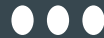


2022 Henchey Memorial

presented in partnership with
University of Vermont

U.S. Ski & Snowboard SuperTour, University of Vermont
Carnival, NENSA Eastern Cup, NENSA Zak Cup



February 4 - 6, 2022

Craftsbury Outdoor Center
Vermont, USA

Team Captain's Meeting #1

1.5k Freestyle Sprints (Friday) & Women's 10k, Men's 10k, and U16 Boys' & Girls' 5k Classic Interval Start Technique (Saturday)

Info, TCM presentations, and news will also be posted at the event website:

<https://www.craftsbury.com/events/henchey22>

- Follow us on Facebook for updates: Craftsbury Outdoor Center

Organizing Committee:

- Chief of Competition: Ollie Burruss
- Chief of Race for Secretariat: Judy Geer
- Chief of Course: Lucas Schulz
- Chief of Stadium: Eric Hanson
- Chief of Start: Dick Dreissigacker
- Chief of Timing: Trevor Braun
- Timing Contractor: Bullitt Timing
- Volunteer Coordinator: Judy Geer
- Media and Information: Sheldon Miller
- Medical Coordinator: Bryan Picard

Officials

- TD: Justin Easter
- Asst TD: Tamra Mooney
- Chief of Comp: Ollie Burruss
- US Ski & Snowboard Rep: Allan Serrano
- NENSA competitive program director: Justin Beckwith
- TD, TDA, and CoC make up the jury at SuperTour events

Registration

- Team Captains: Check seed list, report discrepancies
- Give scratches to Ollie Burruss
(ollie.burruss@craftsbury.com)
 - By 4pm the night before each race
- Bib pickup will be in the lodge starting at 8:30am on Friday and 8:15am on Saturday.
 - Coaches, please email volunteers@craftsbury.com if you want your bibs batched for your team
- Schedule is posted online. Bib pickup will end 15 minutes before each race start.

Medical Plan

- Medical plan will be posted in First Aid HQ (next to the public wax room).
- A race doctor and/or other trained emergency responders will be on site every day, wearing red and yellow first aid bibs.
 - One will be placed on course
- There will be a rescue sled & snowmobile, staffed by a schedule of drivers (and backup drivers) all with radios.
- First aid kits (and AEDs) are located in the Touring Center, the Fitness Center and the Garage
 - Basic first aid HQ is the basement of the Fitness Center
- Copley is the nearest hospital, 30 minutes away in Morrisville.
- Ambulances come from Hardwick and take at least 30 minutes to respond.
- Do not block the double doors next to the public wax room

COVID 19 Mitigation Measures

- Please wear a mask and practice physical distancing wherever possible while at the Center.
 - Masks are required at award ceremonies
- We also ask that visiting teams respect the surrounding community by wearing masks when visiting local businesses.
- Hosting races during a pandemic is a privilege and our first responsibility is to keep our community members (including those not involved with the races) safe.
- Do you have close contacts or symptomatic racers?
Please check [the attendance guidance](#) in the race guide to see if you should show up.

General Info from OC

- No indoor spaces are open to the public.
- Masks are required in close quarters, even outside.
 - Masks are required at award ceremonies.
- Official race notice board will be between the event and the AC
- Coach bibs are required for course access.
 - Only in direction of travel
- TCM info will be [posted online](#). There will be another TCM Saturday at 7:30pm.
- Start lists and results will be posted on the [event site](#) and on the [Bullitt Timing website](#)
- Live results online at [Bullitt Timing](#); and on screens on the Event Shelter, next to the announcing bus, and at the garage.
- Food for sale from food trucks.
- Only FIS-licensed athletes are eligible for prize money. Must be present at awards ceremony to receive prizes.

Waxing

This event is a fluoro-free race weekend. No fluorinated waxes are permitted, regardless of the current position of the International Ski Federation (FIS). The goal of eliminating fluorocarbon wax products is to protect the health of our ski coaches and technicians, while also limiting the environmental hazards of the harmful chemical byproducts found in these waxes. If you cannot abide by this rule, please do not attend the event. Violators of the rule will be banned from racing at the Outdoor Center in the future. Violations go against the community spirit that we at the Outdoor Center appreciate so much. If we find that the racing community is unwilling to abide by this small ask, it could put our interest in hosting high level racing in jeopardy.

