2023 Junior Nationals Fairbanks, Alaska

Team Captains' Meeting
16:00PM Alaska Time, Sunday, March 5
Via Zoom



Welcome to the 2023 Junior Nationals



Pre-Junior Nationals Team Captains' Meeting Agenda

- Roll Call of Teams
- Introduction of Jury
- Confirm Entries
- TD Remarks
- Chief of Comp Remarks
- Venue Information
- Course and Stadium
- Grooming Plan

- Course Access by Coaches
- Event Logistics
- Communications
- Other
- Weather Forecast
- Review JN Schedule
- Adjournment



Roll Call

- Alaska
 - Ja Dorris
- Far West
 - Will Sweetser
- Great Lakes
 - Tamara Bryant
- High Plains
 - Becky Wheeler
- Intermountain
 - Ashley Knox

- Mid-Atlantic
 - Jason Hettenbaugh
- Midwest
 - Julia Curry
- New England
 - Justin Beckwith
- Pacific NW
 - Heidi Loewen
- Rocky Mountain
 - Dina Pesenson



Competition Jury

- FIS Technical Delegate, Doug Debold, Minnesota
- Assistant FIS Technical Delegate, Justin Easter, Maine
- Jury Member, Lin Hinderman, Girdwood, AK
- USS&S Representative, Allan Serrano
- Chief of Competition, John Estle
 - Ex-officio: Assistant Chief of Competition, Scott Jerome, Fairbanks
 - Ex-officio: Assistant Chief of Competition, Greg Whisenhant, Fairbanks





Remarks from Technical Delegate

• FIS Technical Delegate, Doug Debold, Minnesota



Jury Decisions

- Jury Decisions will be available at https://jn2023fairbanks.org/jury-decisions/
- Jury Decisions regarding sanctions will be communicated to the coach of the skiers to be sanctioned
- Generally applicable Jury Decisions will be communicated to coaches via WhatsApp and via PA Announcements



General Remarks from Chief of Competition

• Chief of Competition, John Estle



Competition Committee

- Chief of Competition, John Estle
- Assistant Chief of Competition, Scott Jerome
- Assistant Chief of Competition, Greg Whisenhant
- Chief of Course, Bill Husby
- Head Groomer, Tom Helmers
- Chief of Stadium, Susan Faulkner
- Chief of Stadium, Gary Knuepfer
- Chief of Timing, Anna Sorensen
- Data Manager, Ernie Page
- Chief of Competition Control, Pat Lovely, Cam Leonard
- Chief of Secretariat, Pam Laker



Data Management



Where to Find Start Lists, Results, etc

- Go to jn2023fairbanks.org to find results, start lists, etc.
- In the top menu are menu items: "Start Lists", "Results", etc.
- You can find PDF versions of the lists on those pages.
- You will also find a link to the JN2023 event page on zone4.ca: https://zone4.ca/event/2023/07683C52/
- That page will have links to start lists, results and live timing



Check Entry List

- Entry list was e-mailed yesterday morning (AK time)
- Please let us know if you have checked the list as requested and have made corrections using the online form.
- Link to online form: https://forms.gle/2GkPTNxR6DKcfxL36
- Please send confirmation that your list is correct or that you have made the corrections to John Estle and to Data Manager Ernie Page at ebp@ebpage.com
- If you have not yet checked entries and made corrections online, please do so not later than Tuesday, March 7.



Seed Lists for Interval and Sprint

- Seed lists for the Interval Start competition and the Sprint Qualifying round will be prepared according to Junior National rules 58.2 and 58.4, respectively
- Seed lists for the Interval Start and Sprint will be prepared Friday night and distributed Saturday morning via e-mail and WhatsApp.
- Corrections to BOTH LISTS are due not later than 10:00AM Sunday due to the limited time available between the conclusion of the Interval Start race and the TCM Monday afternoon.
- Once corrections have been made a start list for the Interval Start competition will be prepared and will become final at the conclusion of Sunday's TCM and then will be published to the web
- The Sprint Qualifying start list will be available late Sunday or early Monday to avoid confusion between the two lists.



