

2004 Junior High Nordic Ski Championships

Attention all Nordic Ski Coaches and Activity Directors

What: The Junior High Nordic Ski Championships

When: Monday, February 2, 2004 at 5:00 PM

Where: **Snowflake Nordic Ski Center**
4348 Rice Lake Road
Duluth, MN 55811
218-726-1550

Course: Lighted 4 Kilometer course for all races.

Technique: Freestyle. Classic tracks will be set on the side for anyone wishing to classic ski. Start two at a time at 30 second intervals.

Who: All 7, 8, 9th grade nordic skiers from Minnesota high school teams. Race is not intended for skiers who will be participating in the state meet.

Divisions: Skiers will be divided by grade and gender.

Awards: Top 5 in each grade level and gender

Start sequence: 9th Grade boys, 8th grade boys, 7th grade boys short gap then 9th grade girls, 8th grade girls and 7th grade girls.

Entries to: All entries should clearly state name, grade, school and gender.
Send all entries to
Steve Deschene, 170 Linnell Road, Grand Marais, MN 55604
Fax 218-475-2512 attention Steve Deschene
email (preferred) timing@boreal.org
or online at <http://www.boreal.org/~durfee/>

All entries due on or before Saturday, January 31, 2004 at 4 PM

Cost: \$5 per skier to cover trail fee, awards, and timing. Check made out to Snowflake Nordic Ski Center

Meet Manager: Dave Johnson 218-723-1329 or rainsong@cpinternet.org