



Welcome to Mt. Itasca

Midwest CXC Cup at Mt. Itasca



All participants:

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

To contact Organizing Committee
after tonight's meeting:

Email:

mt.itasca.nordic@gmail.com

Organizing Committee

- Race Director: Jon Arntson
- Chief of Competition: Craig Stertz
- Chief of Stadium: Joe Muller
- Chief of Course: Carl Nordgren
- Chief of Timing: Jon Arntson
- Chief of Secretary: Marlo Gangi
- Chief of Control: Darren Neuman
- Medical Director: Phil Imholte, MD



Technical Delegates & Jury

- Technical Delegate: Mike Bono
- Assistant Technical Delegate: Amy Cichanowski
- Jury: Mike Bono, Amy Cichanowski, Craig Stertz (Chief of Competition)



Bibs

- Everyone will pick up bibs in the morning; registration opens at 8 am Saturday, 8 am Sunday
- Teams can be sorted for one person to pick up if desired
 - Request via email:
mt.itasca.nordic@gmail.com
- Individuals just pick up own bibs as needed

Venue Information

- Nordic HQ Building: Race Secretary's Office/Registration
 - Bib pick up, registration, questions, etc.
 - Chief of Secretary: Marlo Gangi & Amy Dettmer
 - Will be staffed all day starting at 8 am
- Bathrooms at Nordic/Biathlon side
 - Bathroom north of building: 2 men/2 women
 - 2 Port-a-potties south of building, 1 by timing building
- Awards Ceremony: Podiums south of HQ Bldg
- Food: Buns to Go! will be onsite, Chalet has limited food selection, otherwise in Coleraine/Bovey, Grand Rapids
- Racer/Coach warming in the room next to HQ—limited space, please do NOT store stuff there, but use it
- PLEASE USE CHALET SPARINGLY! Chalet is available for warming, changing in downstairs bathrooms—but please don't leave bags nor take over the space needed for Alpine operations.

WEATHER



- Snow: none in the forecast
- Saturday, Classic Sprint
 - Overnight low 2 degrees F, high of 6 degrees F
 - Predicted temp at 10:00 am start: 4 degrees F
 - Blustery, NW wind 10-15
- Sunday, Freestyle Individual Start
 - Snow before noon, 1-2"
 - Overnight low -9 degrees F, high of 8 degrees F
 - Predicted temp at 10 am start 3 degrees
 - S wind 10-15 mph in am, NW 15-20 in pm

Cold Weather Recommendations

- Wear competition glasses or goggles. Corneal frostbite can cause permanent vision loss.
- Cover up exposed flesh. Absolutely cover the ears as frostbite is extremely common here. Buffs are a great way to cover necks and exposed skin. Balaclavas can lend another layer of protection
- Remove exposed metal jewelry. Metal freezes faster than skin and then freezes surrounding tissue.
- Wear windscreen briefs for male genitalia. Frostbite on genitals should obviously be avoided.
- Use moleskin cut-outs on cheeks to prevent frostbite. Vaseline is used by some skiers, but is not proven to reduce risk.
- Help other skiers by pointing out areas of whiteness that may suggest frostnip or frostbite.
- Stay hydrated and fueled
- Ensure ski boots and poles straps are not too tight as this can restrict blood flow.
- Seek shelter and medical attention should you get frostbite.
- Avoid refreezing frostbite once it occurs, as this makes the injury significantly worse.

Race Formats and Schedule

- Saturday, January 17: Classic Sprint
 - Sr/U20/U18 men and women: 1.6k
 - U16 boys & girls: 1.6k
 - U14/12 boys & girls: 800m
 - U10 and under: 600m
- Sunday, January 18: Freestyle Individual Start
 - Sr/U20/U18/U16 men & women: 7.5k (2 laps)
 - U14/12 boys & girls: 3k (2 laps)
 - U10 and under: 1.5k (1 lap)

Midwest CXC Cup at Mt. Itasca - January 17 - Classic Sprints

Preliminary Schedule

8:00 AM Race Secretary/Headquarters building open for information and bib distribution
8:00 AM Courses open for inspection and wax testing
9:55 AM Courses closed

