**20-21 SEC Nordic**

**Forest Lake vs Roseville vs Mounds View**

**Classic Race**

**1-22-21**

**Race Site:** Les Bolstad Golf Course, U of M

**Address:** 2275 Larpenteur Ave W, St Paul, MN 55113

**Parking:** Racers please park nearest the clubhouse. There is an overflow parking lot next door at the driving range for buses.

**Spectators:** Spectators are strongly discouraged at Ramsey County races

**Bathrooms:** We will have portable toilets available and labeled per team.

**Girls Races:** 1:30 - Girls bus leaves MV - Kenna, Alana, Brynn, Bria, Isabella, Katia, Noelle

**Race Times:** Arrive at the starting line no earlier than 5 minutes to start. Masks may be

removed once you are lined up at the starting line.

2:00 - Apply kick wax and/or liquid wax if needed

2:15 Girls warm/up course preview

3:00 pm Roseville Girls 5km (5-6 skiers every :20 sec -up to 25 in 5km race)

5:00 on clock- Mounds View Girls 5km (5 skiers every :20 sec -up to 25 in 5km race)

* **Aurora Weirens, Eva Barsness, Josie Fenske, Kat Kostal, Katia Bartels, Maddie Dornfeld, Margot Derosier, Audrey Quackenbush, Claire Anderson, Brynn Mills, Bria Mills**

10:00 on clock- FL Girls 5k/2.5k (5-6 skiers every :20 sec -up to 25 in 5km race)

15:00 on clock- Mounds View Girls 2.5km (5 skiers every :20 sec -up to 15 skiers)

* **Claire Sabby, Kenna Karel, Maeve Edgar, Naila Hall, Alana Schmitzer, Laura Hansen, Isabella Myrland, Anya Stupar, Amelia Gregory, Noelle Boyd**

20:00 on clock- Roseville Girls 2.5km

Girls should leave site after their race

**Boys Races:** 2:45 - Boys bus leaves MV - Levi, Gus, Sam, Will K

**Race Times:** Arrive at the starting line no earlier than 5 minutes to start. Masks may be removed once you are lined up at the starting line.

3:15 (or as soon as you arrive) - Apply kick wax and/or liquid wax if needed

3:15 pm Boys course preview

4:00 pm Roseville Boys 5km (5 skiers every :20 sec -up to 25 skiers)

5:00 on clock- Mounds View Boys 5km (5 skiers every :20 sec -up to 25 skiers)

* **Jon Petrangelo, Noah Greer, Levi Hammerbeck, Will Anderson, Daniel Lei, Matthew Walker, Max Derosier, Sam Notch, Will Kelley**

10:00 on clock- Forest Lake Boys 5km (5 skiers every :20 sec -up to 25 skiers)

15:00 on clock- Mounds View Boys 2.5km

* **Gus Arnold, Will Carrington, Miles Smith**

20:00 on clock- Roseville Boys 2.5km

Boys should leave site after their race

**Camps:** Set camps up near the start area - athletes only

**Social Distancing/Masks:** Social distancing must be observed at all times and masks need to be worn at all times when not out on course.

**Race Set-Up:** Forest Lake is host school - Roseville will bring a timing clock - All schools will bring lots of cones/flags to mark the course.

**Race Procedures:** Please Go over with your athletes:

Forest Lake will call each school to the starting line. An MV coach will be present.

Skiers will get a 5 second countdown to start their wave

At the finish, skiers should go through the finish line and quickly return to team camp area.