



Valdez Nordic Ski Invite

SCHEDULE: FRIDAY, JANUARY 26, 2024

3:30 p.m. CLASSIC 4 PERSON RELAY (Estimate 3K Each)

Dual Stars 15 second Intervals

Start/Finish @East Dike ski trail entrance.

(New relay format for this year. The goal is a loop with one exchange zone. More details will be announced when we know the course.)

5:45 - Spaghetti Dinner at VHS Cafeteria

7:45 –Raffle @ VHS Cafeteria

8:15 – Coaches Meeting (VHS Library)

SCHEDULE: SATURDAY, JANUARY 27, 2023

Start/Finish @East Dike ski trail entrance

(New start area due to new subdivision)

10:55 a.m. – National Anthem

11:00 a.m. – Girls Freestyle Interval Start (8K Estimate). Single start 15 second intervals.

BOYS START 15 MINUTES AFTER LAST GIRL STARTS – Boys Freestyle Interval Start (8K Estimate).
Single start 15 second intervals.

Start after High School Race is finished – Gilson Middle School/Open Community Race

3:00 p.m. – Awards in the Middle School Cafetorium

- 1st place team trophy for Girls and Boys Freestyle Race
- Medals- Top 10 Boys and Girls

Housing: Please let us know if you will be staying in the school and how many athletes will be participating by Thursday, December 15th

You can contact **Todd Wegner (AD)** with any questions or concerns. **907-255-1671**