

OISRA Nordic Steering Committee Meeting Minutes

September 26, 2011

Phone Conference

Present by phone:

Eric Martin: Nordic Director (voting)
Pete Reinhardt: Assistant Nordic Director (voting)
Charlie Wilshire: Commissioner (voting)
Laurie Martin: Southern League Rep (voting)
Jinny Martin: Nordic Division Secretary
Janice Hatton: Head Coach: North Eugene
Bill Martin: Race Coordinator

Eric Martin called the meeting to order at 7:30 pm.

- Each full member school is entitled to vote at the Nordic General Fall Meeting for OISRA Board members for Nordic and for the Nordic Director. In lieu of a physical meeting, each full member school submitted their votes by an email ballot. Outcome of voting: Eric and Laurie Martin are the OISRA Board members for Nordic and Eric is Nordic Director.
- Minutes of October 11, 2010 meeting unanimously approved.
- 2012 Race schedule submitted by Southern League is approved. [See minutes of Southern League September 25, 2011 meeting.]
- The following decisions were made regarding changes to Nordic Policies and Nordic Race Rules. [See Appendix I for documentation of the approved changes.]
 - Proposal to change the number of medallions for relay teams was unanimously approved with no revisions.
 - Proposal to move the description of a chevron start from the Nordic Policies to the Nordic Race Rules was unanimously denied and the decisions were made to (1) delete the Chevron start description from the Nordic Policies and (2) to delete the description of the mass start from the Nordic Race Rules. Further discussion and decision-making about the organization of the start of a mass race was tabled until spring of 2012.

- Proposal to make small adjustments to the Race Rules so that there is a distinction between interval and mass starts was unanimously approved.
 - Proposal to delete the duplication of wording in the Nordic Race Rules Section III 3 & 4 (Relay Race Description) was unanimously approved.
 - Proposal that no changes can be made to Nordic Policies or Nordic Race Rules during the Participatory Season was unanimously approved with no revisions.
 - Proposal to add weather precautions to race rules was modified and unanimously approved.
 - Proposal to clarify the OISRA policy for participation in non-OISRA events was unanimously approved with no revisions.
- Recruiting plans and team development plans for the upcoming season were shared. New teams were identified in the Eugene area. Some racers already have paid fees and picked up equipment.
 - Bill Martin agreed to initiate the work of the State Meet Coordinator and asked for help finding another person to assist him and be trained for this job.
 - Much appreciation was expressed to the Ashland people for their hard work on the very successful state meet at Mt. Shasta. People commented that it was the best state meet experience yet, and all expressed a desire to have the rotation to Mt. Shasta happen more frequently than every 10 years.
 - CORA was confirmed as the title sponsor for the 2012 state championships.
 - Treasurer's report was unanimously approved—there is a balance of \$5,755.48.
 - Decision to drop state meet fees was unanimously approved.
 - Proposed budget for 2011-2012 was unanimously approved.
 - Unanimous approval for the Nordic State Secretary and Treasurer to remain the same: Jinny Martin and Brice Murri, respectively.
 - Jinny Martin will send all registration forms to coaches by email. They will be posted on the website also.
 - Unanimous approval to extend the Temporary membership option for non-OISRA teams to more than one event per season. New forms were approved.

Meeting adjourned at 8:35 pm.

Respectfully submitted by

Jinny Martin, Nordic Division Secretary

Appendix I

Nordic Policy and Nordic Rule Changes
Approved by the Nordic Steering Committee
9/26/11

#1: Change the number of medallions for relay teams:

OISRA Nordic Policies

Section II Nordic State Meet Policies

Q. Awards:

3. Medallions shall be provided for:

Members of the Girls 1st - **3rd** place Relay team (9)

Members of the Boys 1st - **3rd** place Relay team (9)

Individual Places 1-3 in Girls FS, Girls CL, Girls Combined (9)

Individual Places 1-3 in Boys FS, Boys CL, Boys Combined (9)

#2: Add the clarification “for an interval start” in Section II J 1 and “interval starts” in Section II D 1. Remove the description of the Chevron start from the Nordic Policies and remove the description of the mass start “method of start” from the Nordic Race Rules.

Nordic Policies

Section II Nordic State Meet Policies

J. Seeding and the Draw

1. Each seed ~~for an interval start~~ will contain no more than one member of each team. Each seed will have the order of teams determined by a computer generated random order system.

2. Separate ordering of seeds will take place for the Freestyle and Classic events, Girls and the Boys races.

a. Any individuals who qualify to go the State Meet and are not members of a team that qualifies will be seeded as if they are a member of an incomplete team. (See Nordic Race Rules Section II A 2 c.)

3. The lanes for the relay event will be assigned during the State Meet according to the team standings from the first individual race.