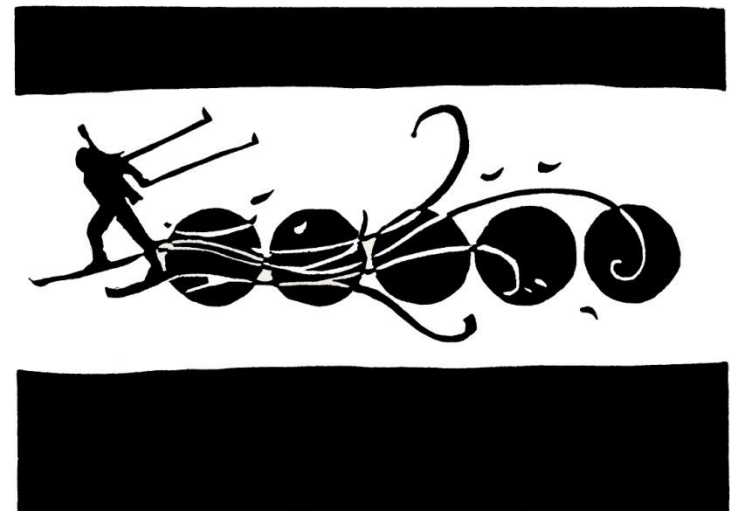
10:00 AM **1.6 km course in place**
Qualifier: U20/18 (men then women); U16 (boys then girls)

Break

11:00 AM Quarterfinal #1 - U20/U18 Men
11:04 AM Quarterfinal #2
11:08 AM Quarterfinal #3
11:12 AM Quarterfinal #4
11:16 AM Quarterfinal #5
11:20 AM Quarterfinal #1 - U20/U18 Women
11:24 AM Quarterfinal #2
11:28 AM Quarterfinal #3
11:32 AM Quarterfinal #4
11:36 AM Quarterfinal #5
11:40 AM Semifinal #1 - U20/U18 Men
11:44 AM Semifinal #2 - U20/U18 Men
11:48 AM Semifinal #1 - U20/U18 Women
11:52 AM Semifinal #2 - U20/U18 Women
11:56 AM Final - U20/U18 Men
12:00 PM Final - U20/U18 Women

12:05 PM **Awards - U20/U18**

- **Qualifier Interval: 15 secs**
- **Top 30 Men/Women** in qualifier advance to Quarterfinals
- **6 Racers per heat**



Midwest CXC Cup at Mt. Itasca – January 17- Classic Sprints

12:05 PM	Break	1:30 PM	Course change to 800m
12:30 PM	Quarterfinal #1 - U16 Boys	1:35 PM	Qualifier: U14/U12 (boys then girls by class)
12:34 PM	Quarterfinal #2		
12:38 PM	Quarterfinal #3	1:49 PM	Course change to 600m
12:42 PM	Quarterfinal #4		
12:46 PM	Quarterfinal #1 - U16 Girls	1:50 PM	Qualifier: U10/8 (boys then girls by class)
12:50 PM	Quarterfinal #2		
12:54 PM	Quarterfinal #3	1:55 PM	Course Change to 800m
12:58 PM	Quarterfinal #4		
1:02 PM	Semifinal #1 - U16 Boys	2:00 PM	B Final - U14 Boys
1:06 PM	Semifinal #2 - U16 Boys	2:04 PM	A Final - U14 Boys
1:10 PM	Semifinal #1 - U16 Girls	2:08 PM	B Final - U14 Girls
1:14 PM	Semifinal #2 - U16 Girls	2:12 PM	A Final - U14 Girls
1:18 PM	Final - U16 Boys	2:16 PM	Final - U12 Boys
1:22 PM	Final - U16 Girls	2:20 PM	Final - U12 Girls
1:30 PM	Awards - U16	2:24 PM	Course Change to 600m
		2:25 PM	Final - U10/U8 - Mass Start
		2:35 PM	Awards - U14/U12/U10/U8

- **Top 24** U16 Boys/Girls Advance to Quarterfinals.
- U14 and U12: **All athletes** advance to A & B Final

Midwest CXC Cup at Mt. Itasca - January 18 - Freestyle Interval Start
Preliminary Schedule

8:00 AM Registration open for information and bib distribution
8:00 AM Courses open for inspection and wax testing
9:55 AM Courses closed

3.75 km freestyle course in place

10:00 AM U16/U18/U20/Sr Men - 7.5k (2 Laps)

11:05 AM U16/U18/20/Sr Women - 7.5k (2 Laps)

11:30 AM **Awards - U16/U18/U20 Men**

12:20 PM **Awards - U16/U18/U20 Women**

Short Break
Change to 1.5K Course

12:30 PM U14 Boys - 3.0k (2 Laps)

12:40 PM U14 Girls - 3.0k (2 Laps)

12:46 PM U12 Boys - 3.0k (2 Laps)

