



Nordic Skiing Association of Anchorage
9170 Jewel Lake Road, Suite 200
Anchorage, Alaska 99502
(907) 276-7609
www.anchoragenordicski.com

The Nordic Skiing Association of Anchorage (NSAA) again looks forward to working with the Anchorage School District (ASD) to facilitate a successful series of high school Nordic Ski races during the coming 2019-2020 season ([see website](#)). The following outlines the information needed from all school coaches, as well as NSAA's role, to make this all work.

RACE APPLICATION

All ASD schools scheduled to host a Nordic Ski race during the 2022-2023 season must submit their ***Race Application*** **no later than November 15, 2022**, to the NSAA High School Racing Coordinator, Buzz Scher, at buzzscher@gmail.com. Blank ***Race Applications*** are available on the NSAA website, under Events/Races, ASD High School <https://anchoragenordicski.com/races/asd-high-school/>.

The ***Race Application*** provides specific details on the event itself (e.g. venue, type/style of race, desired group start order and schedule, etc.), which the NSAA groomers and grunts will need to pre-plan and set up the stadium area (e.g. start and finish areas, by-pass and thru course lanes, spectator areas and course crossings, etc.). The form also provides a means for the host school to note additional information you would like posted on the NSAA website for the benefit of the other schools, parents, and spectators (e.g. concessions, awards, post-race contests, etc.).

RACE MAP

Each ASD school hosting a Nordic Ski race must submit their 'draft' ***Race Map*** **no later than two weeks prior to the scheduled race date**, to the NSAA Program Manager, Sara Kamahele. General maps of the trail system at each of the planned Anchorage area race venues are available on the [NSAA HS Racing website](#).

NSAA's groomers and High School Race Coordinator will review the ***Race Application*** and draft ***Race Map*** and work directly with the host school's coach to make any course modifications, if needed, subject to the trail conditions at that time. Once finalized, NSAA will prepare the formal race map and post it, along with the race details (provided on the race application), to the NSAA website. Ideally this final race information will be posted on the NSAA website at least three days before the event.

RACE START LISTS

Every school intending to participate in a scheduled race is responsible for preparing, and then emailing their team's start list directly to Pete Tryon pete@tryonhayes.com (cell phone: 360-927-0254) **no later than 9 p.m. two days before the race** (e.g. by Thursday at 9 pm for a Saturday race). Each coach must also include their contact information (cell phone number and best email) in case Pete needs to contact you regarding any last minute change or problem. NSAA will be glad to provide the required start list formatting (often the same as used last



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season), which can vary depending upon the race style and venue, when requested (if desired please contact Tim Brabets at tbrabets@acsalaska.net).

Once compiled, the formal race start list (for all schools) will be published on the [NSAA HS Racing website](#) as well as emailed to each coach, but possibly not before the following morning. Note that the race schedule (wave start times, etc.) cannot be changed once the start lists are submitted, without prior, timely and unanimous consent of all the other school coaches and the NSAA (i.e. Racing Coordinator and timers). Please bear in mind the following guidelines when preparing your team start lists:

- It is understood there will be times a coach may not know early enough in the week which skiers will be available, and that last minute changes may occur (see below). In general, the NSAA timers cannot add skiers to the start list; the bib numbers are sequential (we don't have "ghost" bibs that would allow add-ons). However, it is also much easier to delete a skier's name from the start list on race day than to try and add one (which for some types of race will not be possible). As such, if you are not sure, go ahead and put the skier's name on your submitted list.
- Race day changes can only be made to the A and B teams. Changes to the C and lower class teams can be made. Further, any change to the start list needs to be done at least one hour in advance of the official race start time, and the earlier the better.
- The guidelines for Regional and State meets regarding changes are different. Be aware of the rules and check the ASAA handbook.

RACE DAY

- ***RACE BIBS:***
 - Each team needs to have a designated coach, athlete or parent volunteer pick up their race bibs as soon as your team arrives at the race venue. Bib pickup will usually be indoors where the skiers are waiting for the race. After distributing the bibs to each skier, the team's bib bag and scratch bibs should be returned to the Bib Grunt. If you can't find the Bib Grunt, drop your scratch bibs at the finish line.
 - Note that after each race, the event host school will be responsible for washing, sorting, and returning all of the race bibs, from all the participating schools, to the NSAA office, at 203 W. 15th Avenue near C Street. The returned bibs must be sorted in numeric order; relay race bibs must also be sorted numerically by color, with the color order for each number is red, green, yellow, and blue. This may be a task for one of the school's parent volunteers (see below).
- ***HOST SCHOOL PARENT VOLUNTEERS:***
 - The NSAA Grunts always appreciate parent volunteers to help out on race day. The host school is encouraged to have a designated Parent Volunteer Coordinator. A summary of potential tasks is attached, which typically vary subject to the type of race, number of skiers, and venue. Specifics can be found [here](#).



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- **RACE RESULTS:**
 - NSAA will post race results on the [NSAA HS Racing website](#) as soon as possible after the race. The host school coach must notify the NSAA timer if the race results are needed sooner, such as for an awards ceremony on race day.

QUESTIONS

- Questions about any race, as well as the information from each team described above can be directed to the NSAA High School Racing Coordinator, Buzz Scher, at buzzscher@gmail.com, or 907-952-6871 (cell).