



## **2025 WHSSA Nordic Ski State Championship**

**Laramie Wy**

**February 28th & March 1st**

### **LOCATION:**

Happy Jack Trails at Tie City Trailhead parking lot

### **WEATHER:**

<http://www.medicinewyoming.org/trail-and-road-conditions>

### **GROOMING REPORT:**

<http://medwyo.org/blogspot.com>

### **RACES:**

#### **Friday, February 28th:**

- Courses open for inspection at 8:00 am
- Bibs will be available at 8:00 am at the Warming Hut (close to the parking lot; see course map)
- The course will close 10 minutes before the race starts.
- Start Time – 10:00 am
- Classic Race 5K

- Interval starts: 1 skier every 30 sec
- Races will be run to completion
- Order of start:
  - Varsity Girls 10:00 am
  - Varsity Boys after the Girls race

**Saturday, March 1st:**

- Course open for inspection at 8:00 am
- Bibs will be available at the Warming Hut at 8:00 am (close to the parking lot; see course map)
- The course will close 10 minutes before the race starts.
- Start Time - 10:00 am
- Skate Race 10k
- Chevron Mass Start (Friday's results will determine start placement)
- Order of start:
  - Varsity Boys 10:00 am
  - Varsity Girls after the completion of the boy's race

**OFFICIALS:**

Chief of Competition: Rebecca Watson 307-760-6838  
 Chief of Course: Randy Hulme 307-760-2819  
 Chief of Timing: Christi Boggs 307-335-3438  
 Chief of Stadium: Rachel Watson 307-760-2942  
 Chief of Grooming: Randy Hulme 307-760-2819  
 Medical Personnel: Stephen Kaiser & Ken Cramer 307-742-3870  
 Athletic Director: Ron Wagner 307-721-4420

**START/FINISH:**

The start and finish for both days will be in Lower Meadow

**RACE ENTRIES:**

Christi Boggs will need your entries by Monday, February 24th

**Seeding:** Seeding will be done by coaches and then randomly drawn within each seed on Friday. Saturday racers will be seeded by their results from Friday's race.

**Warm-up skiing:** Campground & Sprint Loop will be open for warming up.

**REMINDER:**

Coaches/athletes/parents/spectators on skis must ski in the same direction as the race course (see attached maps). We appreciate your cooperation. For spectators/parents who will be walking, please do not walk on groomed trails whenever possible. There will be side trails packed around the stadium area to prevent walking on the race course. Watch for the 'Spectators' signs. Please help us in providing the best race track for all competitors.

### **WYOMING HS ALL-STATE POINTS:**

The top 30 skiers, regardless of the number of athletes from each respective team, receive All-State points as follows: 1st place earns 20 points, ... 20th place earns 1 point.

### **WYOMING HS TEAM SCORING:**

Starting from 1st place (20 points), the first 5 skiers from each team are allowed to score points for their team. If more than 5 skiers from a single team are in scoring positions, team points for the 6th skier (and subsequent skiers) from that team then skip to the next team. This format continues until the last point is received.

### **RESULTS:**

- Results will be posted during the events as they are computed and displayed on the side of the timing Shed.
- Copies will be distributed as soon as possible after each race.
- Protests must be made within 15 minutes after posting the unofficial results.
- Awards will be given as soon as the results are official.

### **AWARDS:**

The top 10 boys and girls for both days will receive awards. Awards for the first day of racing will be presented at the banquet Friday evening. Saturday's awards are being presented after Saturday's races.

