

5k/10k Freestyle Individual Start

January 28

Craftsbury Outdoor Center
Vermont, USA

Coaches' Meeting #2

Women's 5k and Men's 10k Interval Start, Freestyle Technique

Info, TCM presentation, and news will also be posted at the event website:

www.craftsbury.com/skiing/marathon/18-supertour-race-information/

And on Facebook:

- On FB: Craftsbury Outdoor Center

Organizing Committee:

- Chief of Comp: Ollie Burruss
- Chief of Race: Bill Henchey
- Race Secretary: Judy Geer
- Chief of Course: Lucas Schulz
- Chief of Stadium: Eric Hanson
- Chief of Start: Dick Dreissigacker
- Chief of Timing: Trevor Braun
- Timing Contractor: Bullitt Timing
- Volunteer Coordinator: Pat Lawlor
- Medical Coordinator: Erika Sloan

Jury

- TD: Bill Rogers
- Asst TD: Jim Rodrigues
- Chief of Competition: Ollie Burruss

Registration & bib pickup

- Team Captains: Check registered athletes list, report discrepancies
- Bib pickup will be in the lodge starting at 7:30am on race morning. Schedule is posted online at www.craftsbury.com/skiing/marathon/18-supertour-race-information/. Bib pickup will end 15 minutes before race start.
- Coaches, please let us know if you prefer your clubs' bibs to be packed together, or athletes will pick them up individually.

Medical Plan

- Medical plan will be posted at bib pickup.
- A race doctor and/or other trained emergency responders will be on site every day, wearing red cross bibs.
 - Sunday will be staffed by Peter Harris (MD) and Sarah Morgan (MD)
- There will be a rescue sled & snowmobile, staffed by a schedule of drivers (and back-up drivers) all with radios.
- First aid kits (and AEDs) are located in the Touring Center, the Fitness Room and the Garage

General Info from OC

- Bib pickup starts at 7:30 AM in the AC classroom.
- Official race notice board will be between the timing shed and the AC
- TCM info will be [posted online](#).
- Start lists and results will be posted on the [event site](#)
- Live results online at [Bullitt Timing](#); and on screen on AC porch and inside.
- Food for sale in Touring Center
- Athletes are asked to put their gear in the white tent.
- Only FIS-licensed athletes are eligible for money. Top 6 must be present at flower ceremony.

Notes on Sunday 1/28

- Freestyle technique
- 5km course
- 10km for men
- 5k for women
- Stadium will be in upper field
- Course runs out the SE corner of upper field
- 9:00am start for women
- 10:30am start for men
- 30 second start interval
- Transponders (chips) are mandatory. Athletes will be assisted with the proper placement.
- Transponders will be collected at the Finish. \$60 penalty will be assessed per chip not returned. Thanks for your help with this.

Course open for men's warm-up immediately upon the conclusion of women's event, approximately 9:45am with a closure at 10:20am, ten minutes prior to start. *This is subject to revision by the jury.*

Weather

- [Craftsbury weather station](#)
- [Wunderground forecast](#)
- [NOAA Forecast](#)

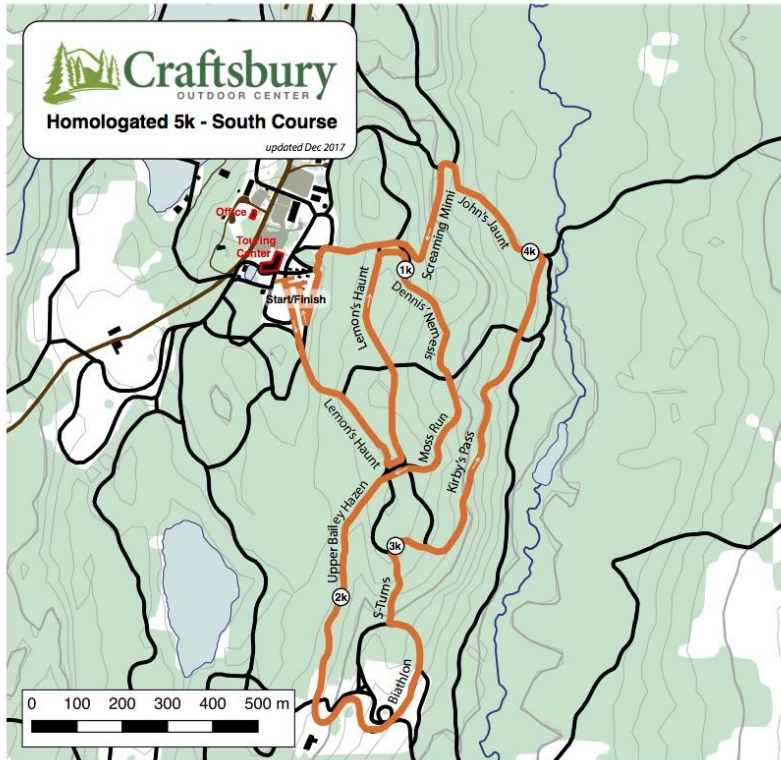
Sunday looks to be warm and rainy, with a high of 40F. Saturday night will have a low of 34F.

