


TEACUPNORDIC



Covid Cup 2021

Real XC Racing in a Pandemic.

With events being cancelled, limited or made virtual all over the US, MBSEF, together with Teacup Nordic and Meissner Nordic, are presenting three races on February 19/20.

- **Friday 2/19, @2pm, US Ski and Snowboard Member Skate Sprint at Teacup Nordic.**
- **Saturday, 2/20, @2pm, US Ski and Snowboard Member Classic 5k at Meissner Nordic.**
- **Saturday, 2/20, @3pm, Open Citizen 10k Classic at Meissner Nordic.**

Covid Management

- Ensuring a safe event for all racers, staff, volunteers, and other skiers in the midst of a Pandemic is our first priority.
- All state, county, and ski area guidelines will be met and everyone should be familiar with these guidelines.
 - Social distancing of at least 6 feet must always be maintained.
 - Everyone must be masked at all times except for when actually skiing. Your distance away from other people is not a reason to unmask.
 - Volunteers will monitor the race venues to limit gatherings that can be a threat to safety.
 - Skiers cannot enter the race venue until their scheduled times and must leave immediately after they finish.
 - Spectators and spectating are not allowed to eliminate gathering. You are welcome to ski on other trails.
 - All athletes, coaches, and volunteers must complete the online [Covid Safety Screening](#) within 6 hours of each race.
 - Wear a mask to the start. When you ski away from the start you can lower your mask.
 - Bring your own food and water.
 - Clean your equipment before and after sharing it with others including coaches and wax supporters.
 - Notify a Jury member or medical personal if you have any Covid 19 symptoms.
 - [USSA Return to Competition Covid Guidelines](#).
 - [MBSEF Covid Guidelines](#)
 - [Teacup Nordic Covid Guidelines](#)
 - Additional guidelines may follow.

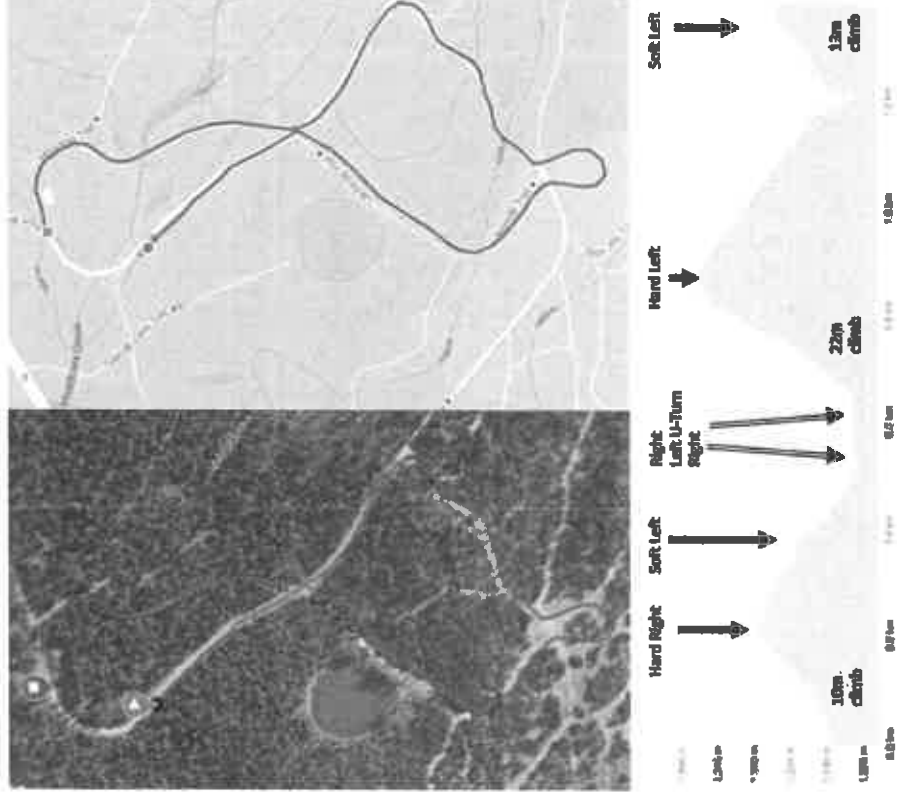
The Teacup Sprints

Covid Cup 2021

- With Heats!

- February 19, @ 2pm
- On the trails and with the hospitality of Teacup Nordic.
- 1.3k freestyle sprints,
- Featuring head to head heats of 6 skiers.
- Kings Court format.
- Everyone does a qualifier and 3 heats.
- This event requires US Ski and Snowboard Membership.
- U12-U23 Skiers only
- Heats of 6 skiers will be run with mix gender and mixed ages to maximize competitiveness.
- Results will be separated out and posted by gender and age group.
- Field limit is 75 US Ski and Snowboard Members.

