steering Committees and policies governing the Division Steering Committees. The Nordic Division follows all the OISRA Policy statements and also makes the following additions to OISRA Policy 7:

OISRA Policies 7 B II: Steering Committee Director

- Nordic Steering Committee Director will preside at all Steering Committee Rules Committee meetings.

OISRA Policies 7 B VI: League Representative

- Will submit the names of the qualifying teams and the individual competitors for the State Meet.

OISRA Policies 7 Add 7 D. Authority of the Nordic Steering Committee

D. Authority of the Nordic Steering Committee

1. The Nordic Steering Committee shall conduct all business and determine policy for the Nordic Division. The Committee shall
 - a. oversee the Nordic State Meet and Nordic League races
 - b. interpret Nordic Policies and Race Rules
 - c. amend Nordic Policies and Race Rules by an affirmative vote of two-thirds of the Steering Committee members.
 - d. No changes in the Nordic Policies or Nordic Race Rules can be made during the Participatory Season each year.

Section II: The OISRA Nordic Division follows all OISRA Policies and additionally abides by the following OISRA Nordic Division Policies.

A. Nordic Division Participation Fees and Nordic League Participation Fees

1. Nordic Division individual participation fees shall be determined annually by the Nordic Steering Committee and submitted to the OISRA Board of Directors at their Spring Meeting.
2. League Participation fees shall be determined annually by each Nordic League and

submitted to the OISRA Board of Directors at their Spring Meeting.

3. OISRA **Coaches' dues, OISRA individual participation fees**, Nordic Division individual participation fees, and League participation fees are paid by each participant through online registration.
4. The OISRA state treasurer returns to the OISRA Nordic Treasurer the amount of the Nordic Division participation fees and Nordic League participation fees.
5. The Nordic Division Treasurer returns to each League treasurer the amount of the League participation fees.
6. **The dues for a guest coach and guest skier are determined by the OISRA Board of Directors and collected through the on-line registration. They remain in the OISRA account.**

B. Nordic Rules Committee

1 The Nordic Rules Committee meets once a year in the Spring. The Nordic Director, with the consent of the majority of League Representatives, may elect to use email or other electronic communication for Rules Committee discussion and voting in lieu of the annual Rules Committee meeting.

2 The members of the Rules Committee

- a. The Nordic Director must be on the Nordic Rules Committee and is a voting member.
- b. Each league may send two delegates to the Rules Committee
- c. Each league and the Director has one vote in the Rules Committee; however, the Rules Committee strives for consensus.
- d. While there are only 2 leagues, the Director will be the chairperson. When there are 3 or more leagues, the Rules Committee will elect the chairperson.

3. Duties of the Rules Committee

- a. To review Nordic Policies, Nordic State Meet Policies, Nordic Race Rules, and USSA and FIS rule books.
- b. To receive and review rule suggestions.
- c. To present a final copy of proposed rule changes to the Nordic Steering Committee.

4. Rule Suggestions

- a. Proposals will be submitted to the Rules Committee not later than three (3) weeks prior to the Spring Nordic Steering Committee Meeting.
- b. Suggestions will be in writing.
- c. Suggestions will be from an OISRA member in good standing.
- d. A personal presentation by the person or persons offering the rule proposal may be requested.
- e. All proposals to change the Nordic Policies and Nordic Race Rules must be written and clearly referenced to the Nordic Policies and Nordic Race Rules. If USSA or FIS rules are used as a reference, the respective references must be clearly stated.

C. OISRA Nordic State Meet Qualifying Events

1. OISRA *sanctioned Nordic Division League races may be

- scored OISRA state meet qualifying races or
- OISRA state meet qualifying races that are not ranked.

(* An OISRA "sanctioned" race is attended only by skiers from OISRA member schools **registered OISRA**

skiers, coaches, and volunteers.)

2. A scored OISRA state meet qualifying race that is attended by a majority of the ~~member schools~~ **OISRA teams** of an OISRA league is an official state meet qualifier for that league. Team and individual points can be assigned at scored qualifying races.