Notes for Friday's Sprint

- Please check the seed list for changes and scratches
- 15 second start interval
- A seed (top 20) will be randomized in each gender
 - Based on best FIS or NRL points
- Bib pickup for sprint heats takes place in the event barn and ends 5 minutes before the start of first quarterfinals
- Race notice board with screens mounted on Event Barn.
 - Heats will be posted there, as well as on screens in the Upper Field and at garage.
- Transponders (chips) are mandatory for qualifying. Athletes will be assisted with the proper placement as they enter the start pen.
 - Note: chip timing is only for backup and unofficial data. Chip times are not official times.
- Transponders will be collected at the finish. \$50 penalty will be assessed per chip not returned. Thanks for your help with this.

Weather

Overnight low Thursday: 14F; Friday: -3F

Race day high Friday: 18F; Saturday: 11F

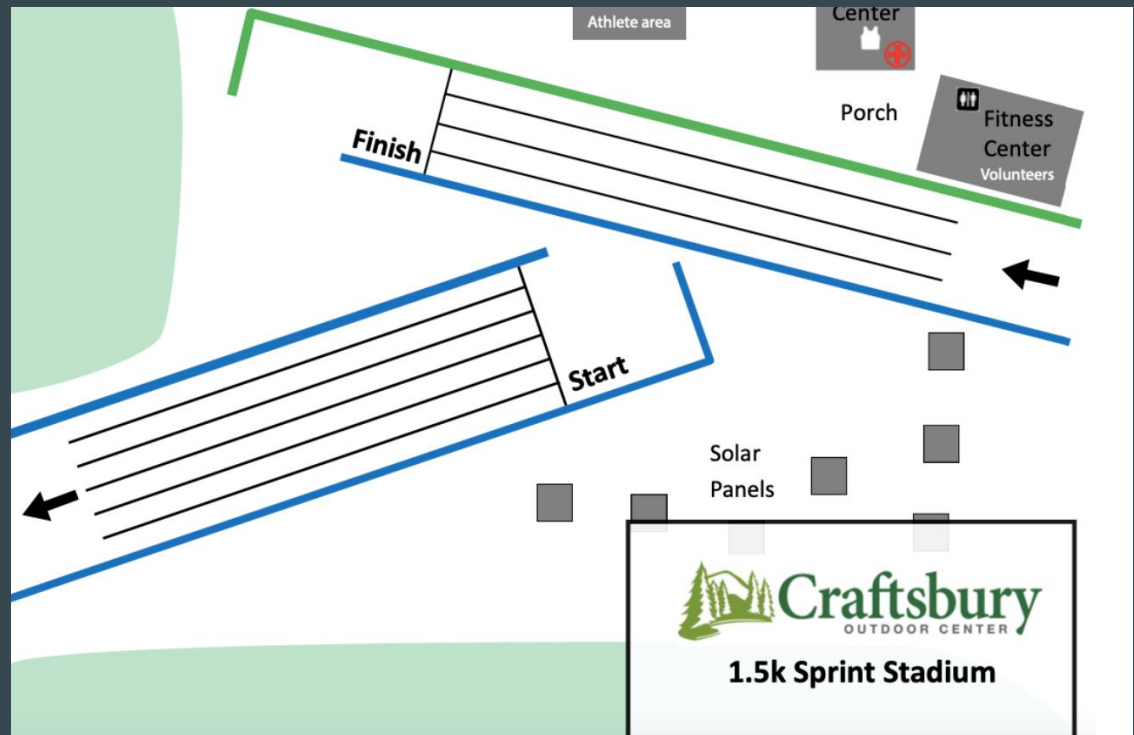
[Wunderground forecast](#)

[NOAA Forecast](#)

Grooming Plan

- Courses close 7pm night before race. No course access between 7pm and posted morning opening

- Freestyle sprints
 - One qualifier lane, no track
 - Six start tracks, 10m long
 - 4 lanes in finish corridor

