Race Plan for Jan 29th, Pursuit combined 6k and Classic 3k

Date: Friday 29 Jan 2021

Buses: NO BUS, arrive at Irondale HS (back lot, by the track)

Location: Irondale HS

Address**:**

2425 Long Lake Rd New Brighton, MN 55112

Park Website**:** [Google map of Irondale](https://goo.gl/maps/NqXRwiLGTwiVZ5Nc8)

Parking**:** Please park in the North parking lot - located by the tennis courts. There is a plowed path that will take you to the back fields - start/finish area

Teams: Mounds View (guest), Irondale (host)

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

Boys Schedule:

1:45pm - arrive at Irondale, begin kick waxing if needed (top-priority if this applies to you)

2pm course preview/ warm-ups start

2:45pm Irondale boys (6 skiers every :20 - I will have 3 waves/18 boys)

2:49pm MV boys (waves every :20) Pursuit, then Classic immediately after

Pursuit: Will K, Will A, Levi, Gus, Daniel, Miles, Matthew, Jon, Max

Classic: Will C

Girls:

3pm - arrive at Irondale, begin kick waxing if needed (top-priority if this applies to you)

3:15pm course preview

4pm - Irondale girls (6 skiers every :20 - I will have 3 waves/15 girls)

4:04pm - MV girls (waves every :20) - Pursuit, then Classic immediately after

Pursuit: Eva, Claire S, Aurora, Maren, Kenna, Kylie, Josie, Maeve, Anya, Kat, Maddie D, Maddy B, Alana, Audrey, Maya, Bria, Brynn, Laura, Claire A, Isabella, Amelia, Margot, Katia

Classic: Shreeya, Lucy, Naila, Noelle

Spectator Rules: Irondale will allow limited spectors (1-2 parents per athlete) - please ask spectors to stay in the upper North lot by the tennis courts - good viewing of the whole start/finish area.

Recommended Spectator area is the asphalt path that can be accessed from Poppyseed Dr and Rockstone lane. It is possible to see lots of the ski trail from the asphalt trail, while socially distancing. Spectators to wear a mask at all times.

Race Details:

* For the Pursuit Race (Classic 3k followed by immediate Skate 3k) there will be a transition zone, in which pursuit skiers will place their skate skis, poles, and boots (if swapping). Remember where you placed your gear so you can easily find it when entering the transition zone. You will finish classic, proceed to your gear in the transition zone, swap gear, and continue to do a skate lap. Your time will include your transition time.
* The short course (Classic 3k) will be 1 lap of the course, and will be clearly marked to indicate the cut-off points, with a course guide present to help guide skiers.