



# NICA

## **Fall 2022 Race #3**

# **Sesquicentennial State Park**

# **Race Flier**

**October 9th, 2022**

### **COVID-19 Precautions**

**If riders, coaches or family members are sick....STAY HOME.**

**Any of the bulleted points below require you STAY HOME.**

- Fever higher than 100.4
- Chills, repeated shaking, headaches, or body aches
- Cough or sore throat
- Shortness of breath
- Nausea, vomiting, or diarrhea
- Runny Nose
- Loss of taste or smell
- Exposure to a known COVID-19 positive person in the last 14 days

## Sesquicentennial State Park

**Sesquicentennial State Park** is a state park in the [Sandhills](#) region of [South Carolina](#). Affectionately known to locals as "Sesqui," the park was built by the Civilian Conservation Corps during the [Great Depression](#) and was given to the City of Columbia to mark 150 years following its incorporation, giving rise to the state park's name. The park contains 1,400+ acres and is situated approximately 12 miles from downtown [Columbia, South Carolina](#).



### Address

[9564 Two Notch Rd, Columbia, SC 29223](#)

### Parking

- Onsite parking in designated areas only
- Those camping onsite in designated Camping/Parking areas please be mindful of additional guests arriving late. Please don't use more parking/camping space than you need for your group.
- Handicap parking is available. Please inquire upon arrival.
- Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area



# NICA

## Registration

- Students must be league registered and “race-ready” in order to participate
- REUSE YOUR RACE PLATE! Students have received a race plate for the race series to be used for all races. It is your responsibility to keep track of it. Race plates have chips on the back and require care to avoid damage. Do NOT leave your race plate on your bike when transporting it on a bike rack. There is a \$25 fee to replace race plates if lost or forgotten. Replacement plates are at the registration tent.

## Volunteering at our Events

Race day would not be possible without the incredible work of our incredible volunteers. It takes a village to put on the caliber of a NICA quality youth mountain bike race. Our volunteers get the best views of every race!

### [CLICK HERE TO REGISTER AS A VOLUNTEER](#)

We've labeled the shifts so you know what race WAVE you are covering, and while some positions can sound complex to first-time volunteers, be assured ALL of our volunteer positions are easy to handle. No previous experience necessary! The Core Race Staff is with you every step of the way. You will feel confident and well prepared for your task.

View volunteer training videos [HERE](#)

ALL volunteers need to ***check in at the volunteer tent*** when starting their shift please! Please be ON TIME. The minimum age to volunteer is 16 years old. Volunteer position needs are approximate & sometimes they change throughout the day - check with the volunteer tent - we are the hub of the race event!



# NICA

## Event Weekend Schedule

### Saturday

- 9:00 AM** Volunteer Shifts Begin
- 10:30 AM** Pit Zone Access Open/Registration Opens
- 11:30AM** Coaches Meeting
- 12:00 PM** Coaches Only Pre-ride
- 1:00 PM** \*NICA GRiT Ride - meet at the NICA GRiT Tent
- 1:45 PM** Middle School Only Pre-ride
- 2:30 PM** Pre-Ride Open to All Riders
- 5:00 PM** Pre-Ride Closed - (No students allowed on course after pre-ride is closed)
- 5:15 PM** Coaches Only Ride

### Sunday

- 6:45 AM** Volunteer Shifts Begin
- 7:00 AM** Registration/Pit Zone opens
- 7:30 AM** \*Pre-Ride Open to all riders
- 8:30 AM** Pre-Ride Closed
- 8:30 AM** Head Coaches Meeting
- 9:10 AM** Staging - Wave 1 MS Boys
- 9:30 AM** Racing Begins
- 10:10 AM** Staging - Wave 2 Girls
- 11:30 AM** Registration Closes
- 12:10 PM** Staging - Wave 3 HS Boys
- 2:15 PM** Racing Concludes
- 2:30 PM** Pit Zone Break Down Begins (once course is declared clear)
- 3:00 PM** Awards Ceremony



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\*Everyone on course must have a race plate (student, coach, league staff) affixed to their bikes at all times.