Grooming Plan

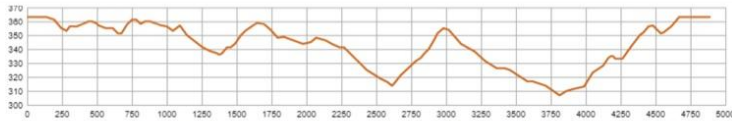
- All courses feature a mix of man-made and natural snow.
- Lucas Schulz will speak to the grooming schedule
- Courses close 5pm night before race. No course access between 5pm and posted AM opening
- No tracks on downhills
- Finish zone will be 3 lanes, 3m width each

10/15k Stadium and Course Maps

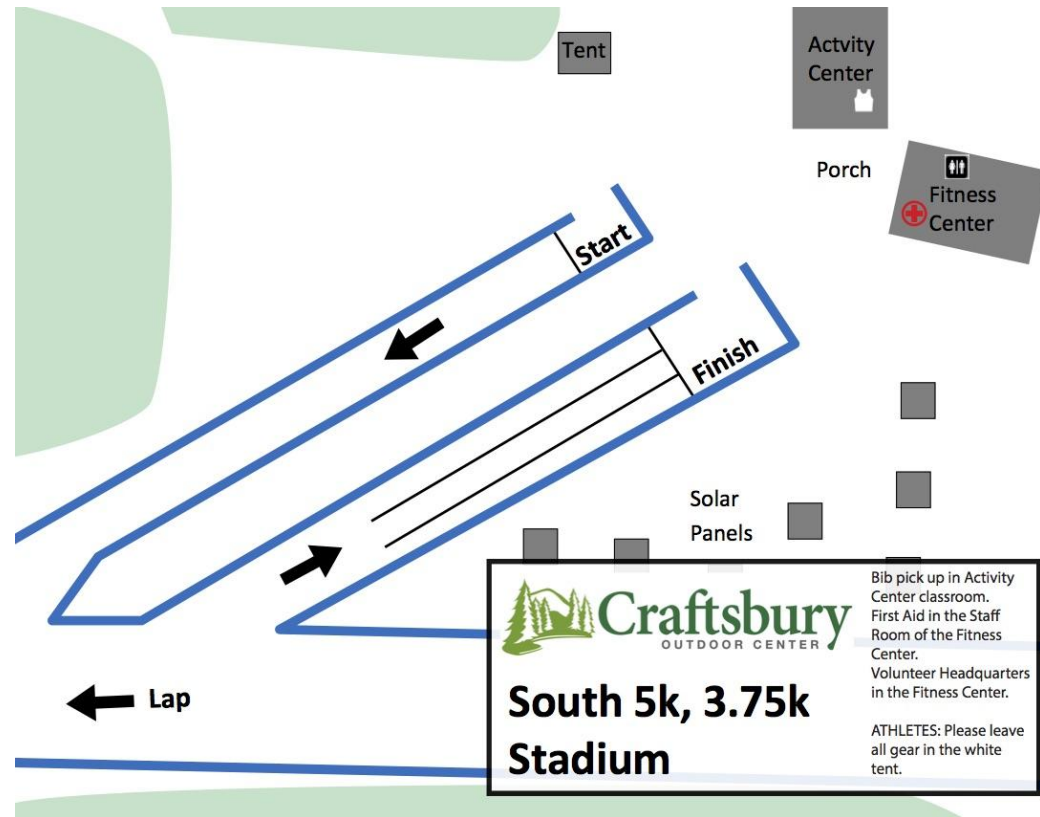
- Maps available at: <http://supertourfinals.com/course-maps/>
- Tracking rules are in effect throughout.



Course length:	4,896m	Height difference (HD):	56m	Lowest point:	307m
Course category:	D	Maximum climb (MC):	43m	Highest point:	363m
		Total climb (TC):	156m		



A-climb B-climb C-climb descent undulated terrain



Course details

- 4.9km
- 156m total climb
 - 312m for 10k
- 43m max climb
- High point 363m; low point 307m; HD of 56m

Seeding and Start Lists

- USSA comp guide, USSA rule 50.2
- Best available distance points, FIS or USSA
- 20-skier seed groups, randomized within each group
- B-A-C-D-E...(as needed) seed order
- Start list generated after team captain's confirmation of registered athletes for event
- In the case of a seed request, discretion can be used by the jury for athletes without points, such as USBA team members.
 - Requests must be placed 24 hours prior to start time

Schedule for Sunday

Time	Location	Event
7:30am	AC	Athlete bib pickup
7:30am	COC	Course opens
8:50am	COC	Course closes
9:00am	COC	Women's 5k freestyle interval start
9:45am (approximately)	COC	Course opens for men, shortly after last women's starter
10:20am	COC	Course closes
10:30am	COC	Men's 13.4k freestyle interval start
12:00pm	AC	Awards ceremony

Wax Testing & Warm-Up

- Athletes are allowed on course for warm-up and ski testing until the posted closure time.
 - After which athletes are not allowed on course during race time.
 - All other open trails are available for warmup. Please be respectful and courteous to touring skiers.
- Course closure times are on posted schedule. (10 min before start time).
- Coaches and Service Staff can be on the courses skiing in the direction of race.
- No earbuds or headphones allowed on course when races are occurring. This is a safety concern.

Media

We will have a video team live-streaming the race. Please try to stay out of the way of cameras whenever possible.

General Info from TD

- Ski in direction of race only.
- Mind the course marshalls and course opening/closing times
- Use designated gates for course access.
- 15 minute protest period will begin after unofficial results are posted (at the conclusion of the today's racing).