12:50 PM U12 Girls - 3.0k (2 Laps)

1:00 PM U10/8 Boys and Girls - 1.5k (1 Lap)

1:20 PM **Awards - U14/U12/U10/U8 Boys & Girls**

Classic Individual Start: 30 second intervals



Start Lists/Timing

- All timing performed by Superior Timing: Sam Graci
- Registration lists have been up on Superior Timing website since yesterday afternoon
- Start lists prepared based upon seed order per typical CXC convention
- For tomorrow's Sprint Qualifier, order of start will be based on accumulated points
- Review Start Lists online at Superior Timing website or via link located on the event website
- Preliminary results will be available intermittently on Superior Timing website throughout the day

Classic Sprint Day Procedures

- Bib issued to athletes for Qualifier per Start Lists
- For U16 and up (morning qualifier): turn in bibs at the finish
- Rebibbing will happen at the HQ Building when results available, with number reflecting qualification finish order
- Athletes will then wear the same bibs throughout the heats
- For U14 and down: KEEP the SAME bibs throughout
- Note that the younger class's qualifiers don't start until 1:35 pm, after U16 Finals and Awards
- Start: 6 classic tracks, narrows down to 3 as enter the woods, most of remainder 3 tracks with a few narrow places 2 tracks
- Finish: 3 classic tracks/lanes
- Turning Zone: tracks are lifted, are marked with red V boards on each side of course at the start and end