## Pit Zone Information and NICA Rules

- Pit Zone areas will be pre-marked for each team; larger teams get more space; associated teams will be adjacent to one another.
- Garbage expectations - pack in/pack out
- Grilling allowed on a contained stove.
- No Gas Generators in the PitZone, or camping areas
- No inappropriate language allowed
- Consider staying for awards to support your teammates
- Athletes only & ONE Coach per team in the staging area - Parents and Coaches should head to the race start spectating fan zone
- Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
- No Smoking, Alcohol, BBQ's or open flames in Pit Zone
- Dogs must be on leash and under control at all times
- Conflicts and/or disputes should not be dealt with in the team Pit Zone area
- Any violation of the above rules may result in a team penalty and/or expulsion from the Pit Zone and infield area

## Pre-Ride

### Pre-Ride Hours Saturday:

Coaches Only Pre-Ride 12:00

GRIT 1:00PM

Middle School Only 1:45 PM

Open to All Riders 2:30 PM

All athletes should pre-ride the course

Pre-ride is for course assessment and NOT for race pace riding.

**TO BE ON COURSE ALL RIDERS (STUDENTS & REGISTERED COACHES) must be fully practice ready in the Pit Zone and have their number plates affixed to their bike**

**NO UNREGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE**



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## Wave Start Times

**STAGING** will begin 20 minutes before each wave.

Note: Final lap count decision per category will be finalized and confirmed at the start of each race in addition to any lap cut-off times. Staging for all races begins 20 minutes prior to the wave start.

### Wave 1: Middle School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	RACE PLATE COLOR
AMS Boys (8000's)	9:30 AM	2	Orange
8th Grade Boys (1000's)	9:32 AM	1	Red
7th Grade Boys (2000's)	9:34 AM	1	Blue
6th Grade Boys (3000's)	9:36 AM	1	Yellow

### Wave 2: Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	RACE PLATE COLOR
Varsity Girls (1-49)	10:30 AM	3	Red
JV Girls (100's)	10:32 AM	3	Blue
Sophomore Girls (400's)	10:34 AM	2	Yellow
Freshman Girls (700's)	10:36 AM	2	Green
AMS Girls (7000's)	10:38 AM	2	Orange
8th Grade Girls (4000's)	10:40 AM	1	Red



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7th Grade Girls (5000's)	10:42 AM	1	Blue
6th Grade Girls (6000's)	10:44 AM	1	Yellow

## Wave 3: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	RACE PLATE COLOR
Varsity Boys (50-99)	12:30 PM	4	Red
JV Boys (300's)	12:32 PM	3	Blue
Sophomore Boys (500's)	12:34 PM	3	Yellow
Freshman Boys (900's)	12:36 PM	2	Green

## Staging

**STAGING** will begin 20 minutes before each wave. All riders must be in the staging area on time.

## Chip Timing Info

All riders will receive a permanent number plate with chip timing transponder on the backside. Riders will use the same plate for the entire race series, so please remove this number plate before transporting your bike on a vehicle. **Replacement number plates will be available at the registration tent for \$25.00**

## Petitions for Category Placement



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- No race day petitions will be accepted
- [Petitions](#) to category up found [HERE](#)

## Refund/Weather Policy

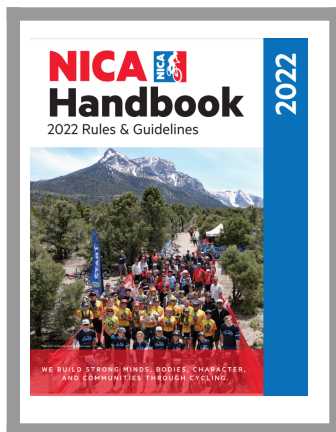
Our primary considerations are the safety of riders, support staff and spectators, and potential damage to the venue and trails. Any decisions regarding canceling, postponing or altering race start times, lap lengths, number of laps, etc. will be made jointly by league staff and the land manager. Often this decision cannot be made until the morning of the race due to the unpredictable and rapidly changing nature of severe weather. The league will make every attempt to notify the racing population as soon as possible via email, social media and website updates. The South Carolina League strives to put on world class events and provide all of our constituents with the best resources possible. To achieve the best resources, we make a financial investment to cover insurance, training, and planning activities. Those expenses are continuously incurred and are only partially covered by the participation fees into the league. In order to maintain the sustainability of the South Carolina Interscholastic Cycling League, it is necessary we implement a NO-REFUND policy.

