

2011-12 WHSNSL Race Schedule

4-H CANSKI

Early season opportunities (important to make the most of the daylight on weekends for getting a distance base in on snow):

Dec. 3rd - ski and get some early coaching on snow at Wolverine associated with the coaches clinic noon (clinic starts at 11am)

Dec. 10 - classic clinic w. Scotty J. after the JO Race Wolverine (2pm?)

Dec. 17-18 - informal distance workout at ??? Organized by captains.

HS/MS Race Season:

Dec. 26 - Hayward classic race (5K classic) @ "OO" MS 3pm HS 4pm

Dec. 26-28 4-H CANSKI Race Camp (@ Grandview) - starts after Hayward Race

Jan 6 Mercer MS and HS race (2K and 5K skate) @ Mecca Trails

Jan. 7 Drummond Telemarker (5K skate) @ Telemark

Jan 13 SISU ski fest HS & MS race (skate 2:30pm ABR)

Jan. 14 Seeley Classic (5K classic HS and MS) @ "OO" Seeley trailhead

Jan. 21 or 22 Free Community xc ski clinic (put on by 4-H CANSKI racing team) time TBA

Jan 24 Hayward Northern Conf. Championships (5K classic) MS 3pm HS 4pm

Jan 28 Drummond Doughnut Dash (5K sk & relays HS & MS) @ Telemark

Feb. 4 Ashwabay Summit Race/Tour (3.5K HS & MS sk) home @ Ashwabay

Feb. 11 - WHSNSL State Meet - Minocqua Winter Park

Feb. 18 Book Across the Bay (10K sk & cl) @ Ashland

Feb. 24 Jr Birkie and HS relays (3 & 5K sk HS & MS + HS relay) @ Telemark

Feb. 25 American Birkebeiner & Kortelopet

March 2 4-H CANSKI End of Year Shindig & Nordic Cross at Ashwabay

Optional post season races:

March 3 Riverview Loppet

March 1-10 Jr. Olympics - Soldier Hollow, Utah

Also in March: Great Bear Chase and ABR Season Closer

JOQ Races (for CXC/USSA Junior Olympic Qualifiers: these are points races, but have open HS races for those that want to try them out). Race dates:

- Dec. 10 - 11 JO Race Wolverine
- Dec. 17-18 JO Race Sprint - Greenwood Hills - Wausau
- Jan. 21-22 JO Race Wirth Park Minneapolis
- Jan. 28-29 JO Race - St. Paul

JO Updates: New for this season best 4 races will be used for scoring (not 5 as previous). The point system will also be changed and be based on placement instead of time back.

Note: JOQ racers should plan on sitting out 1-2 of the WHSNSL races to allow recovery and good training.

HS skiers will need to complete 7 races prior to State and attend a minimum of 90% of practices to race at State. MS skiers consult your coach for state requirements. It looks to be a GREAT year!!!

Option: 1/10 Hayward mixed relays under the lights 4:15pm