-Turning must conform to classic technique specifications



Classic Sprint Course

1.6 K 

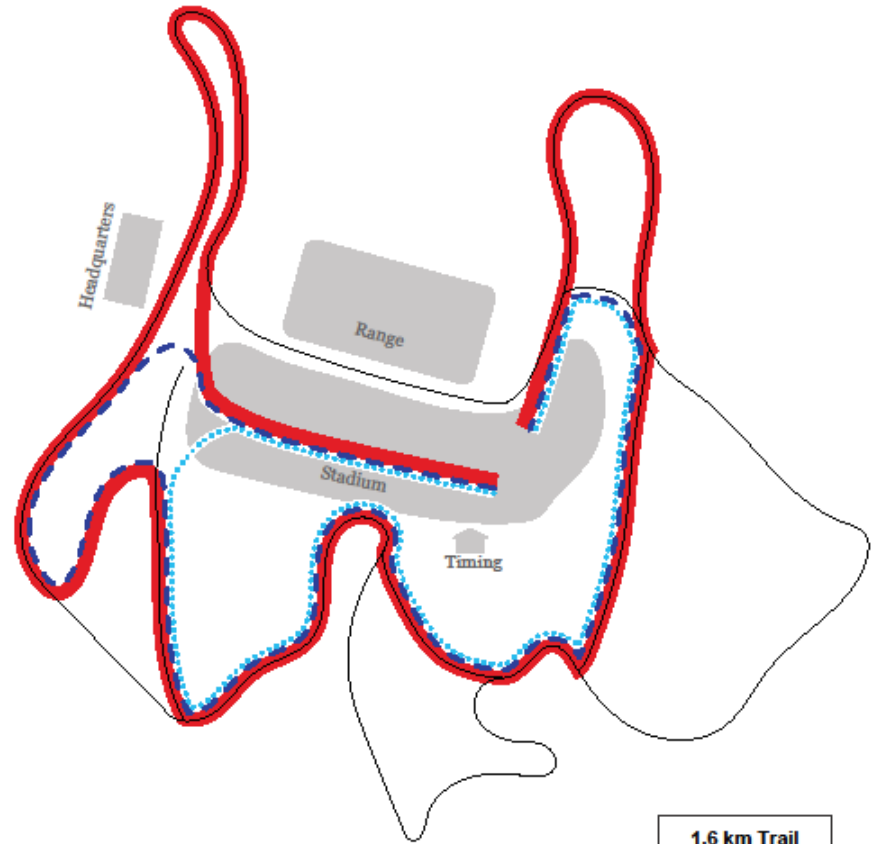
800 M Sprint Course



600 M Sprint Course



Classic Sprint Courses & Description



1.6 km Trail

Course Length: 1600m

Total Climb: 36 m

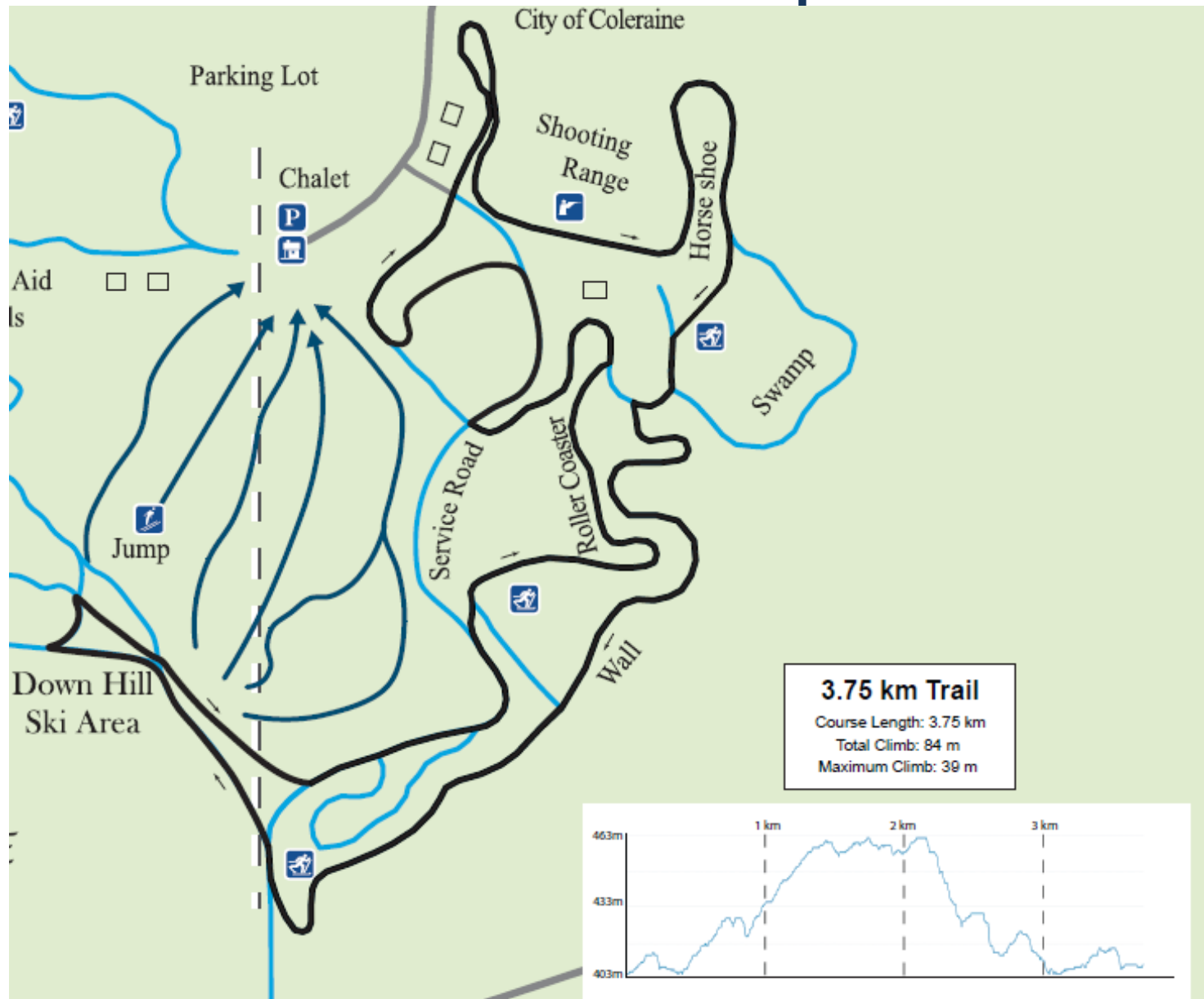
Maximum Climb: 11 m



Freestyle Individual Start

- Sunday, January 18, scheduled to begin at 10 am
- 30 second interval start
- Start order _____
- The course is 3.75k for U16 and up, 1.5k U14 and down
- 2 Laps for U16 and up, 2 Laps U12-14, 1 lap U8-10

