

## The ABC Invitational Relay's

To: Head Nordic Ski Coaches scheduled for ABC Relays  
From: Denny Green, Head Coach, Coon Rapids High School

The ABC Relays date is January 17, 2004. Please indicate on the form below if your team(s) will be participating in the ABC Relays on Saturday 17.

Times: 9:00 a.m. coaches meeting  
10:00 a.m. boys relay start  
11:30 a.m. girls relay start  
1:30 p.m. awards ceremony

Particulars: Teams will consist of four members, two classic and two freestyle skiers, (in that order). Teams may field an "A" team, a "B" team, and a "mix-and-match team." The objective is to have as many skiers as possible participate. Each skier will ski approximately a 3K leg. Coaches will need to keep ACCURATE splits for the legs because there will be individual awards for the top fifteen boys and top fifteen girls in each discipline. In addition to individual awards, there are four team awards for boys and four team awards for girls.

Site: Bunker Park Golf Course in Coon Rapids. (This may change depending on the conditions of the snow and the weather). Bunker Park is located on Hwy. 242 off Hwy 65 in Coon Rapids. (The entrance is at Hwy. 242 and Foley Blvd.)

Payment: Entry fees for the race are \$35.00 for girls and \$35.00 for boys. Total of \$70.00 for a full team. Please make payments out to "CRHS – Nordic Ski Team."

Contact: Denny Green, CRHS Nordic Skiing. Phone: (763) 443- 7745 – cell or (763) 263-8131.

---

### If you would like to participate in the ABC Invitational Relays, please fill out and return the form to:

Shannon Fyten, Activities Director  
Coon Rapids High School  
2340 Northdale Blvd.  
Coon Rapids, MN 55433

\_\_\_\_\_ Bringing both boys and girls \$70.00

\_\_\_\_\_ Boys only \$35.00

\_\_\_\_\_ Girls only \$35.00

\_\_\_\_\_ Total

---

School

---

Coach or Athletic Director

**Please return this form ASAP, the first 26 will be accepted**

To facilitate scoring and awards, please fax or e-mail the name and discipline of each skier to **Joel Ward by Thursday January 15 @ 12:00p.m.**

Fax (763) 506-6803

e-mail: joel.ward@anoka.k12.mn.us