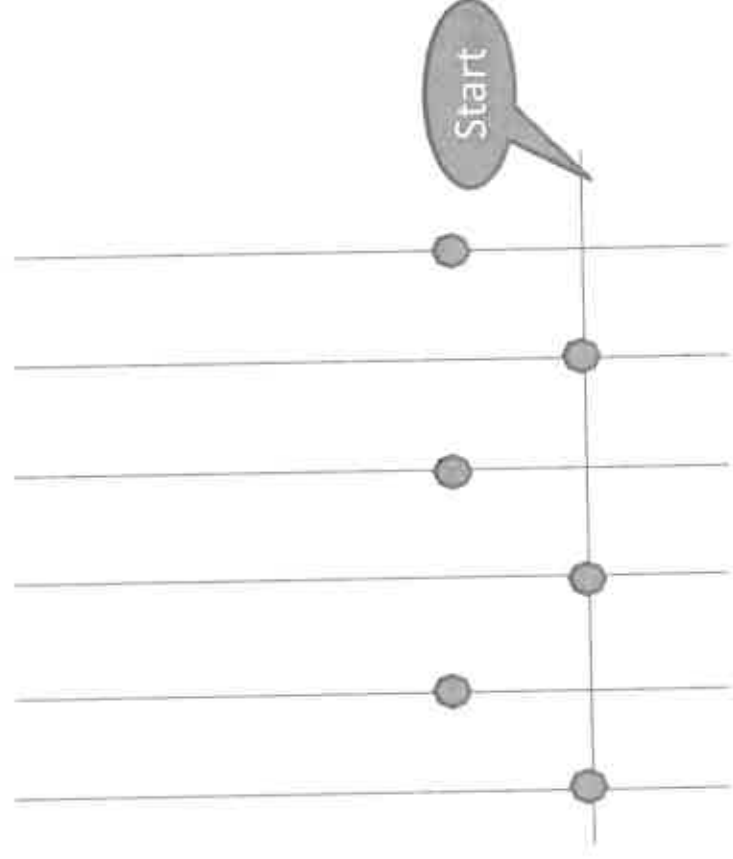
Distance ~1.3 KM
Width 6m (typically)
Lowest Elevation 1,325m
Highest Elevation 1,348m
Elevation Difference 22m
Total Climb 40m
New Climb 22m



Covid Management for the sprint heats.

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- Heat start lanes will be at least 6 feet apart. If needed a staggered start will be used. Lane choice will be based on USSS points or qualifier times.

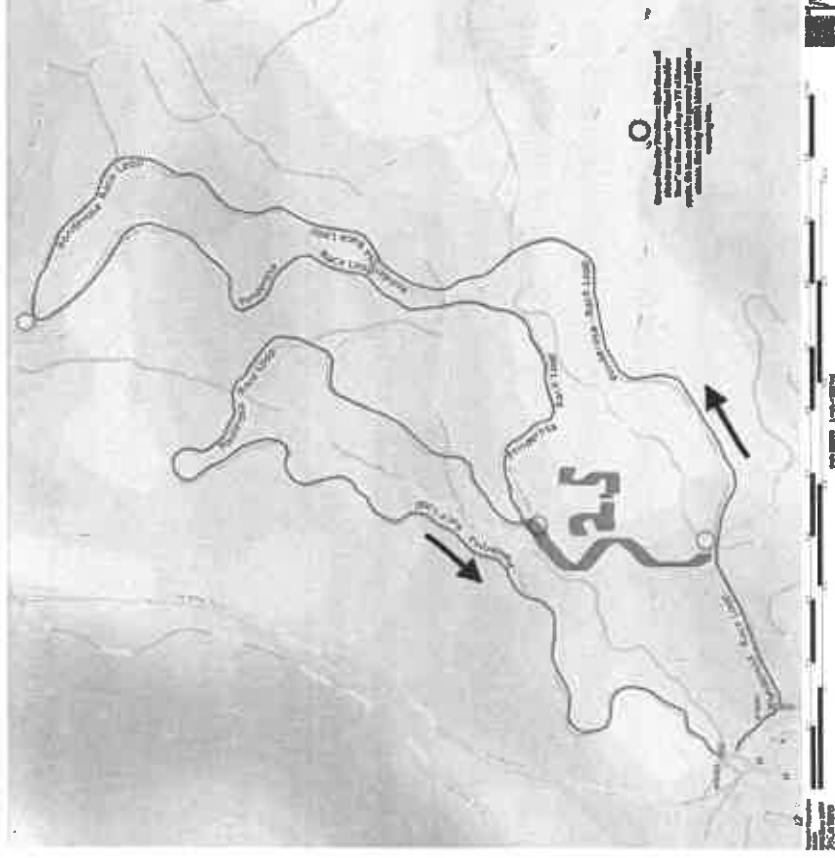


The Meissner

Covid Cup 2021

Ponderosa Classic Open 10k

- February 20, @ 3pm
- On the trails and with the hospitality of Meissner Nordic.
- Featuring:
 - Youth 3k Classic
 - Citizen or Open 10k Classic
- Interval start.
- The open and youth races do not require a USSS membership.
- The youth race is 2.5k for U10/U12/U14.
- The Open Race is 10k all age groups. U16-Masters 10 with a field size limit of 75.



