

# MBSEF NORDIC CUP

## 2024

Presented by:



Early Race Registration CLOSSES [Tuesday, Dec. 10th at 11:59PM.](#)

**No Day-of-Race Registrations for the MBSEF NORDIC CUP.** [LATE registration \\$20/race Dec 11th-Dec 12th at 8pm.](#)

In the event of 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:**

<p><b>Amy Tarnow, MBSEF Executive Director,</b></p> <p><b>Reitler Hodgert, MBSEF Nordic Director</b></p> <p><b>Dylan Watts, Chief of Race</b></p> <p><b>Noel Johnson, Technical Delegate</b></p> <p><b>David Smullin, Assistant TD</b></p> <p><b>Race Jury:</b></p>	<p><b>Chuck Thomas, Chief of Stadium</b></p> <p><b>John Millslagle, Chief of Course</b></p> <p><b>Tom Rodhouse, Chief of Timing</b></p> <p><b>Andrea Shockey, Nordic Race Director</b></p>
<p><b>Dylan Watts (Chief of Race)</b></p> <p><b>Noel Johnson (TD)</b></p> <p><b>David Smullin (Assistant TD)</b></p>	

## 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 13- Course Inspection/TCM

- 10 AM, Courses open for inspection. Gear shuttle by pre-arrangement with COC. Email to arrange at dylan@mbsef.org
- Team Captain Meeting at MBSEF at 6:00PM 2765 NW Lolo Drive, Bend OR 97703. Zoom link will be sent out for those that cannot attend in person.

### Saturday, Dec. 14 – Classic Sprint

7 AM: Snowmobile Shuttle for Team Equipment, [First Shuttle](#)

7:20: Snowmobile Shuttle for Team Equipment, [Second Shuttle](#)

7:30 Course Inspection by TD and/or TDA

7:40 Snowmobile Shuttle for Team Equipment, Last Shuttle (if needed)

7:45 AM Course open for inspection; all athletes must ski trails in direction of race.

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

8:40 Forerunners on course.

NRL Race:

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

9:00 AM: U16 and older qualifier

10:00AM: U16 and older quarterfinals

10:40 AM: U16 and older semifinals

11:20 AM: U16 and older finals

11:45 AM: Awards for NRL races

12:15PM: Lollipop Race, U14 and under. 1.3k mass start.

**Sunday, Dec. 17 – Individual Start Freestyle**

7:00 AM: Snowmobile Shuttle for Team Equipment, if needed

7:30 Course Inspection by TD and/or TDA

7:45 AM: Course opens for inspection.

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

NRL races:

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

9 AM: U16 and up, Male 5km (2×2.5km)

9:45 AM: U16 and up, Female 5km (2×2.5km)

11:00 AM: Awards- or 20 minutes after last racer finishes.

Lollipop Race:

11:30 AM: U14 and younger 2.5km mass start.

## Trail Passes:

**Racers:** Trail passes will be included with race registration. Racers will NOT need to buy a trail pass at the Nordic Lodge. Racers will get their trail pass from their coach or at the Nordic Lodge (pre-ready).

**Spectators:** Mt. Bachelor requires a 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 at <https://www.mtbachelor.com/the-mountain/nordic/tickets-passes>

**Coaches:** USSS Licensed Coaches who have a coaching bib will receive a trail pass for Friday, Saturday and Sunday. These can be picked up at the Nordic Lodge window on Friday.

\*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 trail pass.

## Hotel:

Traveling to Bend for the **MBSEF Nordic Cup JNQ**? Stay at Waypoint Hotel, our official hotel partner. This boutique hotel, just off Highway 97 in Bend's Midtown, offers a trendy vibe and spacious lobby featuring outdoor fire pits, and on-site food truck. Call the hotel directly at 541-382-7011 or click here [MBSEF](#) to receive your exclusive MBSEF discount. <https://waypointhotel.com/>



## Registration:

- There is no Day-of-Race registration.
- Athletes racing USSS (scored) age 14+, NRL Race
- Athletes racing age (6-13 non scored), Lollipop Race, No USSS license needed
- Bib pick up for teams and individuals will be distributed at the TCM Friday evening.
- Unpicked up bibs will be at the Start Area from 8:00 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.