3. Two or more OISRA leagues may have a "combined race" that is a scored qualifying race for all of the leagues that have a majority of their teams participating in the event. Team scores and individual scores can be separated out for each league's scoring systems.

4. Other OISRA league races can be OISRA sanctioned races that are not ranked. Will be no opportunity for jury meetings at these events.

5. Nordic Leagues shall have a race season that consists of at least five (5) scored OISRA official state meet qualifying races.

6. A racer can satisfy the 50% participation rule (OISRA Policy #14) by participating in a minimum of three (3) OISRA state meet qualifying races.

At least two (2) of these races must be scored events for his/her OISRA league - a combined OISRA event "counts" as an official qualifying race for each league that has a majority of their teams participating.

One of these races may be either another OISRA league's scored event OR an OISRA league race for any OISRA league that is not ranked.

D. League Race Schedules

1. The number of combined races for the following season will be determined at the Spring Steering Committee Meeting.

2. At the Spring Steering Committee Meeting, each league will present their tentative race schedule for the upcoming season.

3. At the Fall Steering Committee Meeting, each league will present their final race schedule for the season.

E. Leagues may allow Provisional Skiers to participate in OISRA League events.

1. Provisional Skiers' race results will be reported, but their results do not displace any high school racer's results.

2. Results for Provisional Skiers do not count toward any team time.

3. Provisional Skiers can participate in the JV relay race.

F. League Standard Operating Procedures - It is the policy of the OISRA not to inhibit the establishing of "local operating procedures" for the running of the leagues. The "local procedure" provisions shall maintain the fair and equitable participation and scoring and classification of the contestants. Each league will have Standard Operating Procedures that clarify and explain the following:

- When regular League meetings take place [one meeting is mandatory]
- A statement about who is ~~allowed to vote for each member school~~ **votes** on league matters (**may include** both full and associate member ~~schools~~ **coaches**)
- The voting requirements for deciding issues for that league.
- Race procedures - any variance from the "OISRA Nordic Rules and Regulations" or explanatory details specific to league races
- Scoring for league races: for Individual races and for relay races.
- A means of resolving a tie between individuals and a tie between teams.
- The Jury Members: Identification of the individuals or officials that will comprise the race jury, and a statement of which members of the jury have a vote in jury deliberations.

- How League Allotments (for state meet) will be converted to which skiers participate at state.
- A method of recording accidents or incidents at league races and submittal of incident reports in conformity with OISRA Policy 20.

G. Driving to On-snow practices or events

A student becomes ineligible for OISRA Nordic events if he/she drives him/herself or others to or from on-snow practices or events.

H. Start-up Grants

Start-up grants of up to \$500 can be awarded to new OISRA teams, to be used for participation fees, trail passes, and ski rentals for their first year.

I. Nordic Guest Coaches/Racers

1. A Guest Coach and students designated as guest racers may participate in OISRA sanctioned events for no more than 4 days.
2. A Guest Coach is required to
 - Register on line and pay the required dues
 - Complete a concussion awareness course during the ski season when they will be working with students
 - Have a criminal background check by OISRA, a state-accredited high school, a youth organization, an amateur sports organization, or an employer within the past three years.
 - Be approved by the Division Steering Committee for participating in the OISRA Nordic State Championships
 - Be approved by the League coaches for participating in a League event.
3. A Guest Racer is required to
 - Register on line and pay the required fee
 - Be enrolled in a school that has signed an OISRA school agreement, identifying under what circumstances the students have permission to use the school name when competing, or if the students are not allowed to use the school name.
 - Meet OISRA academic eligibility standards.
 - Be accompanied by a Guest Coach who is a designated Head Coach.
 - In addition to the designated Head Coach, a Guest Race may also be accompanied by a Helper Coach
 - Be approved by the Division Steering Committee for participating in the OISRA Nordic State Championships
 - Be approved by the League coaches for participating in a League event.
4. The guest coach is not eligible to vote.
5. Guest racers may be enrolled in schools from states other than Oregon.
6. A guest racer's scores may not displace non-guest racers' scores, and a guest racer may not receive league or state championship titles.
7. If a guest racer competes in a league event,
 - their results are ranked with the rest of the field, even though their scores do not displace non-Guest individual racers' points

- they can compete with other guest racers on a varsity relay team, even though their scores do not displace non-Guest relay points.
8. If a guest racer competes in the state championship event,
- their results will be ranked in the same category as the Provisional Skiers at the state meet.
 - they do not displace full season racers' individual race points
 - they cannot compete on a varsity relay team, but they can compete on a JV relay team.

