



NICA

BRANCHED OAK - AREA 7

“Bicycles and Broomsticks”

OCTOBER 23-24, 2021

COVID-19 Precautions

Please see [Nebraska NICA Community COVID-19 Expectations](#)

Stay Home

Please stay home, if you have tested positive or been exposed to COVID-19 in the past 10 days (or 7 days if you have a negative test after waiting 5+ days from the positive test or exposure). If you have any COVID-19 symptoms, please stay home.

Post-Event COVID-19 Follow-up and Contact Tracing

Should you or any other attendee find you may have been contagious with COVID-19 during a NICA league event, please contact Matt Neel, Nebraska Race Director, matt@nebraskamtb.org. Matt will reach-out to each Team’s Designated Reporter to ensure all event attendees are given pertinent information while keeping any self-reported health information confidential.

ALL ATHLETES & SPECTATORS
please practice social distancing

HELP STOP CORONAVIRUS

HANDS wash them often	ELBOW cough into it	FACE don't touch it
FEET stay more than 6 ft apart	SICK feel sick stay at home!	MASK if asked, wear a mask

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Venue Description

BRANCHED OAK AREA 7 will host race #4, the final race of the Nebraska Interscholastic Cycling League 2021 season. The course starts with a slightly uphill start for riders to vie for positioning before dropping into the singletrack. From there, riders will traverse up and down the rooty, windy single track. There are plenty of places to pass as the trail is fairly wide in many spots. Riders will finish on a flat grassy section near the beginning of the start point.



HALLOWEEN COSTUME CONTEST

We will have a COSTUME CONTEST during Saturday's pre-ride! Get crafty but remember to keep it safe (no capes, etc.). Prizes will go to "Best Overall" and "Most Original" student-athlete costumes. ALL are invited to participate!

Address and Directions

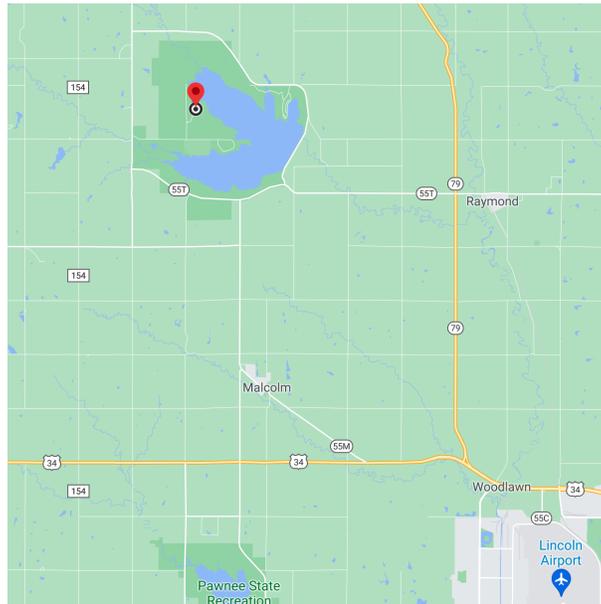
Branched Oak State Recreation Area - Area 7 12000 W Branched Oak Rd, Raymond, NE

Enter BO from 140th Road. Turn East on W. Branched Oak Road. Stop at the guard shack if a day pass is needed. Turn left after the guard shack on N 126th Street. Follow the signs and parking volunteers.

www.outdoornebraska.gov

[Google Directions](#)

Each car will need to have a NE State Park Pass. A one-day pass can be [pre-purchased for \\$6 ONLINE](#) or in person. Save time, buy online!



Parking

Parking Information

- **Each car will need to have a NE State Park Pass. A one-day pass can be [pre-purchased for \\$6 ONLINE](#) or in person. Save time, buy online!**
- Vehicles must park in the designated parking areas
- All vehicles must abide by the instructions of parking volunteers and/or league staff. Any violators risk imposition of penalties against their respective team
- Handicap parking is available. Parking volunteers will direct you
- Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading

Registration

RACE REGISTRATION

Online registration closes **Wednesday before each race at 12:00 Midnight**. Day of race registrations will only be allowed to student-athletes **ALREADY REGISTERED** in the Nebraska League PitZone (associated with a team or as an independent student-athlete) OR to student-athletes who register for the Nebraska League on site at the Registration tent.



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- Students must be league registered and “race-ready” in order to participate
- DO NOT LOSE YOUR RACE PLATE! Students will receive a race plate for the race series to be used for all races, so please take care of them. Race plates have chips on the back and require care to avoid damage. There is a **\$10 fee** to replace race plates if lost, or forgotten. Replacement plates are at registration.

LEAGUE REGISTRATION

To register in the Nebraska League prior to Wednesday, October 20th at Midnight, contact Kari Ramsey, Director of Communications at kari@nebraskamtb.org.

	MIDDLE SCHOOL*	HIGH SCHOOL*
League Registration (annual)	\$295	\$295
Race Entry Fee (per race)	included	included

** Scholarships and financial assistance are available, for more information email Kari Ramsey, Director of Communications, kari@nebraskamtb.org*

Volunteering at our Events

[CLICK HERE TO VOLUNTEER!](#)

Race day would not be possible without the incredible work of our volunteers! It takes a “village” to put on quality youth mountain bike races.

