



**Cowboy State Games
Cross Country Ski Championships
February 8 – 9, 2019**

**U.S. SKI & SNOWBOARD SANCTIONED QUALIFYING EVENT FOR
2019 CROSS COUNTRY JUNIOR NATIONALS
&
FUN All Ages Non-Sanctioned Races!**

**NOTE: U.S. Ski & Snowboard LICENSE or MEMBERSHIP REQUIRED FOR ALL ENTRIES
in the Junior National Qualifier U20 – U14 Categories.**

**The Middle School Race and Citizen Senior Master and Adaptive Races do not require
U.S. Ski and Snowboard License.**

Hosted by
Casper Mountain Biathlon Club
Casper Mountain Outdoor Center at McMurry Mountain Park
1110 East End Road
Casper, WY 82601
casperbiathlon@gmail.com



Registration

Registration Deadline is **Feb 4th, 2019 by 5 pm.**

No penalty for scratches.

Team Registration is available – Registration form available from Race Secretary Cathy Rosser

casperbiathlon@gmail.com

Individual Registration is available Online at the CMBC website: www.caspermountainbiathlonclub.org under Events.

No registration or skier additions on race day. \$10 per athlete late entry fee

Entry Fees

High Plains NRL and Junior National Qualifier (U20 – U16) Free!

U14 and Younger Free!

*free entry made possible by High Plains Nordic Association and Casper Mountain Biathlon Club Sponsorship

Adult Citizen Senior & Masters \$15 per person per race

Description of Classes

U20 – U16, Eligible for NRL points and High Plains Junior National Qualification

U14 & Younger, non sanctioned non points race

Adult Senior & Masters, non sanctioned non points race

Middle School Race – Athletes register by grade. 5th grade athletes and younger may race up into 6th grade.

Schedule of Events

Friday 8FEB- SKATE (15 sec Interval)

0900 Course open for Inspection

1330 Team Captains' Meeting

1355 Course Closed

1400 U20-U14 Girls Skate Race 5K (U14 2.5K)

1500 Adaptive Para Race 2.5K

1510 U20-U14 Boys Skate Race 5K (U14 2.5K)

1600 CSG Adults Skate 5K

1615 U12 Kids Skate Race 2.5K

1700 Award Ceremony at Finish Timing Building

SATURDAY, CLASSIC SPRINT 15 sec interval start

Casper Cowboy State Games (CSG) and JNQ/NRL Schedule

*Sprint Awards 5-10 mins after each Finals

9:00 a.m. U20/U18/U16/U14 Girls Interval Start Qualification
(5-minute break)

U20/U18/U16/U14 Boys Interval Start Qualification
(5-minute break)

CSG Adult Men & Women Interval Start Qualification

10:10 a.m. Adaptive Sprint Qual
10:15 a.m. U12 Girls mass start 1.5 km
10:20 a.m. U12 Boys mass start 1.5 km
10:25 a.m. U14 Girls B Final (bottom 50% of qualifiers) 1.5 km
10:30 a.m. U14 Boys B Final (bottom 50% of qualifiers) 1.5 km
10:35 a.m. U14 Girls A Final (top 50% of qualifiers) 1.5 km
10:40 a.m. U14 Boys A Final (top 50% of qualifiers) 1.5 km
10:45 a.m. Adult Sprint final
10:50 a.m. Adaptive sprint final

U16 Girls Quarterfinal Heats

11:05 a.m. U16 Girls Heat 1
11:10 a.m. U16 Girls Heat 2
11:15 a.m. U16 Girls Heat 3
11:20 a.m. U16 Girls Heat 4
11:25 a.m. U16 Girls Heat 5

U16 Boys Quarterfinal Heats

11:30 a.m. U16 Boys Heat 6
11:35 a.m. U16 Boys Heat 7
11:40 a.m. U16 Boys Heat 8
11:45 a.m. U16 Boys Heat 9
11:50 a.m. U16 Boys Heat 10

Semifinal Heats U16 Girls

11:55 a.m. U16 Girls Semifinal 1
12:00 a.m. U16 Girls Semifinal 2

Semifinal Heats U16 Boys

12:05 p.m. U16 Boys Semifinal 1
12:10 p.m. U16 Boys Semifinal 2

B-Final U16

12:15 p.m. U16 Girls B- Final
12:20 p.m. U16 Boys B -Final

A-Final U16

12:25 p.m. U16 Girls A- Final
12:30 p.m. U16 Boys A- Final

Quarterfinal Heats U18/U20 Girls

12:35 p.m. U18/U20 Girls Heat 1
12:40 p.m. U18/U20 Girls Heat 2
12:45 p.m. U18/U20 Girls Heat 3
12:50 p.m. U18/U20 Girls Heat 4
12:55 p.m. U18/U20 Girls Heat 5