We greatly appreciate you being a part of our family and look forward to seeing you at the next event.



## Handbook: NICA Policies and Rules

All participants are required to read, understand and abide by all league policies, rules and protocols while attending any league event.



## SCICL - NICA Race Duration Guidelines

Riders will complete laps with the following Race Duration Guidelines for each category:

- <45 mins for Middle School
- 45-90 mins for freshman/soph boys/girls and JV girls
- 60-100 mins for JV boys and Varsity girls
- 90-120 mins for Varsity boys

Student-athletes may be asked to withdraw at the finish line after cut off time limits have been reached.

Race officials reserve the right to determine these time limits at any time.

Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, and muddy conditions.

Course closures may be announced at any time.

Racers who do not make the time limit cut-off will still be scored and ranked.



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Due to weather or course closures, these duration guidelines may be changed at League Discretion.

## Coaches Meeting

A mandatory head coaches meeting will be held at 8:30am on Sunday

Each team must have ONE representative present at the meeting.

## Camping and Lodging

- No charge for primitive camping
- Lower Loop RV spots available by clicking the link [HERE](#)
- No RVs of any kind except for “stock vans” unless you’ve pre-arranged with park services
- Porta potties on site
- Parental supervision required for all campers, no exceptions. League staff and team coaches are not responsible for student athletes outside of pre-ride and race day
- No campfires or open flames allowed outside of approved fire rings. Propane grills and stoves allowed as consistent with current local fire restrictions

## Food Service

**On-Site Food Vendor to be Announced.**

## Contact Information

General League Questions:

Curt Kurz-Edsall, League Director, [curt@southcarolinamt.org](mailto:curt@southcarolinamt.org)

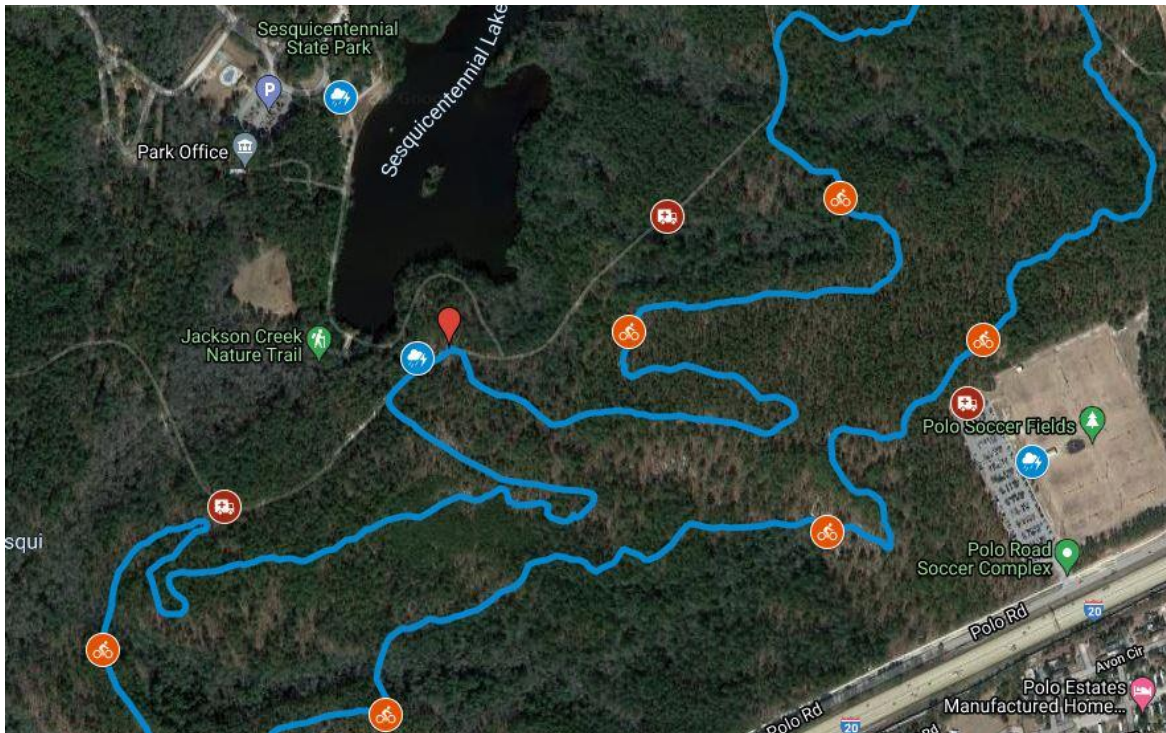
Race/Venue Specific Questions:

John Cardozo or Lee Isenbarg, Race Day Operations

[John@southcarolinamt.org](mailto:John@southcarolinamt.org), [Lee@southcarolinamt.org](mailto:Lee@southcarolinamt.org)

Please note that most staff arrive onsite Thursday or Friday of each race weekend and may not have sufficient cell/data coverage to respond to calls/emails. Please plan accordingly.

## Venue Map



## Course Map

### Sesqui Venue Map

Sesqui Draft 1.GPX

4/11/21, 1:28:50 PM

Shelter 2

EVAC 2

Pitzone

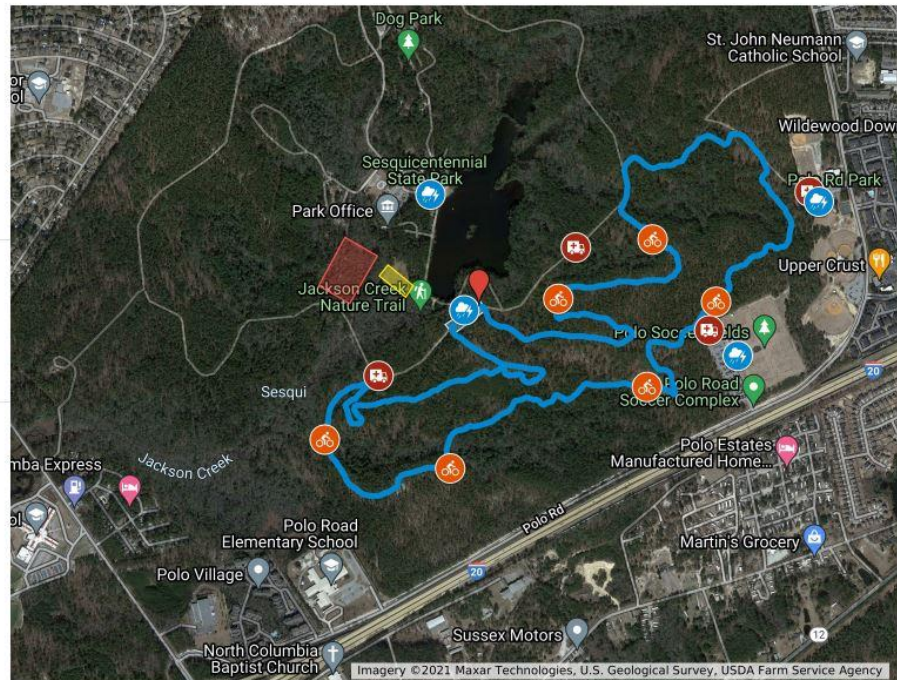
Start/Finish

Camping

Finish Line and Lap Start.GPX

Finish Line and Lap Start;  
minimal hazard

EVAC 3





# NICA

## LEAGUE SPONSORS



## NICA NATIONAL SPONSORS

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## NICA NATIONAL FOUNDATION PARTNERS



# NICA Safety Reporting and Insurance Coverage

## Safety Reporting



Incident reports are mandatory whenever a student-athlete or coach is injured during a NICA activity. These incident reports are submitted by each Team's Designated Reporter or an independent rider's parent. For more information on Safety Reporting reporting please see our [brochure here](#).

### **Insurance Coverage**

NICA Insurance coverage is for registered student-athletes and registered coaches injured while participating in the sanctioned pre-ride and race events.

For more information on NICA Insurance Coverage, please see our [FAQ here](#).

The South Carolina Interscholastic Cycling League is a Project League of the National Interscholastic Cycling Association, a 501(c)(3) non-profit youth development organization, guided by the core values of fun, inclusivity, equity, respect and community. The league promotes interscholastic mountain bike racing, provides training and education to new teams and coaches, and offers a comprehensive infrastructure to grow youth cycling in a professional, safe and engaging manner.