Data Mgmt Schedule for Interval Start and Sprint – Fri-Sat-Sunday AM

- Friday night, March 10 Seed lists (both Interval and Sprint) generated and approved by Jury
- Friday night or Saturday morning, March 11 Seed lists(both Interval and Sprint) distributed to coaches via email and WhatsApp
- Saturday through Sunday morning Team leaders check seed lists for errors.
- If errors are seen, immediately notify Data Manager Ernie Page via email at ebp@ebpage.com



Data Mgmt Schedule for Interval Start and Sprint –Sunday

- 10:00AM Sunday morning Deadline for Team Leaders to indicate approval of seed LISTS (both Interval and Sprint)
- Sunday mid-day Start lists (both Interval and Sprint) created from seed lists and approved by Jury
- 16:00PM Sunday TCM for Interval Start
- End of TCM Interval Start list becomes final and is published to web; hard copy provided later this evening
- End of TCM Sprint Qualifying start list becomes final
- Later Sunday night or early Monday Morning Sprint qualifying start list will be circulated to coaches



Weston Award Rules

61.7 The Roger Weston High School Team Award (HSTA)

61.7.2.1 Teams must have at least three individuals competing at the Junior Nationals. There is no maximum number. Competitors must be currently enrolled and attending high school at the time of the competition to be eligible. Any skier who has received a high school diploma or the equivalent certification, is ineligible, even if they are attending a school as a post-graduate skier.

61.7.2.2 Teams must be eligible to compete in their respective state high school Championships, sanctioned by the National Federation of State High School Association.

61.7.2.3 Eligibility of an individual team member is defined as meeting all the eligibility rules of the State and the High School eligibility rules that apply to High School athletes in all sports in their respective states.



JN Club Award Rules

61.8 Junior National Club Team Awards (JNCTA)

61.8.2.1 Competitors must be current members of a U.S. Ski & Snowboard Club that has established its membership before the first National Ranking List competition of the season.



Venue Information



Birch Hill Recreation Area

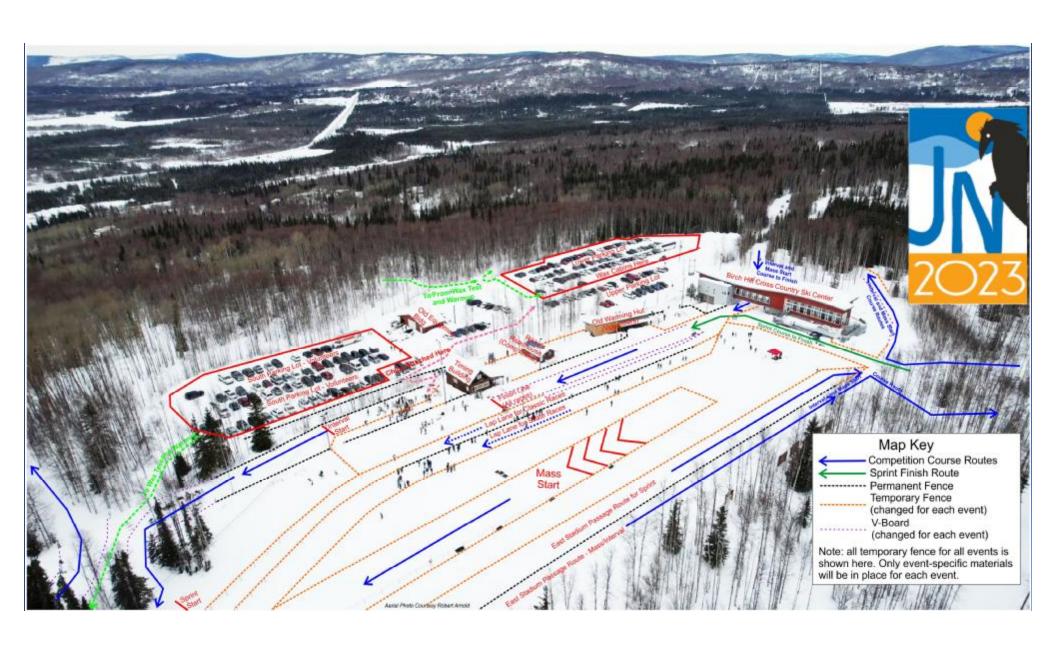
- Venue Layout
- Gate Hours
- Wax Cabins/Porta-Potties
- Parking
- Course Access (before/after competition)
- Ski-Test Warmup Access (during competition)
- Competitor Access to Start
- Competitor Exit from Finish
- Clothing Handling/Refreshments