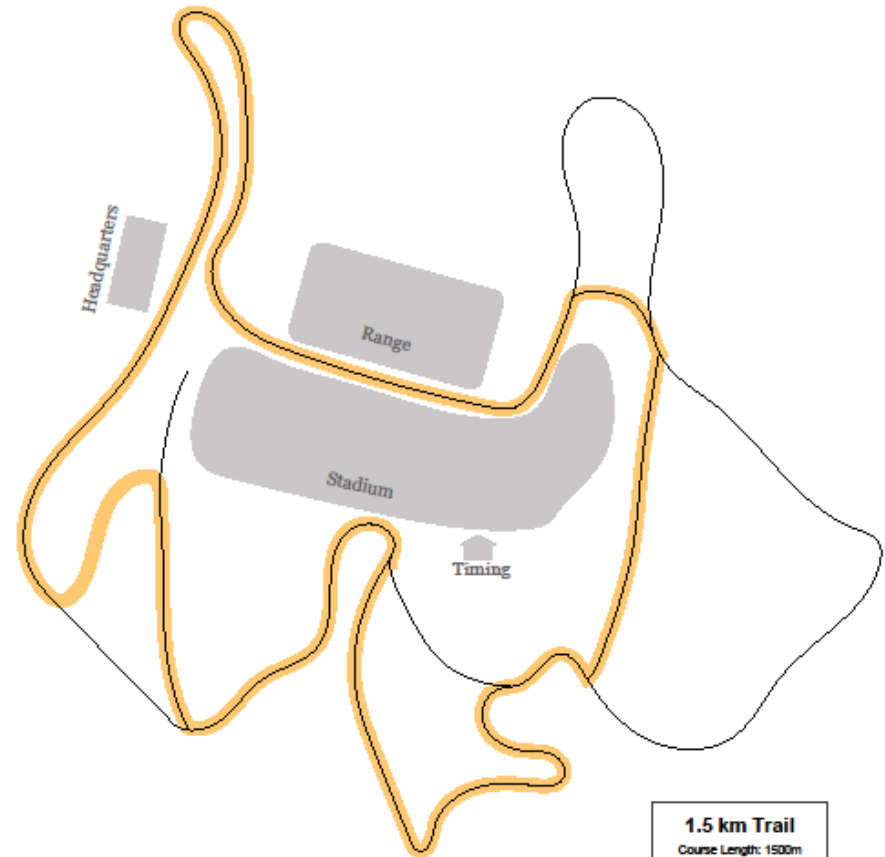
Freestyle Individual Start Course & Description





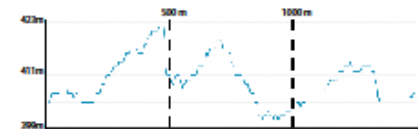
1.5 km Loop

Freestyle Individual Start Course & Description



1.5 km Trail

Course Length: 1500m
Total Climb: 41 m
Maximum Climb: 12 m



Grooming Plan

- Classic Sprint: Groomed in the early morning to avoid snow filling the tracks
- Freestyle Distance: Groomed the night before
- Course fully set up by 8 am Sat and Sun
- Grooming descriptions
 - Classic Sprint
 - Freestyle Individual Start

Wax Testing/Warm Up Area

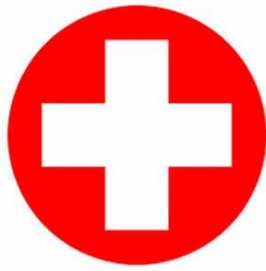
- Wax testing: until course closes, wax testing can be performed on the course
 - Control your skis
 - Take care when crossing race course
 - During the race, there will be available tracks on the west side of stadium, down toward lift
- Warm up: There are trails to the west of the chalet that are accessible, but DO NOT use your race skis on those trails
- Otherwise, warm up in your tennis shoes

Course Open/Close Times

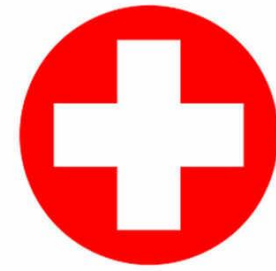
- Course opens at 8 am both days
- Course closes at 9:55 am on Saturday and on Sunday
- **Race starts at 10:00 am Saturday and 10:00 am Sunday;** any changes will be posted **BOLDLY** on the event website—please check
- After courses close, you are restricted to wax testing areas only

Race Logistics

- Bib Distribution: will be available 8 am in Race Secretary's Office, HQ building
 - Arranged for teams as specifically requested
- Coaches: US Coaches responsible for own bibs, Canadian Coaches please pick up a bib
- Sprint Day: Closed course, no coaches
- Bibbed coaches can move on course on Freestyle Day, no more than 2 per team
- Start Lists, Results provided by Superior Timing:
www.superiortiming.com
- Event Website: mtitascanordic.wixsite.com/cxc-cup



Medical Plan



- Course Controllers placed strategically on course
- Physician first responder located at Timing Building for medical needs
- Triage: if possible, the public side of Timing Building
- Course extraction: Mt. Itasca Ski Patrol available if necessary
- North Memorial in Grand Rapids for ambulance service

Final Words

- Mike Bono, TD