J. Nordic Provisional Skiers at the State Championships

1. Any high school athlete from any state may compete in the **OISRA Provisional Skier's** Category at the Nordic OISRA State Championships as an individual **NOT REPRESENTING THE SCHOOL THEY ATTEND**, if they register as a **Provisional Skier** and pay a State Championships participation fee.
2. Provisional Skiers at the state championships can compete on JV relay teams, but cannot compete on Varsity relay teams.
3. **Provisional Skiers at the state championships** are not eligible to receive OISRA State Championship titles.
4. The results for **Provisional Skiers at the state championships** are ranked as a separate category and they do not displace individual racers' points. The race results of the racers in the **Provisional Skier's** Category are not allowed to contribute to team scores at the state meet, even though three racers of the same gender might attend the same school.
5. Awards uniquely different from the standard State Championship awards will be presented to the **Provisional Skiers**
 - If less than 4 racers of one gender compete in the **Provisional Skier's** Category, the top racer of that gender is presented an award for combined individual performance.
 - If 4 or 5 racers of one gender are in the **Provisional Skier's** Category, the top 2 racers of that gender are presented awards for combined individual performance.
 - If 6 or more racers of one gender are in the **Provisional Skier's** Category, the top 3 racers of that gender are presented awards for combined individual performance.
6. The Nordic Division Steering Committee can limit the number of **Provisional Skiers** allowed at the state meet, using whatever criteria the Steering Committee considers important for providing favorable conditions for all participants.
7. **Seeding for Provisional Skiers and Guest Racers in a Mass Start Race: If any Provisional Skiers or Guest Racers qualify to be seeded in the first wave of a mass start race at the State Championships, then the number of skiers allowed in the first wave will be increased by the number of Provisional Skiers and Guest Racers who qualify to be in the first wave. [The purpose of this rule is to insure that provisional skiers and guest racers do not displace racers who are selected to be in the first wave based on their performances in OISRA league races.]**

Section II Nordic State Meet Policies

General: Unless otherwise specified OISRA Nordic Race Rules will apply.

A. Eligibility of Individuals for the state Championships is defined in OISRA Policy #14.

The definition of participating in a race means that the racer must have started in the individual race on a league event day. Participating in the relay race is optional.

B. Team Criteria for the State Meet

1. To qualify as a team for the State Meet, only the race results of individuals eligible for the State Meet may be used.
2. A team that has a racer who is ineligible to participate in the State Meet will have their team scores re-figured to exclude that individual's scores.

C. Team and Individual Selection for the State Meet

1. The total number of racers of each gender from each league entered in each race (Classic and Freestyle) at the State Meet may not exceed the *League Allotments* announced by the Nordic commissioner no later than January 1st.
2. The *League Allotments* for each gender in each league is a percentage of the total number of registered varsity racers of that gender in that league.
 - a. Varsity racers on full and associate teams are included in the total number of registered racers.
 - b. The **January 1st** rosters are the references for the numbers of racers.
 - c. Calculations of percentage to use for *League Allotments*.
 - (1) Divide 175 by the total number of registered varsity boys and girls in the state to calculate the percentage to use for the *League Allotments*.
3. The SOP's for each league describe how varsity teams and individuals are chosen to fill their *League Allotments*.
 - a. Alternates are allowed. One team may enter up to 6 members of one gender if the League SOP's allow.
4. No substitutions are allowed at the State Meet.