Daily Schedule

- Birch Hill Gate Opens 06:00AM
- Ski Center Building Opens before first shuttle bus arrives
- Ski Center Building Closes 21:00PM
- Birch Hill Gate Closes and Locks At Midnight
- Grooming Begins 22:00PM no skiing on course while grooming is underway





Waxing Compound/Wax Trailers

- Location of Compound
- Parking
- Proximity/Routes to Warmup/Testing Loops
- Routes from Waxing Compound
 - Chip attachment area
 - Start area for interval, sprint, mass



Wax Depots, etc.

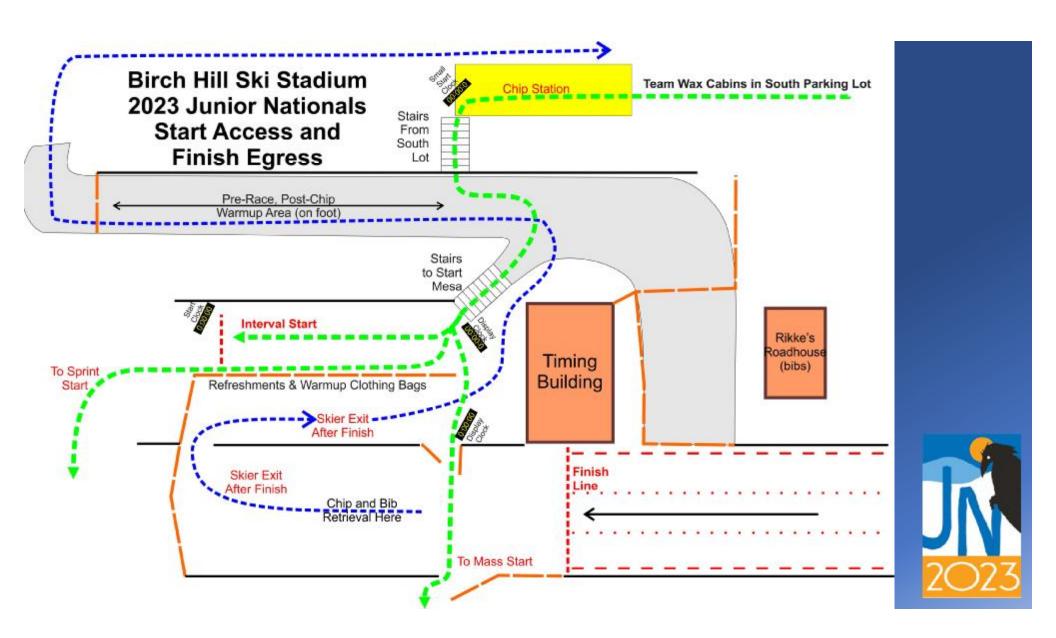
- Wax depot locations are on maps
- Race Day Glideout areas
 - Monday for interval start
 - On West Ramp between up and down tracks (pre-competition only)
 - On Ramp before spectators arrive (pre-competition only)
 - Tuesday/Thursday
 - · West Ramp all day long
- Wax Testing Loops
 - Monday North 40 upper loop, Blue Loop
 - Tuesday-Thursday Comp Loop



Access Routes to Testing & Warmup Areas

- See routes on Course maps to follow
- Be sure to exit South Parking Lot through yellow steel gate in SE corner of lot, OR
- Descend curving road NW of Old Equipment Building to reach North 40 loop
- Details for each race





Access Routes to Start

- See routes on Course maps to follow
- All start access from waxing area MUST BE through chip attachment station
- Chip attachment station for Interval Start and Mass Start is at the bottom of stairs in NE corner of South Parking Lot
- Chip attachment station for Sprint is between the Start Mesa and the sprint start
- Once chips are attached, skiers must continue toward start area or warmup area between chip station and start



