



MBSEF Nordic Cup 2023



Race Registration CLOSES Tuesday, Dec. 12th at 11:59PM.

No Day-of-Race Registrations for the MBSEF Nordic Cup.

In the event of no or not enough snow, a cancellation announcement will be posted to the MBSEF website, and an email will be sent to all clubs and registered racers by December 6th.

Race Organization:

Amy Tarnow, MBSEF Executive Director,
Reitler Hodgert, MBSEF Nordic Director
Dylan Watts, Chief of Race (907-382-5453)
Noel Johnson, Technical Delegate
(503-290-4095)
David Smullin, Assistant TD

Chuck Thomas, Chief of Stadium
John Millslagle, Chief of Course
Tom Rodhouse, Chief of Timing
Andrea Shockey, Coordinator

Race Jury:

Dylan Watts (Chief of Race)
Noel Johnson (TD)
David Smullin (Assistant TD)

Weather:

[Mt. Bachelor Conditions:](http://www.mtbachelor.com) www.mtbachelor.com

[NOAA Weather:](http://noaa.gov) noaa.gov

Medical:

Mt. Bachelor Ski Patrol. 541-410-0102

Bend Memorial Clinic operates an Urgent Care Unit at Mt. Bachelor.

Schedule:

Friday, Dec 15 - Course Inspection/TCM

- 10 AM: CoC/TD/TDA meet with course crew for set-up review, course inspection, etc.
- 11 AM: Courses open for inspection. Gear shuttle by pre-arrangement with COC.

- 6 PM: Team Captain Meeting at MBSEF, 2765 NW Lolo Drive, Bend OR 97703. Zoom link will be sent out.

Saturday, Dec. 16 – Classic Sprint

7:00 AM: Snowmobile Shuttle for Team Equipment

8:00 AM: Course open for inspection

8:00 AM: Late bib pick-up at start/finish.

NRL Race:

8:55 AM: Course close. Only coaches (with bib) and officials can move on the course.

9:00 AM: U16 and older Qualifier

- 9:00-9:20 Men
- 9:30-9:50 Women

10:15 AM: U14 and younger 1.3k, Mass Start- Male Wave, followed 3 minutes later by Female Wave

10:45AM: U16 and older Quarterfinals

12:00 PM: U16 and older Semifinals

1:15 PM: U16 and older Finals

2:30PM: Contest Period

3:00 PM: Awards

Sunday, Dec. 17 – Individual Start Freestyle

8:00 AM: Course opens for inspection

8:00 AM: Late bib pick-up at start/finish

NRL Race:

8:55 AM: Course closes. Only coaches (in bib) and officials can move on the course.

9:00 AM: U18 and older M 5km (2×2.5km)

9:45 AM: U18 and older F 5km (2×2.5km)

10:30 AM: U16 M 5 km (2×2.5km)

11:15 AM: U16 F 5 km (2×2.5km)

Community Races:

12:00 PM: U14 and younger- 2.5km mass start

12:15 PM: U16+ 5k mass start

12:15 PM: Awards

Trail Passes:

Mt. Bachelor requires a race participant trail pass for anyone who is not already a season pass holder. A Mt. Bachelor Nordic Center trail pass can be purchased at the Nordic Lodge or online.

- USSS Licensed Coaches who have a coaching bib will receive a trail pass for Friday, Saturday and Sunday. Pick up pass at the Nordic Center before heading down.

- There is no discount for family members/spectators who attend the races. A regular day ticket will need to be purchased at the Nordic Lodge or online: <https://shop.mtbachelor.com/s/nordic/day-tickets/p/nordic-trail-tickets>

Adults (19-64) are \$30, \$22 for Youths (5-18 and seniors 65+), and free for kids under 5.

- Racers without a season pass will need to purchase a day pass for a discounted rate of \$20/day. This must be purchased at the Nordic Center to get the discounted rate. It is encouraged that passes be purchased on Friday for the weekend of racing to save time on race days.

***All racers, spectators and volunteers must be on skis on the trail network. With the exception of the team tent area next to the stadium, and volunteers working stadium jobs. Walking on the trails is not allowed. Snowshoe access to the racecourse is possible but requires a snowshoe trail pass.**

Hotel:

The Waypoint Hotel (1415 NE 3rd St, Bend OR 97703) is the official hotel of the race. Call (541) 382-7011, contact@waypointhotel.com and make sure you mention you are coming to an MBSEF event.