## Start List:

The start lists will be posted Friday after the coaches meeting online at [webscorer](#). The posted start list will represent any changes made at the coaches meeting to the seeding, group order, etc. Coaches are responsible for ensuring their athletes details are corrected at Friday night's race meeting. Any start list posted or circulated prior to that will be considered Drafts.

## Results:

Unofficial results will be posted at [Webscorer.com](#). Results will be posted and updated periodically through the day. Protests are usually due within 15 minutes after completion of races; thereafter results will usually be finalized by Jury.

## Awards:

Awards to the top 3 finishers in each NRL scored age group will be given at the conclusion of the race at the venue. (See schedule.)

## 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

**Please Note! There are four steps to have registration complete (how to do each step is below). Please follow the instructions below to complete all four steps. (This is our plea... please do all four so we don't have to hunt you down by emailing you regarding missing steps. Thank you in advance!)**

1. Have a current USSS license (Cross Country Competitor license if wanting NRL points-U16+)
2. Register racer(s) on [Webscorer.com](#)
3. Fill out the MBSEF waiver (see link below) AND scan completed waiver and email to [nordicrace@mbsef.org](mailto:nordicrace@mbsef.org).
4. Fill out the Mt Bachelor waiver

## **Step 1: USSS License: U16+**

Any level US Ski and Snowboard (USSS) member can race in the US Ski and Snowboard race. A **Cross Country Competitor** membership is needed to earn National Ranking List points and is a must if you are looking to qualify for the Junior National Championships in March. Also, please make sure you have a current USSS license (U18+ MUST have their background check and SafeSport complete for their license to be **current!** Racers cannot race unless their license is current.)

**Existing Members**-To make sure your license is current and active, please log into: [my.us Skiandsnowboard.org](https://www.us Skiandsnowboard.org) and check your account *OR* go to <https://www.us Skiandsnowboard.org/public-tools/members> to check.

**New Members**- Create an account at [my.us Skiandsnowboard.org](https://www.us Skiandsnowboard.org). Please choose **Cross Country Competitor** as the license if you want points for the National Ranking List (NRL).

## **Step 2: Race Registration:**

Registration Closes at 11:59 PM on **Tuesday, December 10th**. Late registration will be \$20/race, available until Dec 12th at 8 pm.

**Registration for US Ski and Snowboard National Ranking List (NRL) Event \$40, U16+ (and U14 racing up).**

- Registration is via [Webscorer.com](https://www.webscorer.com).
- Saturday Classic Sprint, 2.6k, U16+ (and U14 racing up)
- Sunday Freestyle 5k, U16+ (and U14 racing up)

*\*Mt. Bachelor trail passes for racers are included in the registration fee.*

**Registration for Community Event- Lollipop Races (\$25, mass start events U8-U14)**

*\*A USSS license is not needed for this race.*

- Registration is via [Webscorer.com](https://www.webscorer.com).

- Saturday Classic 1.3k U14 and younger
- Sunday Freestyle 2.5k U14 and younger

*\*Mt. Bachelor trail passes for racers are included in the registration fee.*

### **Step 3: MBSEF Waiver:**

Waivers for MBSEF *and* Mt. Bachelor must be completed by the close of registration on Dec 12th . Links for both waivers are found **BOTH** in the Webscorer registration or below.

**MBSEF** : <https://mbsef.org/wp-content/uploads/2022/06/MBSEFLiabilityRelease2022-2023.pdf>

- Please scan the completed waiver and email to: nordicrace@mbsef.org

### **Step 4: Mt Bachelor Waiver:**

#### **Mt. Bachelor:**

- Go to: <https://www.mtbachelor.com/>
- Click on the Menu button in the top right corner
- Under Tickets and Passes, click on Guest Account Login
- Sign in or create an account
- Navigate to the “Waivers” button on the left side of the page
- Click on the Waiver under **THE RACER’S** name, read and sign. We need a waiver for the **rac**er, not the parent.

### **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 12/11/24 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.

**SPRINT FINAL Protocols:**

Athletes will practice protocols to be employed at US Nationals & JNs but being required to:

A) ski on only one pair during the quarter, semi & finals

B) coaches cannot brush, re-wax, etc. Only minimal adjustment of kick zone wax is allowed.





## Saturday Classic Sprint



## Sunday Freestyle Distance Course