Exit Routes from Finish

- See routes on Course maps to follow
- Chips will be removed immediately after finish
- Skiers exit SW corner of finish zone to post-finish area on Start Mesa
- Skiers exit Mesa via the stairway and down the road to avoid congestion with skiers entering from chip area



Course and Stadium Info for the Competitions



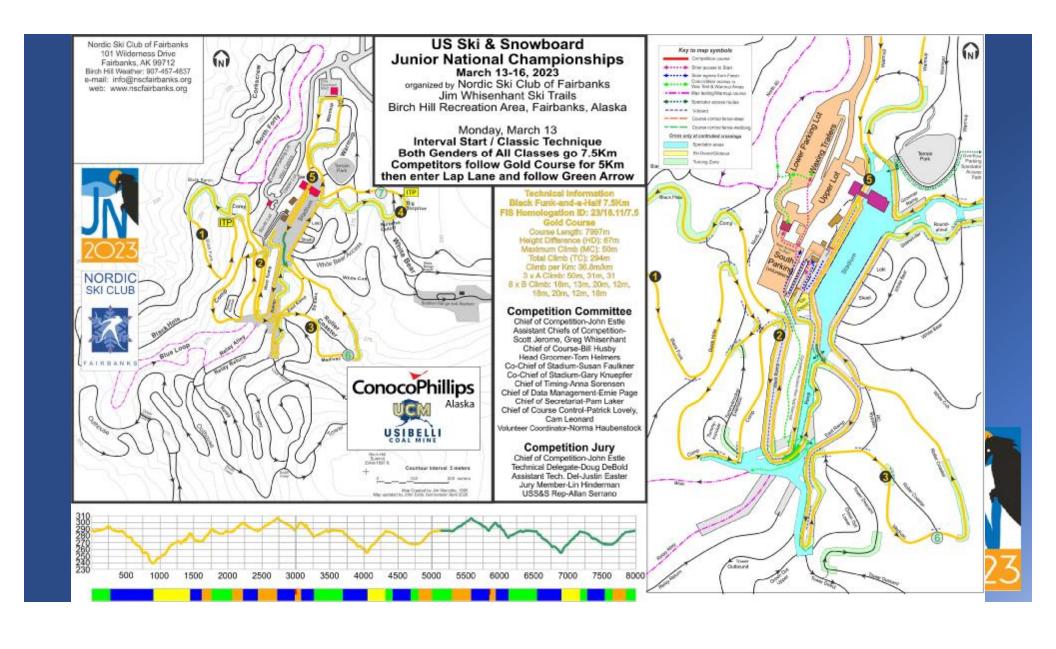
Technical Information

- All courses, with the exception of the 1050m sprint course used for the U16 heats are FIS homologated
- Course Opening/Closing
- Forerunners
- Please go to jn2023fairbanks.org to see course maps.
- Maps will also be posted on the bulletin board in the foyer of the Birch Hill Cross Country Ski Center and on the bulletin board in Rikke's Roadhouse



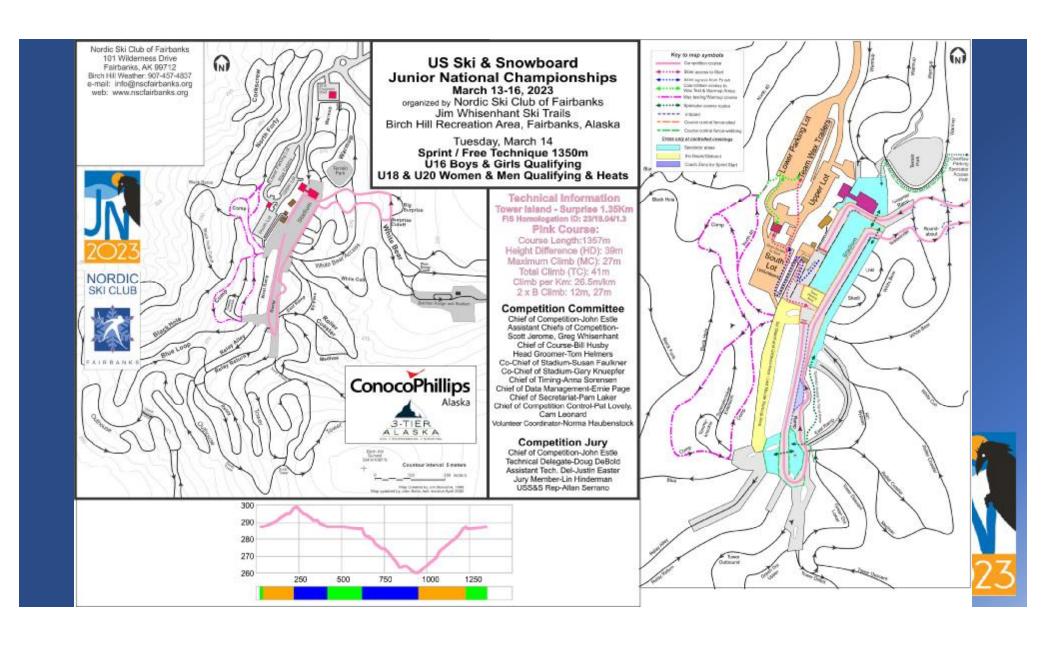
Interval Start 7.5Km Black-Funk-and-a Half 7.5Km Course