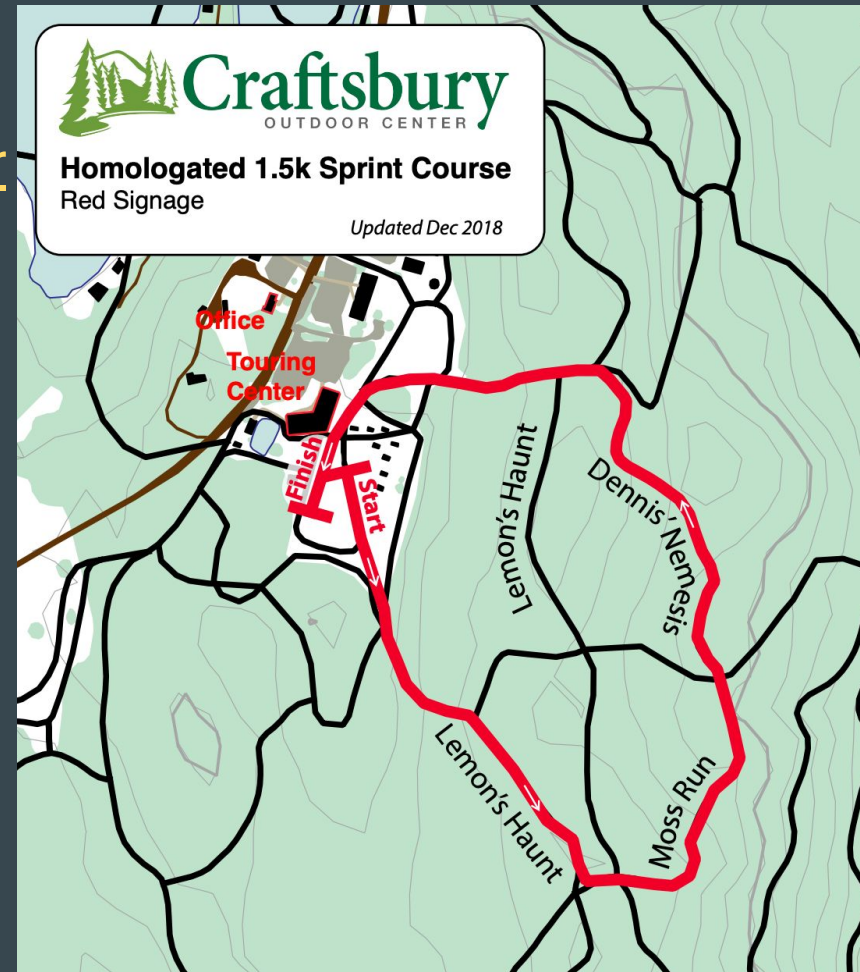


Schedule for Friday

Time	Location	Event
<u>Time</u>	<u>Event</u>	<u>Location</u>
7:30am	Course opens for testing	COC
9:30am	Bib pickup opens	Event barn
10:55am	Course closes	COC
11:00am	1.4k freestyle sprint qualifier - women followed by 5 minute break, then men	
12:30pm	Bib pickup for heats opens	Event barn
1:00pm	Heats begin (click here for a detailed heat schedule)	COC
2:10pm	Women's A Final	
2:15pm	Men's A Final	
2:20pm	Junior boys' and girls' semis begin	COC
2:40pm	Junior girls' final	
2:45pm	Junior boys' final	
2:55pm	COC	Open awards ceremony