Quarterfinal Heats U18/U20 Boys

1:00 p.m. U18/U20 Boys Heat 1
1:05 p.m. U18/U20 Boys Heat 2
1:10 p.m. U18/U20 Boys Heat 3
1:15 p.m. U18/U20 Boys Heat 4
1:20 p.m. U18/U20 Boys Heat 5

Semi Final Heats U18/U20 Girls

1:25 p.m. U18/U20 Girls Semifinal 1
1:30 p.m. U18/U20 Girls Semifinal 2

Semi Final Heats U18/U20 Boys

1:35 p.m. U18/U20 Boys Semifinal 1
1:40 p.m. U18/U20 Boys Semifinal 2

B Final U18/U20

1:45 p.m. U18/U20 Girls B- Final
1:50 p.m. U18/U20 Girls A- Final

A-Final U18/U20

1:55 p.m. U18/U20 Boys B- Final
2:00 p.m. U18/U20 Boys A- Final

Middle School Skate 3K Mass Start

2:15 p.m. 6th Grade
2:20 p.m. 7th Grade
2:25 p.m. 8th Grade

Awards

3:00 at FINISH/ TIMING BUILDING

Food & Beverage

Athlete snacks and water will be available in the finish area. Lunch will be provided for volunteers, coaches and bus drivers. Athletes should plan to pack extra snacks, lunches and reusable water bottle.

Hot food is available for purchase at the Casper Mountain Trail Center Lodge – 1.5 miles from the Outdoor Center Venue.

Wax Facilities

Outdoor waxing areas are available for teams on a first come/first serve basis and can be arranged at the competition office starting 8am on Friday Feb 8th. Teams may set up tents, power is available.

High Plains Wax Regulations

Flouro kck waxes are allowed in all WY HS/HP/USSA races. No flouro glide waxes of any kind (LF, HF, Pure fluoro powders, liquids, blocks, spays etc are allowed in WY High Plains Classic, Freestyle or Sprint races.

Restrooms

ADA accessible and standard porta potties will be available at the parking lot.

Medical

Medical Responders will be on site. An emergency response snowmobile and operator will be available in the case of an incident.

Liability/Insurance Waiver

Competitors shall be responsible for adequate insurance of participants. All participants must be appropriately insured against injuries, illness or possible damage of material. Neither the organizing committee, Casper Mountain Biathlon Club, Casper Mountain Outdoor Center, Natrona County, nor any sponsors or volunteers, shall be liable for personal and material damage. All competitors must sign a waiver and release of liability before using the facilities.

Results & Scoring

National Ranking List (NRL) – Racers wishing to be scored on the NRL must hold a current USSA competition license prior to competing and note the number on the entry form.

High Plains JN Selection – High Plains racers wishing to qualify for Junior Nationals must hold a current High Plains Membership prior to competing in order to be scored. Scoring only applies to U16 and older.

The Middle School Race, Adaptive, Senior and Masters Races are non scored races – separate results will be posted for the non sanctioned races.

All Results will be posted on the board outside the timing building and on the door of the Gruner Building at the parking lot. Final Official Results will be posted on the Casper Mountain Biathlon Club Website and High Plains Website post race.

Awards

Awards will be presented following each of the races, to the top three finishers in each of the competition classes

Organizing Committee

Rob Rosser, Chief of Competition

307-277-0318

Robert.m.rosser@gmail.com

Cathy Rosser, Race Secretary

307-215-4054

casperbiathlon@gmail.com

Mason Sale & Todd Kramer – Timing

TBA Chief of Start

TBA Chief of Finish

Ken Miech – Chief of Course

Josh Jenkins – Chief of Stadium

TBA Volunteer Coordinator

TD Maggie Shane

TDA Web Webster

Getting Here:

Public transportation to the venue is not available.

Casper Mountain Outdoor Center/Casper Mountain Biathlon Club: 1110 East End Road Casper WY 82601
From Casper: Take Wyoming Blvd, head south on Casper Mountain Road for 7 miles. Make sure to stay left at the fork of Casper Mt. Road and Hogadon Rd. Take a sharp left onto East End Road (Across from Beartrap Meadow) and continue another 1.5 miles. The venue will be on the left at the bottom of a big hill. AWD/4WD, or carrying chains are recommended for driving up Casper Mountain Road in snowy conditions.

Google Map**Parking**

Limited parking is available at the venue (approximately 50 cars). Carpooling is encouraged. The parking lot is an easy pull through for large busses to drop off. Busses are asked to park at Bear Trap Meadow.

Lodging

Official Event Hotel:

Ramkota Hotel & Conference Center

800 N Poplar St

Casper, WY 82601

Office: 307-266-6000

<https://ramkotacasper.com/>

To get discount, when booking ask for the Casper Mountain Biathlon Club Event discount.