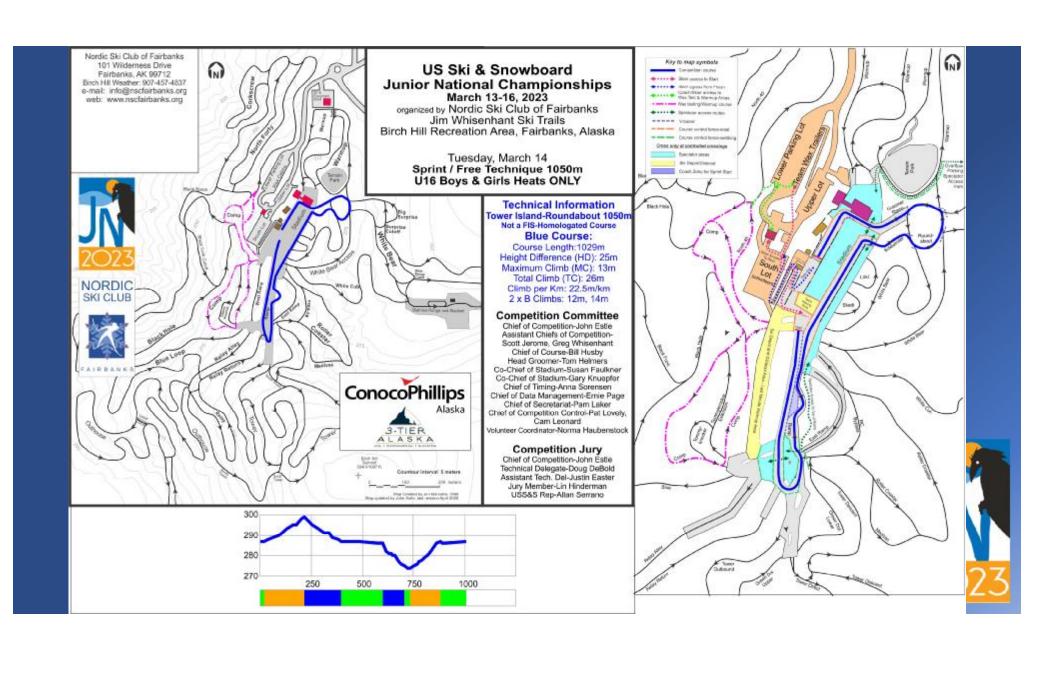
Sprint Qualifying – All Classes Tower Island-Surprise 1350m Course