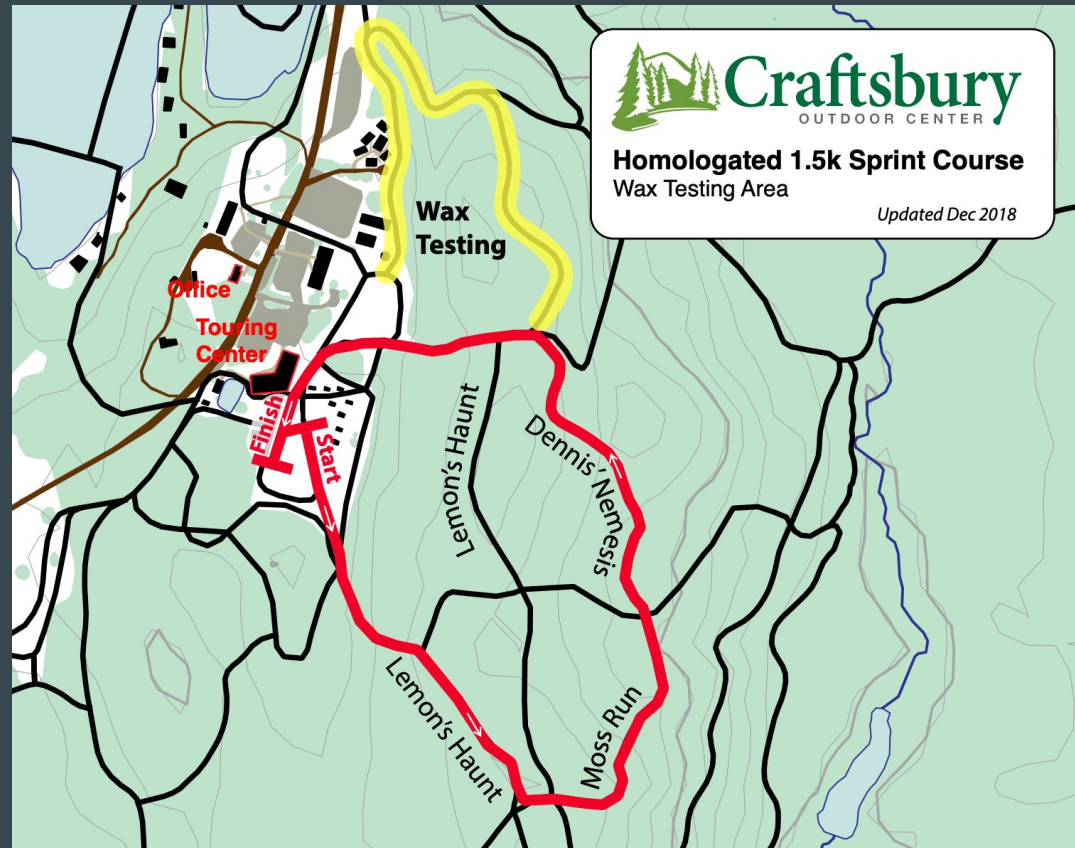
Sprint course notes

- Maps available at:
<https://www.craftsbury.com/ski/nordic-center/nordic-trail-maps>
- One qualifier lane, no track
- Six start tracks, 10m long
- Four lanes in the finish zone.



Wax Testing & Warm-Up

- Athletes are allowed on course for warm-up and ski testing until the posted closure time.
- Further warm up for athletes is available off the marked courses
- Glide outs will be permitted on the Cabin Hill on Friday



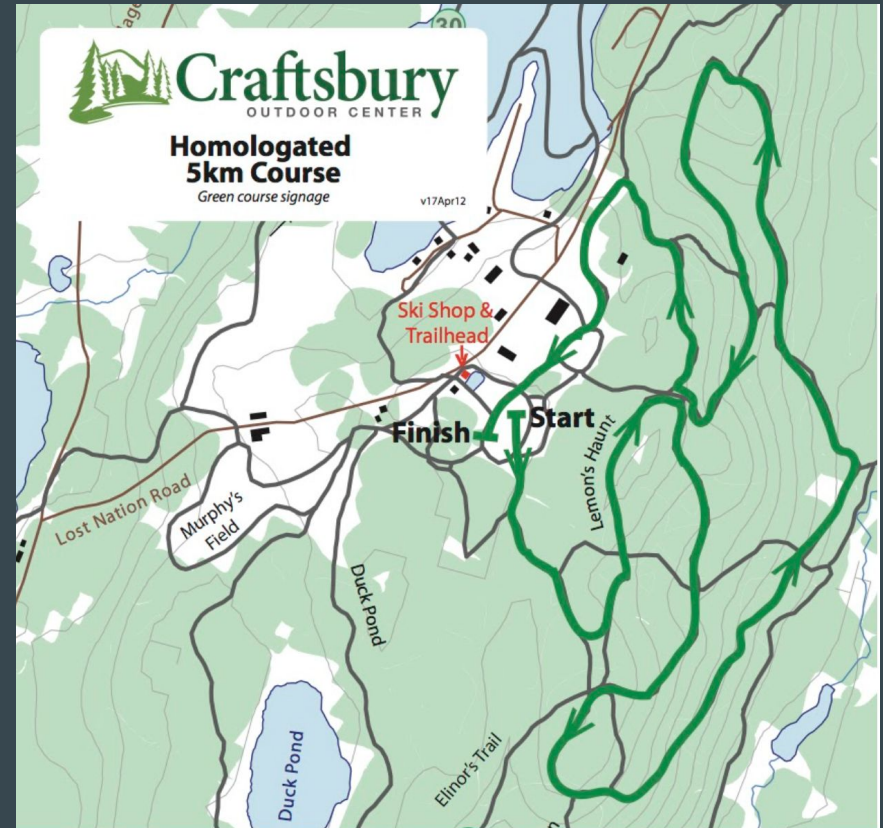
- Course closure times are on posted schedule. (5 min before start).
- Credentialed Coaches and Service Staff with bibs can be on the courses skiing in the direction of race **during interval starts**.
 - No sharing bibs; coaches must be registered.