### **Ice Cream Social:**

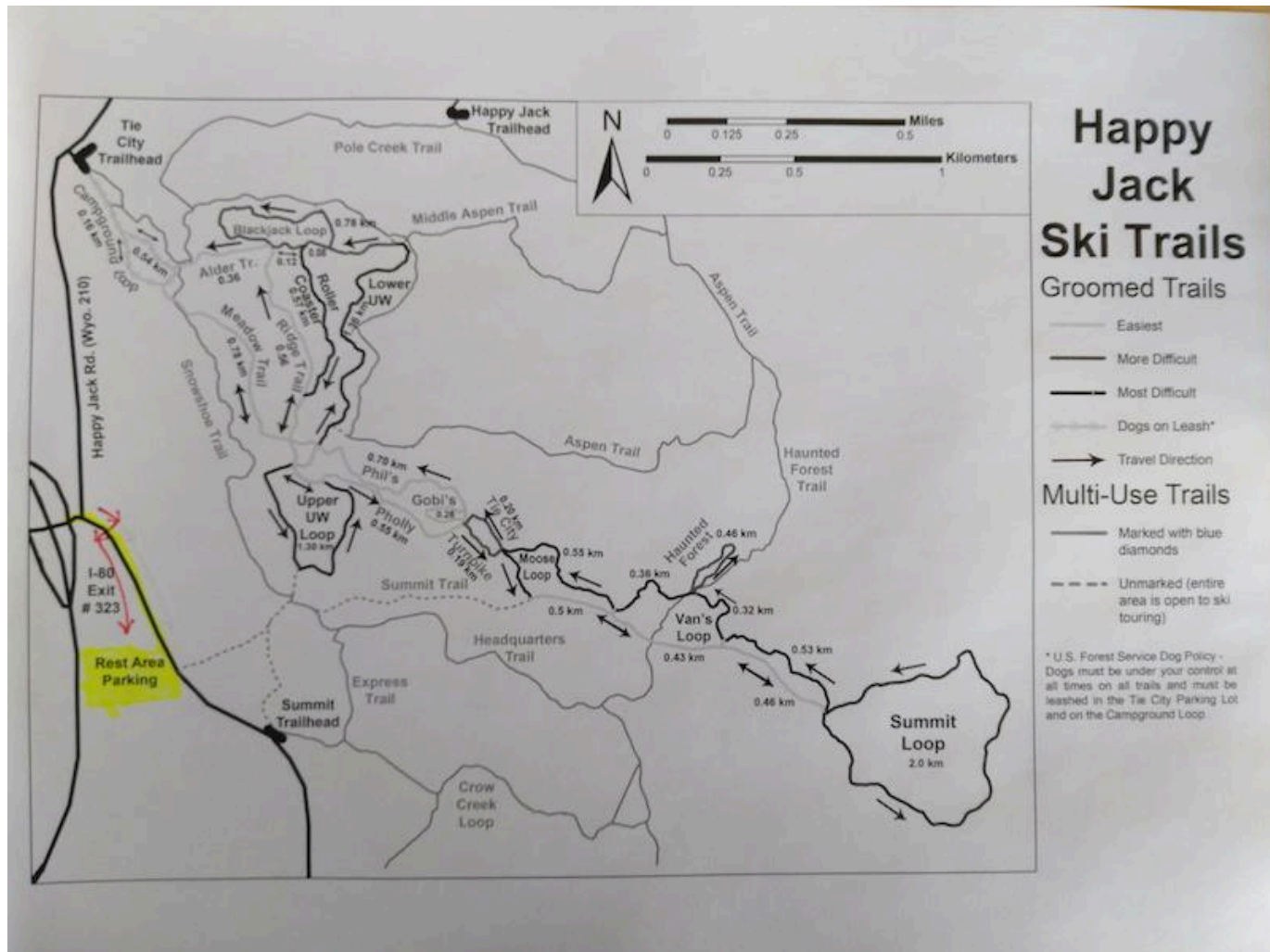
We are planning an ice cream social and awards on Friday at 7:30 pm at the new **Laramie High School Commons**. Buses can drop teams off in front of the building on Circle Drive then can park in the student parking lot or on the south side of the building. The address is 1710 Boulder Dr. Laramie, WY 82070. Everyone is welcome to attend, including coaches, athletes, parents and spectators.

### **State Shirts and Sweatpants**

<https://whsaastore.com/whsaa/event-5857>

### **PARKING:**

Buses can park at the Tie City Trailhead parking lot by the trails. Please use the left-hand side of the parking lot. Spectators will need to park at the Summit Rest Area parking lot by the Lincoln-Head Monument (see highlighted area on the parking map below) and use the shuttle provided.



### **WAX REGULATIONS:**

- Fluoro kick waxes are allowed in all WY HS races.
- A glide wax call will be made by Tuesday (2/25) of race week and emailed to coaches. Consistent with HP protocol, the Glide wax will be either Swix HS5, HS6, or HS8, all hard wax options.
- No NF sprays, liquids, rub ons will be used on top of the hard wax, race wax call.