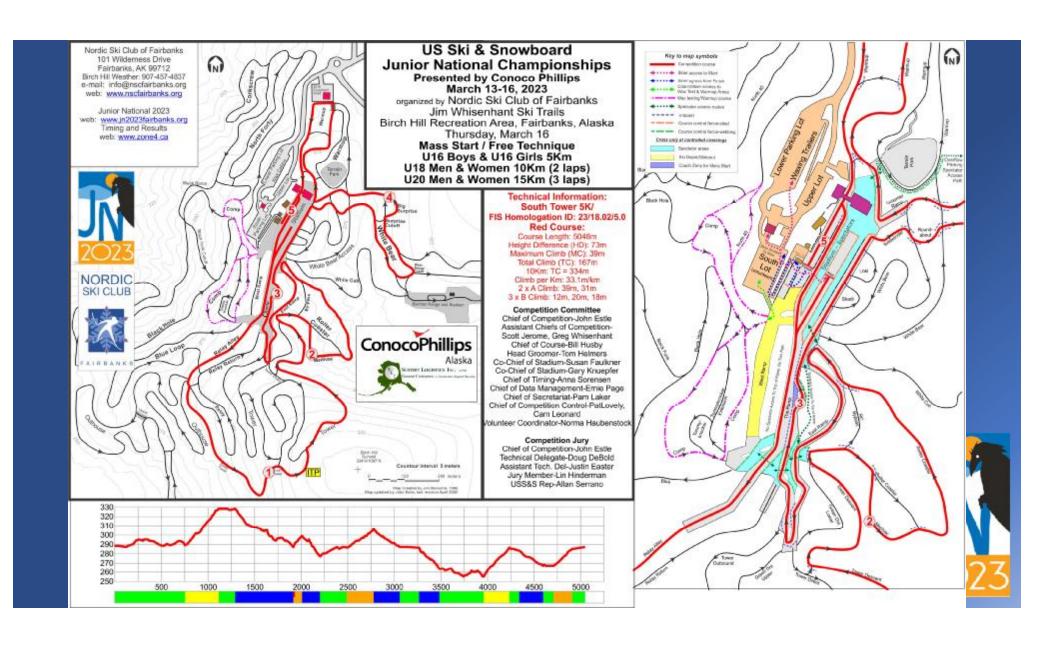
Sprint Heats for U16 Class Tower Island-Roundabout 1050m Course





Mass Start 5Km-10Km-15Km Course South Tower 5Km





General Grooming Plan



Grooming Fleet

- PB100 new this winter
- PB100 purchased in spring 2012
- 5 x Skidoo Skandics
- 2 x Alpina Sherpas
- Very Experienced Crew
- Head Groomer, Tom Helmers (25+ years at Birch Hill)



General Grooming Plan

- See attached PDF
- If no snow, grooming will begin around 22:00PM
- If there is snow, grooming plan will be adjusted
- Saturday general grooming
 - Turning Zones marked
- Sunday groomed same as for Monday race
 - Turning Zones marked
- Wednesday groomed same as for Thursday race



Course Access



Course Access by Coaches

- Before and After Course Is Closed For Competition
- During Competition
- Start and Finish Access



Wax Testing and Warmup Loops

- These loops and the paths you should use to access these loops are shown on course maps and stadium diagrams
- Loops off the competition courses for Interval Start
 - North 40 (the upper 1Km will be groomed for testing and warming up; the remainder of the loop is available for warming up, too)
 - Blue Loop
- Loops off the competition courses for Sprint/Mass
 - West Ramp
 - Comp Loop
 - The entire North 40 is available for warming up but areas below the upper loop will not be race-groomed on race day



Testing on Course When Course is Open

- Coaches wearing any of the bibs pictured to the right can test on course when the course is open
- Athletes in competition bibs can test and/or warmup on course when the course is open



Testing on Course During Interval Start Competition

- During the interval start competition, coaches wearing red "COACHES" bibs can test on the course between the 0.5Km mark and the 2Km mark of the course (see stadium diagram for distance markers)
- Each team will be provided two red bibs at Sunday's TCM







Testing on Course During Sprint And Mass Start

- There will be no testing on course during the sprint and mass start competitions, except when the course is explicitly open for testing, warmup and inspection.
- All testing and warmup during the sprint and mass start competitions will take place on the designated testing and warmup tracks



Field of Play Access

 Coaches wearing any of these bibs can stand on foot – not on skis – "inside the fence" of the course during competition









Coaches in Start and Finish Areas

- One coach per division/district team allowed
- Coaches are allowed into start and finish only with Start/Finish bib
- Coaches must stay on Start Mesa or at extreme south end of finish area unless called into controlled finish area to assist an athlete.
- Coaches can also stay in the warmup area between the chip station and the Start Mesa