Saturday, Feb. 5

Classic interval starts

Notes on the interval starts

- Classic technique
- North 5k course
- 10km for women
- 10km for men
- 5k for U16 girls/U16 boys
- Stadium will be in upper field
- 9:45am start for women
- 12:00pm start for men
- 2:15pm start for U16 girls
- 3:00pm start for U16 boys
- Transponders (chips) are mandatory. Athletes will be assisted with the proper placement.
- Transponders will be collected at the Finish. \$50 penalty will be assessed per chip not returned. Thanks for your help with this.
- Course open for warm-up if possible.



More notes

- The course will be open to athletes for preview while racing is going on
 - Athletes **must** wear bibs inside out
 - No skiing in groups, no coach-led course preview
 - Coaches may only ski Dino Hill loop for on-course testing (wearing coaches' bibs)
 - Access schedule is as follows:
 - Open men may access after 11am
 - U16 girls may access after 1pm
 - U16 boys may access after 2pm
 - Parents without bibs are not permitted to ski on course
 - Clubs found to be in violation of this will lose coaches bibs for the remainder of the weekend
 - Clubs are responsible for the conduct of their athletes and parents. Pass the message along!

Grooming Plan

- Courses close 7pm night before race. No course access between 7pm and posted morning opening
- Classic interval start
 - Double tracks around the course, best line
 - Turning zones will be marked and tracks will be lifted.
 - Perpendicular v-board marks the start and end of a turning zone
 - A lack of tracks does not necessarily indicate a turning zone
 - Check the course maps in the Race Guide for a map of the North 5k with marked turning zones
- Finish will be 4 tracks

Schedule for Saturday

Time	Location	Event
7:00am	AC	Course opens
8:15am	AC	Bib pickup opens
9:45am	COC	Women's 10k classic
12:00pm	COC	Men's 10k classic
2:00pm	AC Porch	Open flower ceremonies & college awards for both days
2:15pm	COC	U16 girls' 5k classic
3:00pm	COC	U16 boys' 5k classic
3:30pm	AC Porch	U16 flower ceremonies
7:30pm	online	Team Captains' Meeting

Seeding and Start Lists

- US Ski & Snowboard rule 50.2.2 may be in effect
 - 15 second intervals require a mixed A+C seed group
- Best available distance points, FIS or USSA
- 20-skier seed groups, randomized within each group
A-C
- Men: B, A, C, D and onward in seed order, Z
- Women: B, A, C, D and onward in seed order, Z
- Start list generated after team captain's confirmation of registered athletes for event
- Requests must be placed 24 hours prior to start time

Media

We will be doing some in-house video coverage. Please ask your athletes to cooperate with media requests. We're going to try to interview podium finishers after races.

General Info from TD

- Coach and service bibs will be issued. Wear them. Consider the information in this TCM to be the jury's informal verbal warning.
- Ski in direction of race only.
- Mind the course marshalls and course opening/closing times
- 15 minute protest period will begin after unofficial results are posted (at the conclusion of the today's racing).
- FIS Clarifications on Classic Technique

Questions?

Best of luck to all your skiers