



Roy Varney Hornet Classic
January 11th, 2020
Leavitt Area High School
Coach's Notes



Welcome to the 2020 Roy Varney Hornet Classic! Here is some important information for race day. This is the second year in a row that we can host this race at Leavitt (that's a record!). It will be warm today but our base is good and hopefully the track will last.

Race Day Schedule:

7:30am-9:15am—Registration/Bib Pick-Up

9:45am: Course Closed

10:00am: Girls 5K Classical 15sec individual start

11:30am: Boys 5K Classical 15sec individual start

Approx 1:00pm: Special alumni/Roy's friends event ski

Approx. 2:00pm: Awards in the cafeteria

Weather:

The weather is looking good for race day. It will be warm. Due to the warm temperature, skiers may race in a tee-shirt under their race bib. Racers must still wear their school race bottoms.

Course Info:

The course is a two lap course. See the course map on the website. The start is on the far side of football field. The finish is on the other side of the football field adjacent to the timing shed. The course will close 15 minutes prior to each race. If time allows, the course will reopen for athletes before the girls race. Coaches are allowed on course at all times.

Always ski in the direction of the race course. Skiing in the opposite direction will result in a disqualification. Absolutely no walking on the course. Only walking is allowed on the field on the ungroomed snow. This is a two lap course. Racers who do not ski the required number will be disqualified.

Grooming Plan:

Check out the Virtual Team Coaches Meeting for the grooming plan and conditions.

Technique:

This is a classical race. No skating is allowed except skate turns (where no track is set) and when changing tracks, in which case the competitor is allowed one

skate out and one skate back in. A skier will be disqualified if he/she obviously ignores a stop skating warning of an official or he/she receives a second stop skating warning by an official.

Diagonal Zone: There will be a marked diagonal zone. We will be enforcing the use of diagonal technique on marked sections of the course (though this will be more of a practice). Diagonal technique means the use of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques. In diagonal technique only one pole is in the ground at any time.

Other Rules:

The use of freestyle skis is prohibited. Glide wax of no higher than LF may be used. There is no restriction on kick wax.

Registration:

Registration/bib pick-up is located inside the cafeteria. Registration is 7:30-9:15am. Coaches report any scratches. If there are racers to be added to the start list, they will go at the end of the start list. Hopefully, there will be very minimum amount of additions. There is no change to start order on race day.

Electricity:

There are very limited electrical outlets available. See the layout map on the website for locations.

Parking:

Bus parking is in the parking lot next to the track. All spectator parking is near the front side of the high school and near the middle school. A security officer should be present to direct the bus.

Restrooms:

Teams should use the locker rooms inside the school. The entrance is located across from the ski building. There are also bathrooms across from the gym and bathrooms near the cafeteria. Leavitt Area High School is not responsible for any lost or stolen items. Please do not enter the gyms. Be advised that there are basketball practices all day long.

Concessions:

There will be a concession stand selling hot/cold drinks, snacks, hot foods (i.e. grilled cheese, walking tacos). It will be located in the cafeteria. Please enter by the outside doors facing the track parking lot as the school hallway will be locked.

Results:

Results will be posted on the outside of the ski building. Protests must be submitted by the coach. Protests must be made within 30 minutes after the official results have been posted. Results (along with photos) will be posted on the MHSS website and be sent to area newspapers.

Awards will take place in the cafeteria as soon as results become official (approximately 2:00pm). There will be an announcement indicating the award ceremony start.

Thank you for your help in making the Roy Varney Hornet Classic a success.