Event Logistics



Event Logistics – Steve Taylor, OC

- Arrival
- Buses to Functions
- Shuttle Buses to Birch Hill
- Special Events
- Award Ceremonies at Birch Hill
- Departure after Final Banquet



Team Arrivals

- Alaska Various
- High Plains Friday, March 10, 14:02PM, AS160
- Midwest Friday, March 10, 14:40PM, AS106
- Intermountain Friday, March 10, 14:40PM, AS106
- New England Friday, March 10, 20:49PM, AS97
- Rocky Mountain Friday, March 10, 23:40PM, AS209
- Great Lakes Saturday, March 11, 01:40AM, AS223
- Mid-Atlantic multiple flights
- Far West no info
- Pacific NW multiple flights



Bus Schedule – Airport and Ceremonies

- Arrival One coach-type bus per arriving team that is staying at Bear Lodge/Wedgewood
 - Teams are responsible for transporting ski-bags and wax gear
- Opening Ceremonies Transport on coach-type buses for teams that are staying at Bear Lodge/Wedgewood
 - All teams will depart Bear Lodge/Wedgewood at the same time
- Final Awards & Banquet Transport on coach-type buses for teams that are staying at Bear Lodge/Wedgewood
 - All teams will depart Bear Lodge/Wedgewood at the same time
- Departure Details will vary by team and departure time



Bus Schedule – Birch Hill Shuttle

- Saturday 07:25AM-16:00PM
- Sunday 07:25AM-16:00PM
- Monday 07:55AM-16:00PM
- Tuesday 07:00AM-18:20PM
- Wednesday 07:25AM-16:00PM
- Thursday 07:55AM-16:30PM
- See PDF schedule for details about frequency of runs, estimated wait times, etc.



Opening Ceremonies

- UA Fairbanks Student Rec Center (UAF SRC)
- Saturday, March 11, 16:00PM start
- Bus Transportation Plan
 - Departure from Bear Lodge/Wedgewood at 15:00PM on coachtype buses
 - Staging of teams begins at 15:30PM
 - Ceremonies begin at 16:00PM
- Duration of Ceremonies will be less than one hour
- Ice cream served to skiers and coaches as they exit!
- Return Bear Lodge/Wedgewood via coach-type buses



Coaches' Function

- Tuesday night, March 14, beginning at 19:30PM
- After LOOOONNNNNGGG Sprint Day
- UA Fairbanks Campus Pub
- Meal provided by JN2023 no charge
- Two coupons per coach, then cash bar



Final Awards and Banquet

- Thursday, March 16
- UAF Campus
- Transportation on coach-type buses for teams at Bear Lodge/Wedgewood – Departure time: 18:00PM
- 6:30 Awards Ceremony at Davis Concert Hall Free admission for all skiers, coaches and parents, capacity over 1000
- Followed by Taco Bar meal at Wood Center Ballroom (skiers and coaches, not parents)
- Groups not leaving for the airport immediately will be able to stay at Wood Center. Entertainment will be provided.



Award Ceremonies – On Site

- Awards presentations will take place on the Birch Hill Cross Country Ski Center deck (north end of stadium)
- All awards for the top 10 finishers in each class will be made on site after each race is completed.
- Awards for the mass start will be made after both genders of each age group have finished racing
- A time will be specified for each award ceremony and announced at the TCM the day prior to the race
- Make sure your skiers are available for the awards



Communications



Communications

- WhatsApp
- PA Announcements during competition
- Email / Website / Facebook



Team Captains' Meetings

- TCM's will take place in Bear Lodge in the room on the right as you enter the lobby
- Please only 2 representatives per division
- Meeting times:
- Sunday, March 12, 16:00PM
- Monday, March 13, 16:30PM
- Wednesday, March 15, 16:00PM
- Find TCM PowerPoint presentations at: https://jn2023fairbanks.org/team-captains-meetings-information/



WhatsApp Group

- All Coaches (including Team Captains)
- Invitations will be sent out for the WhatsApp groups via text and/or e-mail