~~a. A chevron configuration of the racers (according to the dimensions in "b" may be used with the leading team being placed in the most advantageous positions.~~

~~b. Chevron, arrowhead, or upside down "V" start specifications:~~

~~(1) Odd number of lanes is preferred.~~

~~(2) Distance between lanes is 1.5 meters~~

~~(3) Position 1 is the center lane.~~

~~(4) Odd numbered positions on the left and even numbered positions on the right~~

~~(5) Each position is 1 meter apart measured in their lane.~~

~~(6) The first position in the next row is in the center lane and 2 meters behind the last position of the previous row.~~

~~→ | | ← 1.5 meter between lanes~~

~~===== 1 =====~~

~~===== 3/ \2 ===== 1 meter~~

~~===== 5/ \4~~

~~===== 7/ \6 =====~~

~~===== 1 ===== 2 meters~~

~~===== 3/ \2~~

~~===== 5/ \4~~

~~===== 7/ \6~~

Section II The Nordic Race Rules

D. Method of Starts

1. Individual Race—Interval Starts

a. Interval starts will normally use half-minute intervals. The TD may approve shorter or longer intervals in order to have fair conditions for the competitors.

b. The competitor shall start with the front of both bindings behind the starting line.

c. The starter shall give every competitor a 10-second warning before start with a verbal "10 seconds" before the start. He/she shall count "5-4-3-2-1 and go."

d. The competitor shall always be allowed to see the starter's watch

~~e. In the event of a mass start, each team will be assigned a starting lane by means of a random draw. All members of a team must start in their assigned lane and remain in that lane for the length of the parallel lanes. All competitors must start with the front of both bindings behind the start line.~~

e. If electrical timing is used, an electrical audible start signal should be given.

#3: Make adjustments in the Race Rules to reflect the clarification of a distinction between "interval starts" and "mass starts."

Nordic Race Rules Section II A 2

2. Race Entry

a. Each league shall set uniform entry procedures and deadlines.

b. Interval Starts

i. Each seed will contain no more than one seeding position for each team. Each seed will have the order of teams determined by a computer generated random order system.

ii. Each team is given the full allotment of seeding positions regardless of whether or not they have a full team to fill all the seeding positions. The coach of each team will choose which seeding position(s) will be given to their skier(s).

iii. Separate ordering of the seeds will take place for the Girls and the Boys teams for each discipline.

c. Mass Starts

i. Choices of lanes for relay starts are based on prior team race results or random ordering if no prior team race results are available.

Proposal #4: Delete the duplication of wording in the Nordic Race Rules Section II 3 & 4 (Relay Race description) and correct the reference in 4 a.

3. The Relay Course

a. The Start Line

- (+)When possible, the relay course should have a minimum of 35 meters of parallel lanes.
 - (2)When possible, a minimum of 100 meters after the start, the lanes should converge to the race course.
 - (3)The individual starting places should be at least 1.5 m apart.
 - (4)There shall be one lane per team or the greatest number of lanes possible with a minimum of 4 lanes.
 - (5)To provide a fair start, modifications can be done if required due to the terrain and the snow conditions .
- b. For relays with classic technique, it is preferable that two tracks will be set.

4. The Method of Start

- a. Each team will be assigned a starting lane according to League SOP's for league relay races and according to Nordic Policies, Section II, J 3 for State Championship Relay Races.
- b. If there is not enough room to start all the first competitors for each team side by side, then the varsity relay event may be run in immediately consecutive heats and the junior varsity relay event may be run in immediately consecutive heats. It is permissible to have two or more rows of competitors starting at least 2 meters behind each other and to start them simultaneously.
- c. A coach may choose to enter a Varsity Team in a Junior Varsity heat, but no Junior Varsity Team may enter a Varsity Team heat.
- d. At the start, all racers must start in their assigned lanes and remain in those lanes for the length of the parallel lanes.
- e. All competitors must start with the front of both bindings behind the starting line.
- f. The starter shall give a warning before the start with a verbal "Racers ready" then say "Go" at a random time within 5 seconds.
- g. If there is a false start, the starter's assistant (or referee), who stands at the end of the start line, responds to the starter's signal by barring the way, whereupon the starter arranges a new start.

#6: Add the following to the Nordic Policies:

Nordic Policies, Section I, B, 1, d, i

i. No changes in the Nordic Policies or Nordic Race Rules can be made during the Participatory Season each year.

#7: Add weather precautions to race rules.

J. Cold and Warm Weather Precautions

1. Background

a. There are three main factors to be considered by the Jury regarding cold weather safety: the temperature; the duration of the exposure, and, the clothing and other protection against cold weather. These factors together with any other relevant information such as the “wind chill factor” must be taken into consideration when a decision is made regarding cold weather.

2. Between 15 degrees Fahrenheit and zero degrees Fahrenheit

a. If the temperature level is forecast to be between 15 degrees Fahrenheit and zero degrees Fahrenheit at any point on the course, recommendations regarding cold weather protection should be made available to the participants. Under such conditions it is the responsibility of the participants to seek the information and to follow the recommendations given by the organizer.

3. Zero degrees Fahrenheit and below

a. If the temperature in a major portion of the course is zero degrees Fahrenheit or below, the competition shall be delayed or cancelled.

4. Warm Weather Precautions

a. If the temperature is forecast to rise above 41 degrees Fahrenheit during the course of the competition, and exposure to sunshine is expected, recommendations must be given to competitors concerning clothing, skin protection and the need to consume adequate liquid before and during the competition. Feeding stations must ensure that they have adequate drinks to meet the increased demand. First aid stations must be briefed to be alert for signs of dehydration or any damage from sun exposure, and be prepared to take necessary measures in cases of dehydration or sunburn.

#8: Add a Nordic Policy regarding “Participation in non-OISRA events.”

Nordic Policies Section I (V).

V. Participation in non-OISRA events

OISRA Nordic team members cannot compete in non-OISRA events as OISRA teams or team members.

NOTE: Students who are members of OISRA Nordic teams are not prohibited from competing as unattached individuals in non-OISRA ski events and they can compete as members of other ski clubs/organizations (USSA, community clubs, or OHSNO, for example) in non-OISRA ski events.