D. Eligibility Certification of racers and teams competing in the State Meet:

1. League qualifying races must be completed by the entry deadline for the State Competition.
2. Each League Representative will create League Start Lists (each racer's name, school) for each state meet race and send them to the Race Secretary by 5:00 p.m. on Tuesday before the first race.
 - a. The League Representative verifies that each racer and each team on these lists has met the qualification and selection criteria for the State Meet (see Section II A, B, & C.)
 - b. The Race Secretary verifies the academic eligibility of each racer on these lists based on receiving a report from the OISRA Registrar.
 - c. The seeding for the state meet races is decided according to the Nordic Steering Committee's instructions. (See J below.)

E. Nordic State Meet Oversight Committee

1. Composition
 - a. OISRANordic Assistant Director
 - b. OISRANordic Commissioner
 - c. Representative from next year's host league.
 - (1) The representative of the league who will host the State Meet the following season is to be involved in all phases of the planning of the current State Meet. This is a non-voting position which may be filled by someone who has been appointed by the League Representative.
 - d. Other committee members are at the discretion of the hosting league.
2. Role of the Committee
 - a. This committee will act in an oversight capacity, checking with the state race coordinator that planning is under control and taking particular attention to the host league having obtained suitable nominations for jury (including the TD), course selection, and grooming arrangements.

F. State Meet Coordinator

1. The host league shall appoint a State Meet Coordinator who shall be responsible for the administration of the State Meet, and with keeping the members of the Steering Committee informed with the progress in its planning.
2. The State Meet Coordinator shall coordinate the Race Committee, Race Officials, and Jury for all

the State Meet race events.

3. The State Meet Coordinator shall coordinate the other State Meet committees that work on the banquet, t-shirts, lodging, awards, etc.

4. At the Spring Steering Committee Meeting, the State Meet Coordinator will provide the Nordic Secretary with the notes regarding the administration of the preceding State Meet and such other duties as the State Meet coordinator may have:

- (1) State Meet Information Pack and Official Results to be archived on website
- (2) Banquet Information of number of racers ratio to number of banquet meals
- (3) Information regarding the awards- cost and where purchased
- (4) State Meet budget and expenses
- (5) A critique and evaluation of the State Meet by race officials and race workers

5. Delegation of Duties

a. All ~~schools~~ teams in the Host League should participate in the organization of the State Meet.

b. It is expected that the larger ~~school~~ teams will contribute the highest number of volunteers versus smaller ~~school~~ teams will contribute the least number of volunteers.

G. Schedule and Competition Program:

1. The State Meet will be 2 days in length and begin on the Friday before the week OSAA Spring Sports training begins.

2. The length of the courses and race format at State will be:

One event will be a Boys and Girls 4.5 K – 6K Mass Start

A second event will be a Boys and Girls 5 K Interval Start

A third event will be a Boys and Girls Mass Start Relay; the disciplines for each leg will be CL, FS, FS

JUNIOR VARSITY RELAY: If the numbers of Junior Varsity racers are such that it would not be safe (e.g. course or weather considerations) to put them all in one relay heat, then the Technical Delegate has the option of changing the 3 x 1K relay to a 4 X 1K relay (CL, CL, FS, FS)

Preference is for Friday's event to be a Freestyle race.

2. The coaches shall select the location of the each state meet.

3. Host league will be responsible for race course locations, course selection, forerunners and course monitors for each race course.

H. Non Host League participation:

1. Each participating league shall submit to the State Meet Coordinator two (2) individuals for jury selection, and one (1) representative for course selection and inspection for the State Meet one month prior to the first day of the State Meet.

a. It is recommended that equal representation by all leagues be observed when compiling the State Meet juries.

I. Volunteer Race Workers:

1. One experienced race worker, other than the Race Committee and the Jury Members, shall be provided by each competing team; Girls team and/or Boy's team.

J. Seeding and the Draw

1. **Seeding procedures for the state meet individual races will be established annually by the Nordic Steering Committee.**
2. **Separate start orders** will take place for the Freestyle and Classic events, Girls and the Boys races.
3. The lanes for the relay event will be assigned during the State Meet according to the team standings from the first individual race.

K. Inclement Weather Procedures:

1. Shorten course
2. Postpone the race.
3. It is conceivable that the Meet may need to be decided on the basis of those events already run.

