



**11-13 March 2016**  
Nordic Heritage Ski Center  
Presque Isle, Maine USA

**World Ranking Events**

- Sprint Distance
- Long Distance
- Middle Distance

## 1. Organizer

Cambridge Sports Union to the benefit of the U.S. Ski Orienteering Team

Meet director                    Ken Walker Sr  
  Email: kwalker (at) vmec.org

Technical director            Ed Despard  
Course setter                 Greg Walker  
Registrar                      Adrian Owens  
Event website                <http://NESkiO.com>

## 2. Event Control

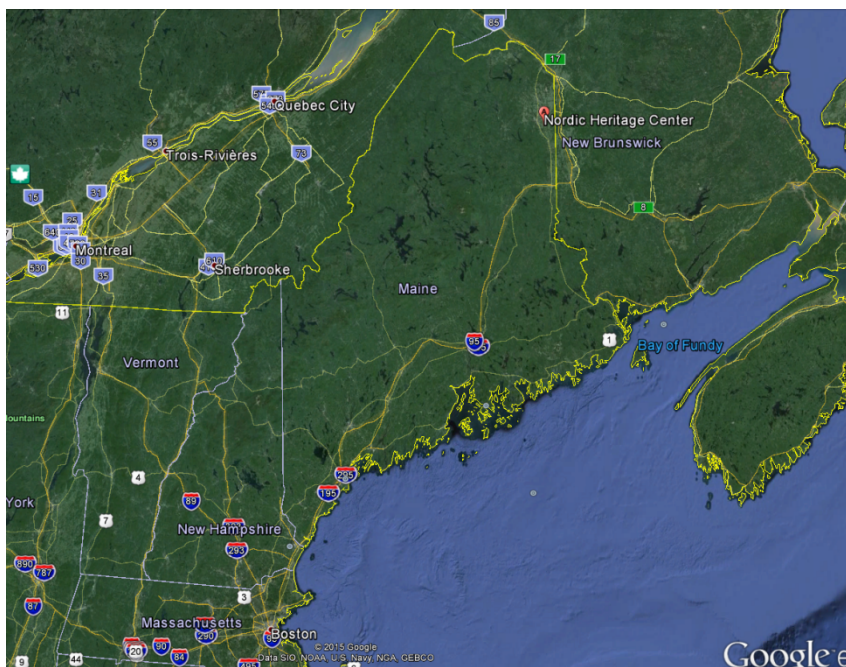
IOF Event Adviser            Jim Arsenault

## 3. Event Center and Competition Venue

The event center will be located at the main lodge of the Nordic Heritage Ski Center, Presque Isle, ME.

Competition will be on the trails of the Nordic Heritage Ski Center.

Nordic Center website        <http://nordicheritagecenter.org/>



### To Presque Isle from:

Bangor, ME	160 miles	2.5 hours
Portland, ME	287 miles	4.5 hours
Boston, MA	400 miles	6 hours
Fredericton, NB	184 km	2 hours
Quebec City, QU	400 km	4 hours

### Flying:

3 direct flights daily to Presque Isle from Boston via PenAir.

Bangor is served by several major airlines.

#### 4. Embargoed Area

The Nordic Heritage Ski Center may be skied with a basic trail map until 2 weeks before the event. Detailed topographic maps or aerial photos are forbidden. Once additional narrow trails begin to be groomed the entire venue is embargoed until the end of the event. Any skiing at the Nordic Heritage Center during this period except for competition disqualifies the individual from results.

A substantial groomed network of cross-country ski trails is nearby at Ft Kent, ME for training purposes.

