



Michigan High School Cross Country Ski Championships

USSA Great Lakes District JO Qualifier

February 14-15, 2004 @ MTU Trails

Dear Coaches:

We look forward to having you join us for this event. We hope you enjoy our snow and trails. The schedule is as follows (all times EST):

Thursday, February 12th

5:00 pm: Race Rosters/Entries due

Friday, February 13th

Training/ Course Inspection at your convenience. Waxing will be available in the groomer shed until 9:00pm

7:00 pm: Coaches meeting in the MacInnes Conference room at the MTU SDC, bib pick up, start list and order, parking, etc.

Saturday, February 14th

9:00am: Courses Open

11:00am: Late Bib Pick Up Opens at Trail Head. Registration for J3-J5 races will continue until 2:30 pm

1:00pm: Girl's 5k Individual Start Classic Race Begins

Approx. 2:00pm: Boy's 7.5 K Individual Start Classic Race Begins

Approx. 3:00pm: Individual Start Classic Races Begin. J6 @ 1 km, J5 & J4 @ 2.5 km, J3 @ 3.5 km

NOTE: Age groups are determined by year of birth as follows: J6=1996-97, J5=94-95, J4=92-93, J3=90-91

7:00 pm: Coaches meeting in the MacInnes Conf. room SDC, re-bib for pursuit start, etc.

Sunday, February 15th

8:00 am : Courses Open

8:30 am : Bib Pick Up Opens at Trail Head. Registration for J3-J5 races will continue until 11:30 am

10:00 am: Girl's 7.5 km Freestyle Pursuit race begins

Approx. 11:00am: Boy's 10 km Freestyle Pursuit race begins

Approx. 12:30pm: J3-J5 pursuit start Freestyle races begin (same categories and distances as above)

2:00 pm: Awards ceremony in SDC Blue-line room. Pizza and drinks free to racers, and \$5.00/head at the door for others.

Cost: \$\$25.00/racer (\$10.00 for kids) for both races. Please send payment with entry forms. Make checks payable to Copper Country Ski Tigers

Locker Room Facilities: Changing, showers and sauna available to racers at the Michigan Tech SDC after Sunday's races.