Registration:

- There is no Late or Day-of-Race registration.
- Register at:
<https://campscui.active.com/orgs/MtBachelorSportsEducationFoundationMBSEF?orglink=campsregistration>

Start List:

The start lists will be posted Friday after the coaches meeting online at www.webscorer.com. The posted start list will represent any changes made at the coaches meeting to the seeding, group order, etc. Any start list posted or circulated prior to that will be considered Drafts.

Bibs:

- Bib pick up for teams and individuals will be distributed at the TCM Friday evening.
- Unpicked up bibs will be at the Start Area at 8 am both days.
- Racers will keep their bibs after the Saturday race and use the same bibs on Sunday. Bibs will be collected after the Sunday race.
- Racers only racing Saturday should turn in their race bibs at the finish Saturday.

Results:

Unofficial results will be posted at Webscorer.com (posted and updated periodically through the day). Results from the Qualifier, Quarterfinals, Semis will also be posted to a board for racers to check for which heat they will be in.

Awards:

Awards to the top 3 finishers in each NRL scored age group will be given at the conclusion of the NRL races at the venue.

Course Inspection:

Courses will be signed Friday AM. Beware of two-way skiing as the race courses are open to all skiing Friday, and the Saturday and Sunday courses share sections of trail but running in opposite directions.

Registration

Registration Closes at 11:59 PM on Tuesday, December 12th. There will be no late registration.

Registration is via Active:

<https://campscui.active.com/orgs/MtBachelorSportsEducationFoundationMBSEF?orglink=camps-registration>

Registration for US Ski and Snowboard National Ranking List Event- \$30/race

- U16+ and U14 scored to USSS NRL ranking list or racing up.

Registration for Community Event(s) -\$20/race

Community Race #1:

- Saturday Classic-1.3k (U14 and under) Community Race, mass start
 - U16+ must have a USSS license and race in the NRL race (no Community Race for U16+)

Community Race #2:

- Sunday Freestyle- 2.5k (U14 and under) & 5k (U16+)

*Note: Racers without season passes will need to purchase a discounted day pass for \$20/day at the Nordic Center.

Waivers:

Waivers for MBSEF and Mt. Bachelor must be completed by the close of registration on Dec 12th

- Go to: <https://shop.mtbachelor.com/waiver/waiversigning/>
- Sign into your account OR create an account.
- Click "My Account"
- Navigate to the "Waivers" button on the left side of the page
- Click on the Waiver under your name, read and sign.

- Email a completed copy or written confirmation (or a picture) of a completed waiver to andrearshockey@gmail.com

Waxing Restrictions and Recommendations

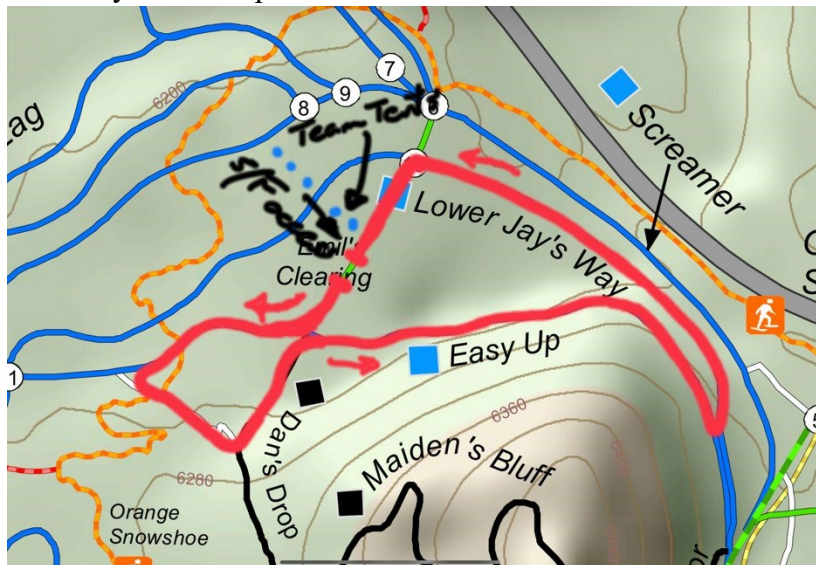
Per PNSA rules all skiers agree to use a non-fluorinated glide wax which will be announced by the race organizer:

The glide wax for the race will be decided by 10AM 12/13/23 and communicated to participating clubs and individuals.

No fluorinated products are allowed in grip wax products (hard wax, klister, covers, etc.). For more information on the fluorocarbon ban – including a list of non-fluorinated kick waxes and klisters – visit the [US Skiing page](#) on the subject.

Course Maps:

Saturday Classic Sprint



Sunday Freestyle Distance Course