Start Times

Afternoon start times allow racing away from peak trail use.

Teacup Sprints

- 2pm Sprint Qualifier
- 3pm Quarterfinal Heats
- 3:45pm Semifinal Heats
- 4:15pm Final Heats
- Heats will run every 2 minutes with a short break between rounds.
- Final wave times will be dependent on field size.

Meissner Classic

- 2:00pm USSS 5K National Ranking List Classic
- 2:45 Youth 2.5k Classic
- 3:00pm Open 5/10k Classic.

Coaches and Race Information Meeting

- Thursday, February 18, @6PM on Zoom.
 - The Meeting ID is: 874 6843 2229
 - The Meeting passcode is: MBSEF
- Registration:**
- On line registration is at <http://www.mbsef.org/join-sign-up>. Registration will close at Noon Thursday the 18th.
 - There is no Late or Day-of-Race registration.
 - Bib pick on Friday will be outside the Teacup Lodge and outside the Meissner Lodge on Saturday.
 - Teams should send one representative for the entire team.
 - A single bib will be used for both days of racing. After you finish racing deposit your bib in the bib return container.

There is no US Ski and Snowboard Membership requirement for the open youth and Masters classic races.

US Ski and Snowboard membership is required for the:

- Teacup Sprints,
- Meissner U16-20 Classic National Points List Division.
- US Ski and Snowboarding membership is only available online at <https://usskiandsnowboard.org/membership>.
- A US\$ \$20 General Membership is all that is required for the US\$ sanctioned race for skiers 17 and younger.
- Older skiers and skiers trying to establish a competitive point profile for future races need a \$115 US\$ Membership and a \$50 PNSA membership.

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Waxing:

- US Ski and Snowboard has a “no fluorocarbon wax” policy that applies for all competitors in the USSS sanctioned races. This ban includes glide and kick waxes. Random testing for fluorocarbon waxes will be at USSS discretion. USSS did test at our January event.
- PNSA has an additional wax policy for glide waxes. In short, MBSEF as the host site, will announce the glide wax for the weekend. That wax will be Swix HS5, HS6, or HS8. No other glide wax is allowed in sanctioned race. Again, random testing for glide wax is at the discretion of USSS and PNSA.
- Out of a sense of fairness and environmental responsibility, we ask all skiers in the open races to be fluoro free.

Trail Passes:

- Both Teacup and Meissner accept donations toward trail grooming. A \$10 per skier fee is fair but not required.

Seeding:

For Friday’s sprint qualifier seeding will be:

- U12/U14/U16/U18/U20 and older Males will be treated as a single age group and seeded by:
 - US Ski and Snowboard Sprint points with lowest points first.
 - Skiers with 990 points will follow in a random seed.
- U12/U14/U16/U18/U20/and older Females will be treated as a single age group and seeded by:
 - US Ski and Snowboard Sprint points with lowest points first.
 - Skiers with 990 points will follow in a random seed.

For Saturday’s classic race seeding will be:

- All open races will be random seeding with Males and Females as separate events.
- U16/U18/U20 and older Males will be treated as a single age group and seeded by:
 - US Ski and Snowboard distance points with lowest points first.
 - Skiers with 990 points will follow in a random seed.
- U16/U18/U20/and older Females will be treated as a single age group and seeded by:
 - US Ski and Snowboard distance points with lowest points first.
 - Skiers with 990 points will follow in a random seed.

- The open races will have random seeding with some race organizer input.


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Kings Court Format:

First there is qualification round time trial with 15 second interval starts. Then there are heats including all skiers, mixed genders, and mixed age groups with no eliminations. For the first round of heats (quarterfinals) the fastest six qualifiers go into the first heat, the next fastest six go into the second heat, and so on until all qualifiers have been assigned to heats. After the quarterfinals the first and second finishers in each heat move up one heat for the semifinals, while the fifth and sixth of each heat move down one heat (except that no one moves up from the first heat or down from the last heat). The same thing happens from the semifinals to the finals. Final race results are the finish order in each consecutive heat: first through sixth places are the finish order of the first heat; seventh through twelfth places are the finish order of the second heat, and so on.

FIS Classic Pole Length Rule Monitoring:

- FIS limits classic pole length to 83% of the skier's height. The Race Jury has the right to challenge a skier's pole length in the USSS event.

Start Lists and Results:

- Start Lists will be posted to Webscorer.com the morning of each race.
- Unofficial and then final results will be posted at Webscorer.com.

Classic Race:

- There will be skating monitors and at least one required striding zone on the course.

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