#### 5. Preliminary Event Program

Thursday 10 March Evening	Model event on a specified area of the Nordic Heritage Center Registration open at Event Center
Friday 11 March	Model event Registration open at Event Center
2:00 – 3:00	Start window for <b>World Ranking Event and North American/US Sprint Championships</b> – Elite Class only
3:00 - 4:00	Start window for <b>North American/US Sprint Ski-O Championships</b> – all other classes
Saturday 12 March	Model event Registration open at Event Center
10:00 – 10:30	Start window for <b>World Ranking Event and North American/US Long Distance Championships</b> – Elite Class only
10:30 – 12:00	Start window for <b>North American/US Long Distance SkiO Championships</b> – all other classes
4:00	Awards – Sprint and Long Distance North American and US Championships – Event Center
Sunday 13 March	
10:00 – 10:10	Mass Start (waves by course) – <b>Middle Distance World Ranking Event</b> and all classes <b>North American/US Championships</b>
12:30	Awards – Middle Distance North American/US Championships – Event Center

#### 6. Registration

Registration will open shortly at NESkiO.com.

#### 7. Competition Rules and Classes

Competition is open to all and conducted under the rules of the International Orienteering Federation. Class depends on age, but racers may choose a more difficult class if desired. Medals are awarded for each race to the top three finishers eligible for the North American Championships and for the top three finishers eligible for the US Championships.

Classes will be offered consistent with the rules of OUSA, at a minimum as shown below. Additional classes may be added and age ranges adjusted.

### Ski Orienteering Individual Championship Classes

White	Orange	Green	Red	Blue
F-14	F-18	F-20	F-21+	M-21+
F-16	F60+	F40+	M-20	
F80+	F70+	F50+	M40+	
M-14	M-16	M-18	M50+	
	M80+	M60+		
		M70+		
<b>Non-Competitive Classes</b>				
F White	F Orange	F Green	M Red	
M White	M Orange	M Green		

COURSE LENGTHS, measured on shortest sensible route	SPRINT	MIDDLE	LONG	Remarks
<b>White</b>	1.5 – 2 km	2.5 – 3 km	3.5 – 4 km	Wide trails, non-technical
<b>Orange</b>	2 – 2.5 km	5 – 5.5 km	8 – 9 km	Some narrow trails
<b>Green</b>	2.5 – 3 km	6 – 7 km	9.5 – 11 km	Mix of narrow trails; technical options
<b>Red</b>	3 – 3.5 km	9 – 10 km	15 – 17 km	Mix of narrow trails; technical skiing
<b>Blue</b>	3 – 4 km	10 – 11 km	20 – 22 km	Mix of narrow trails; technical skiing

WINNING TIMES	SPRINT	MIDDLE	LONG
<b>White</b>	12 – 16 min	20 – 25 min	25 – 30 min
<b>Orange</b>	12 – 16 min	30 – 35 min	55 – 60 min
<b>Green</b>	12 – 16 min	35 – 40 min	65 – 70 min
<b>Red</b>	12 – 16 min	45 – 50 min	85 – 95 min
<b>Blue</b>	12 – 16 min	45 – 50 min	100 – 110 min

## 8. Terrain, Maps and Courses

Competition will take place at the Nordic Heritage Ski Center and surrounding terrain in Presque Isle, ME. Maps comply with the International Specification for Ski Orienteering Maps (ISSkiOM) 2014 and were prepared in 2015 and 2016.

Scale:

Sprint	1:5,000	Contours 5 m
Middle	1:10,000	Contours 5 m
Long	1:10,000	Contours 5 m

The Nordic Center is centered on a low hill with sculpted trails designed by noted nordic consultant John Morton, with additional networks on adjacent fields and open forest.

Altitude	200-300 m above sea level	
Average temperature mid-March	Min 12°F (-11°C)	Max 33°F (1°C)
Typical snow depth mid-March	20-50"	50-120 cm

## 9. Training and Model Event

The Model Event will be held on a section of the Presque Isle trails.

Training is also possible on the xc trails at Ft Kent approximately one hour north.

## 10. Accommodations in Presque Isle

When making reservations, be sure to indicate this is separate from the World Cup Biathlon ski event at the ski center in February. Otherwise you are likely to be told the hotels are fully booked.

### Category A

Hampton Inn

### Category B

Northeastland Hotel

Presque Isle Inn and Convention Center

### Category C

Budget Traveler Motor Lodge

## 11. Waxing

Three public heated wax rooms are available at the Center at no charge. Lockable private wax rooms are also available for rental at \$100 for the weekend.