Video Stream

- Will be on Alaska Uuniveral Productions YouTube channel
- There will be a link to the stream from jn2023fairbanks.org
- All events will be streamed
- Fixed Cameras; Maybe mobile camera for Awards
- Commentator, Andrew Kastning
- Please ask your athletes to provide some personal biographical information at this URL: https://docs.google.com/forms/d/e/1FAlpQLSfvvHJyzHI7V MOZa0KnUK-JLFmqpB-0S5Qm5JJNPa0fV5pdtg/viewform?usp=pp_url



Social Media

- Website: https://www.jn2023fairbanks.org
- Facebook
 - https://www.facebook.com/profile.php?id=100083058886302
- Instagram
 - https://www.instagram.com/jn2023_fairbanks/?igshid=YmMyMTA2M2Y%3D
- We do not have a Twitter account



Hard Copy Reports Availability

- Seed lists for checking will be available online and at the Competition Office
- Start lists We will provide a stack of start lists at the front desk of Bear Lodge the evening before each race
- There will be 4 copies of the start list in each team's bib bag on race morning
- Each team's bib bag will include four copies of a bib list by team for bib distribution
- We will publish PDF files of all reports to the web, so you will be able to view any reports that we create



Other Stuff!



Special Stuff for the Skiers

- Webcam
- More details to come



Parent Activities – Offered by OC, p1

- Have parents check out jn2023fairbanks.org for info
- Permafrost tunnel tour IS FULL!!!!!!
 - Signup info will be provided
 - Limited capacity
 - Send e-mail to: mjwooller@alaska.edu
- Reception at UAF Museum of the North (MON)
 - Wednesday, March 15, 18:00PM at MON on UAF Campus
 - Includes access to all Museum of the North Exhibits
 - Tickets will be available at Opening Ceremonies and at Merchandise Table in the Birch Hill Cross Country Ski Center – you must purchase these in person
- See activities on this page:
 - https://sites.google.com/alaska.edu/jnfamilyfun/home



Parent Activities – Offered by OC, p2

- Behind the Scenes tour of UAF Museum of the North (MON)
- Send an e-mail to the Museum Director Pat Druckenmiller at: <u>psdruckenmiller@alaska.edu</u>
- There is an extensive list of activities on this page:
 - https://sites.google.com/alaska.edu/jnfamilyfun/home



Parent Activities – Other Activities

- Chena Hot Springs
- Running Reindeer Ranch
- Sled Dog Tours
- World Ice Art Championships; Ice Park Fairbanks
- Skiing opportunities
 - Birch Hill outside of competition
 - UA Fairbanks Trails
 - Backcountry and multi-use options



Weather Information URLs – page 1

- NSCFairbanks' Birch Hill Weather Station:
 - https://www.nscfairbanks.org/weather/
 - This weather station is located within 10m of the finish line in the Birch Hill Ski Stadium. It is located about 3m above the ground. It is a high-quality weather station
- National Weather Service (NOAA) -
 - https://forecast.weather.gov/MapClick.php?zoneid=AKZ222



Weather Information URLs, page 2

- Weather Underground
 - The two links below are for the Weather Underground stations that are closest to Birch Hill in distance and elevation
 - https://www.wunderground.com/weather/us/ak/fairbanks/KAKFAIRB231
 - https://www.wunderground.com/weather/us/ak/fairbanks/KAKFAIRB281
- Purple Air is known for monitoring air quality, but you can also find temperature and other useful information from their sensors
- https://map.purpleair.com/1/i/mAQI/a0/p2592000/cC0?select=102 460#12.23/64.85809/-147.65533 is the sensor located on the Birch Hill Timing Building

Weather Forecast

- Birch Hill-specific weather forecasts developed by the National Weather Service forecasters specifically for the Junior National Championships will be provided at TCMs
- From 10-day Weather Underground forecast
 - Daily High Temperatures +9F/-13C to +12F/-11C
- Overnight Low Temperatures -8F/-22C to -5F/-20C
- Precipitation
 - Some chance of precipitation on Thursday, March 9
 - After Thursday, little chance of precipitation until the evening of Wednesday, March 15
 - PLEASE NOTE that forecasts decrease in accuracy beyond 72 hours



Questions?