L. Protest Fee:

1. There will be a protest fee not to exceed \$20. If the protest is upheld, the protest fee will be refunded to the protesting team. If the disqualification is upheld, the protest fee will go to the host league

M. Scoring:

1. See Nordic Race Rules Section B 17 for how teams are scored for individual races and for relay races.
2. The overall team points for any team at the State Meet will be the sum of the team points from the two individual races and the relay race. Ties are broken according to the Nordic Race Rules, Section II H 4 and 5.
3. To determine the ranking for the individual combined awards, the elapsed times for each competitor for the two individual races will be added.

N. Information Packet:

1. An information packet should be emailed to each team and posted on the website three (3) weeks prior to the State Meet.
2. Included in the information packet should be:
 - a. Any SOPs not clearly defined or outlined by OISRA.
 - b. Map of the area showing the individual races and the relay race location, race headquarters, meeting location, parking areas, etc.
 - c. Entry deadline.
 - d. Planned dates of the freestyle and classic and relay races
 - e. Entry forms and requirements if necessary.
 - f. Location of motels and restaurants.
 - g. Information on medical and hospital facilities
 - h. Telephone number of State Meet Coordinator
 - i. Trail Pass cost
 - j. Information on Awards Banquet.

O. Funding:

The Nordic division of the OISRA will provide funding to the OISRA Nordic State Meet committee

annually. The desired goal is to have the operational expenses (awards, grooming fees, trail passes, refreshments, Technical Delegate expenses, etc.) covered by donations and sponsorship. The expenses for lodging and travel expenses for each coach and racer will be paid by the individuals or schools.

P. Awards for performance at State Meet:

1. The Nordic Division of the OISRA shall be responsible for acquiring trophies and medallions, which shall be consistent in size and style with those awarded by OSAA at State Championship events.

2. Trophies shall be provided for presentation at the State Meet for a Girls and Boys Combined Meet and places 1-3 in the following categories.

- Girl's & Boy's Combined (1)
- Girls team, Girls Team Relay (6)
- Boys team, Boys Team Relay (6)

3. Medallions shall be provided for:

- Members of the Girls 1st – 3rd place Relay team (9)
- Members of the Boys 1st - 3rd place Relay team (9)
- Individual Places 1-3 in Girls FS, Girls CL, Girls Combined (9)
- Individual Places 1-3 in Boys FS, Boys CL, Boys Combined (9)

4. Ribbons shall be provided for:

- Individual Places 4-10 in Girls FS, Girls CL, Girls Combined (21)
- Individual Places 4-10 in Boys FS, Boys CL, Boys Combined (21)

Q. Awards for “Most Improved”

- 1. The Nordic Division shall be responsible for providing awards at the State Meet for the top three boys and top three girls for each league who were most improved during that ski season.
- 2. The recipients of the awards are determined by each league.

R. Rotation Schedule for Nordic State Meet:

The league to host the following season’s Nordic State Meet will be determined by the Nordic Steering Committee at their Fall meeting, considering the following recommended schedule:

Year	Host Leagues
2019	Northern
2020	Southern
2021	Northern
2022	Southern

S. The Race Course for the State Meet

- 1. The Total Climb of each individual State Meet Course shall be 50-200 meters.
- 2. Each State Meet Relay Course should preferably have one lane per team, but there must be at least five(5) lanes. (See Nordic State Meet Policies, Section II, J 3 for configurations and lane assignments.)

T. Course Selection and Inspection

1. At least 6 weeks prior to the first day of the State Meet, the Chief of Course will present maps of the selected courses to each Course Selection/Inspection representative and the Technical Delegate for their approval. The course map will include the following information:
 - a. The selected courses will be defined, including course distances, height differences (HD), differences in height of a single climb (MC), and total climb (TC).
 - b. A description of the start area (number of lanes) to include the method of start (interval or mass), the finish area (number of lanes), and the relay exchange area.
2. The approval time period will end at least three (3) weeks prior to the first day of the State Meet. At such time, the approved course maps will be announced (preference is email) to the coaches by the Chief of Course or the State Meet Coordinator and the course maps will be posted on the website.
3. The approved courses are binding and can only be changed by the Technical Delegate's authority as outlined in the Nordic Race Rules.