### **MEDICAL PLAN:**

There will be medical personnel at the race events on both days. An operator will be on standby with the Medicine Bow Nordic Association (MBNA) snowmobile should athlete retrieval be required.

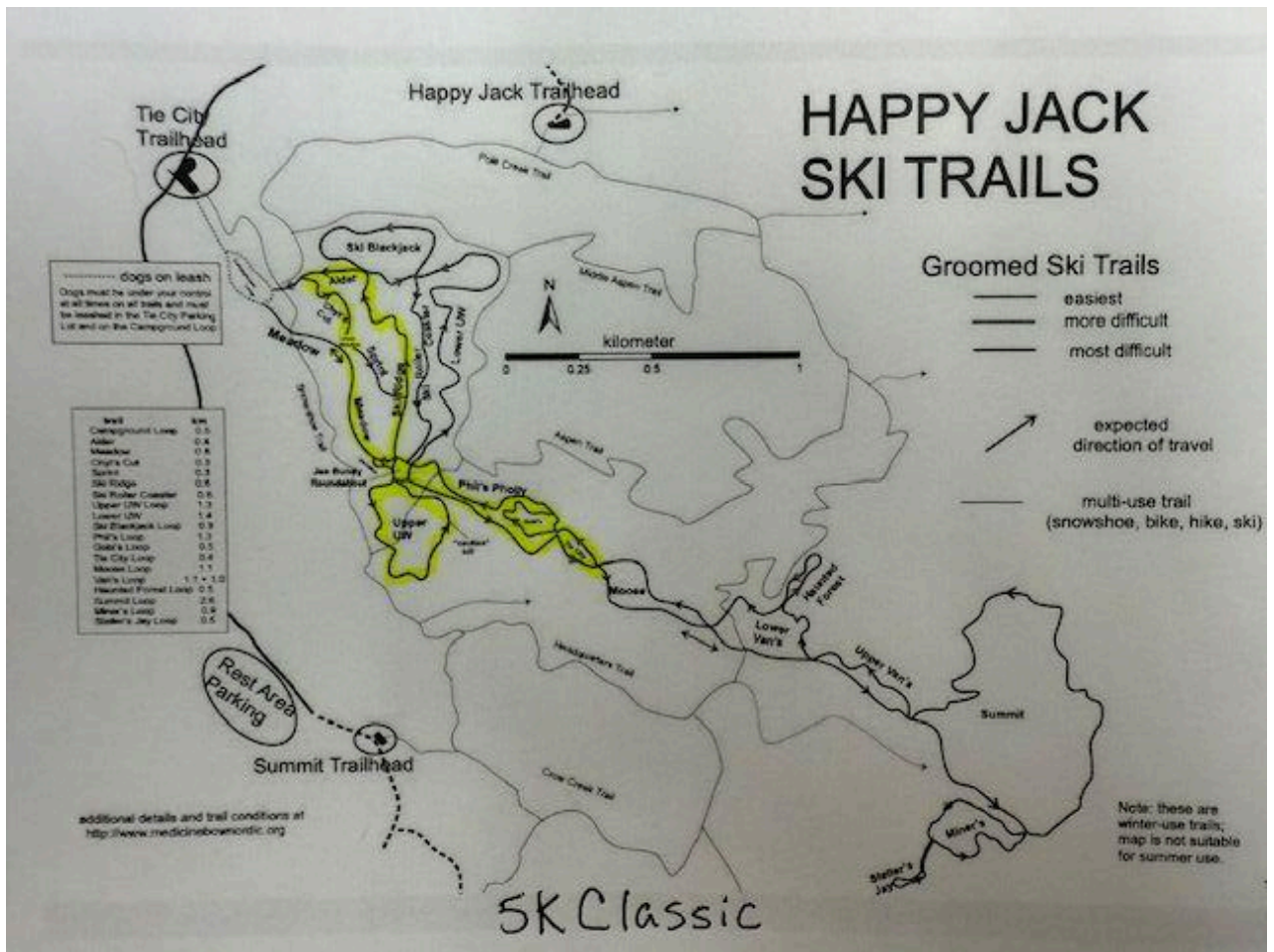
Trail markers are posted at all major intersections; trail maps are posted frequently throughout the trail system. In the event of an emergency, call one of the medical personnel and state the name of the trail as well as the skier bib number, to help authorities locate you. Our medical members will be located in the start/finish area.

They will have radios and their cell phones; cell phones seem to work best. Spotters will be out on the course with cell phones, and in the event of an injury, will contact the Medical Personnel, who will locate the injured and assess their needs. If required, our snowcat operator(s) will assist with retrieval.

In the event of a natural disaster, road closure, or safety issue, teams and coaches will be notified as soon as possible to ensure everyone's safety.

**COURSES**

5K Classic

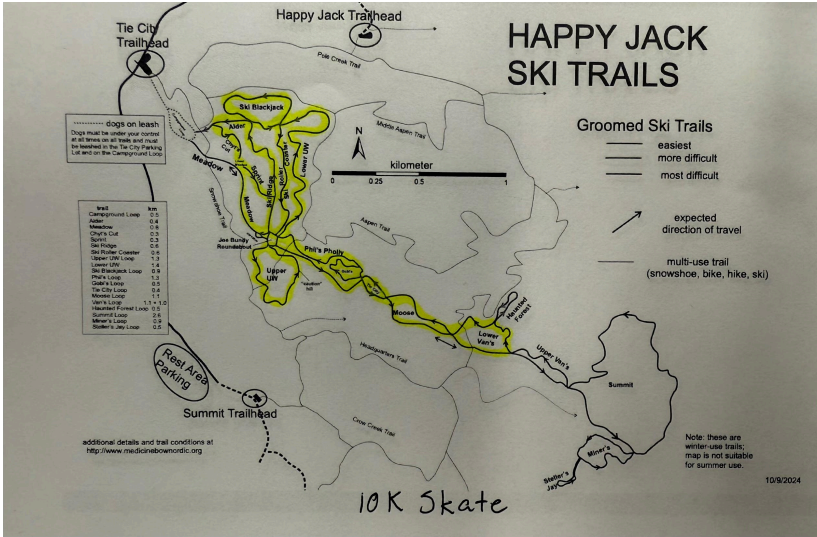




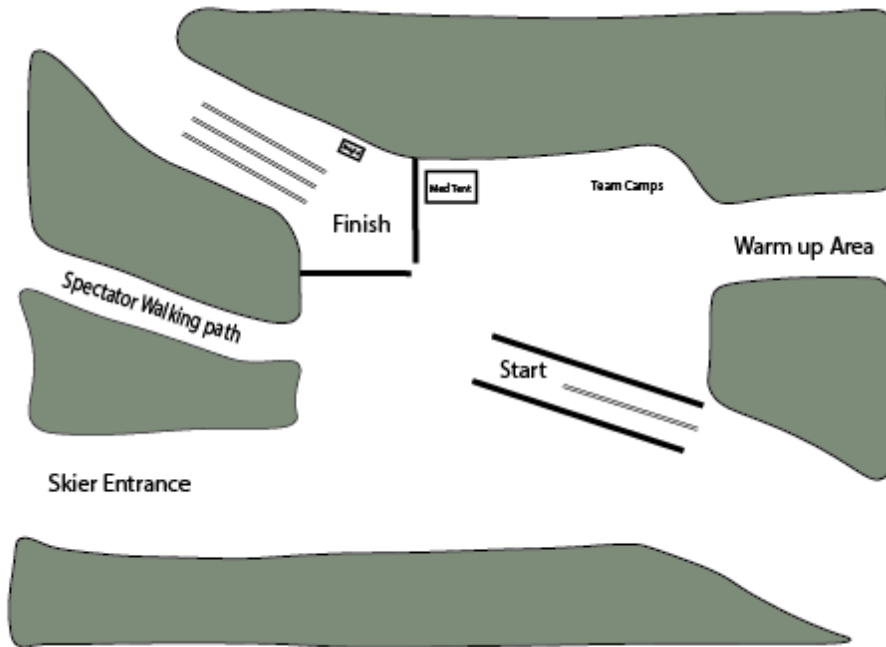
10k Skate Course:



10k Skate Back up course if snow is low:



### Stadium Map for Friday's 5K Classic Interval Start Race



### Stadium Map for Saturday's 10k Mass Start Skate