Saturday and Sunday positions are available

We know some positions can look complex and possibly overwhelming for first-time volunteers. Rest assured ALL of our volunteer positions are fun and require no previous experience and our Core Race Staff are with you every step of the way. You will feel confident and well prepared for your task.

Volunteer job training videos are available [HERE](#)



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[Sign Up Here](#) for one (or two) that sound interesting to you, and look forward to the fun!
For more information contact our Volunteer Coordinator, **Kevin Reicks** at kevin@nebraskamtb.org.

Event Weekend Schedule

Saturday

- 9:00 AM** Volunteer Shifts Begin
- 11:00 AM** Pit Zone Access Open
- 12:00 PM** Registration Opens
- 12:30 PM** Coaches Meeting at Start/Finish Arch
- 1:00 PM** Coaches Only Pre-Ride
- 2:00 PM** *NICA GRiT Ride - meet at the NICA GRiT Tent at 1:50 PM
- 3:00 PM** *Pre-Ride Open to Girls Inc., Lancaster Composite, Maskenthine Composite, Millard Composite and Millard West
- 4:00 PM** *Pre-Ride Open to Elkhorn Composite, Southeast Metro Area Composite, Papillon Composite and Westside
- 5:00 PM** Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
- 5:00 PM** Registration Closes

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

Sunday

- 6:45 AM** Volunteer Shifts Begin
- 7:00 AM** Registration Opens
- 7:30 AM** *Pre-Ride Open to all riders
- 8:30 AM** Pre-Ride Closed
- 8:30 AM** Head Coaches Meeting at Start/Finish Arch
- 9:20 AM** Staging - Wave 1 MS Boys
- 9:30 AM** Racing Begins
- 10:20 AM** Staging - Wave 2 Girls
- 10:30 AM** Girls Wave 2 Racing Begins
- 11:30 AM** Registration Closes
- 12:20 PM** Staging - Wave 3 HS Boys
- 12:30 PM** HS Boys Wave 3 Begins
- 2:00 PM** Racing Concludes
- 2:15 PM** Pit Zone Break Down Begins
- 3:30 PM** Awards Ceremony

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



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Pit Zone Information and NICA Rules

- Pit Zone is open for loading/unloading
 - Saturday: 11:00am-5:00pm
 - There will be no riding on course prior to the pre-ride opening
 - Sunday: 7:00am-8:00am and after the infield is taken down
- NO BIKE RIDING ALLOWED IN THE PIT ZONE
- Garbage expectations - pack in/pack out
- No Smoking or alcohol are allowed in the Pit Zone
- Grilling is allowed in the PitZone
- No Gas Generators in the PitZone
- No inappropriate language allowed
- Dogs must be on leash and under control at all times
- No parking in the Pit Zone - 1 vehicle per team will be allowed to drive/drop in Pit Zone
- Athletes only 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
- 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

Coaches Only (Saturday 1:00PM -2:00PM)

Saturday afternoon (2:00 PM–5:00 PM, *see schedule*)

Sunday morning (7:30 AM–8:30 AM)

All riders should pre-ride the course

RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS.

All Student-Athletes associated with a team must be accompanied on pre-ride by a Registered Coach. Independent Riders must check in with Registration before pre-riding.

NICA GRiT Ride is from 2-3pm Saturday. Meet at the NICA GRiT Tent at 1:50 PM



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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

Stay up-to-date

Information in this race flier is subject to change. Please check back just prior to the race weekend to make sure you have the most current information available.

SEE YOU AT THE RACES!!!

For more information, contact Matt Neel, Race Director at matt@nebraskamtb.org or your Nebraska Team Director. Follow us on Facebook @nebraskamtb or Instagram @nebraskamtb

Wave Start Times

STAGING will begin 10 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 10 minutes prior to the wave start.

Wave 1: Middle School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
8th Grade Boys (6000's)	9:30 AM	2	9:56 AM	25-45 minutes	Red/White
7th Grade Boys (5000's)	9:32 AM	2	9:58 AM	25-45 minutes	Blue/Black
6th Grade Boys (4000's)	9:34 AM	1	10:00 AM	25-45 minutes	Yellow/Black



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Wave 2: Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Girls (1-49)	10:30 AM	4	11:42 AM	60-100 minutes	Red/White
JV Girls (100's)	10:32 AM	3	11:48 AM	45-90 minutes	Blue/Black
Sophomore Girls (400's)	10:34 AM	2	11:28 AM	45-90 minutes	Yellow/Black
Freshman Girls (700's)	10:36 AM	2	11:30 AM	45-90 minutes	Green/White
8th Grade Girls (3000's)	10:38 AM	2	11:04 AM	25-45 minutes	Purple/ White
7th Grade Girls (2000's)	10:40 AM	2	11:06 AM	25-45 minutes	Orange
6th Grade Girls (1000's)	10:42 AM	1	11:08 AM	25-45 minutes	Pink

Wave 3: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Boys (50-99)	12:30 PM	4	1:42 PM	90-120 minutes	Red/White
JV Boys (200's)	12:32 PM	3	1:48 PM	60-100 minutes	Blue/Black
Sophomore Boys (500's)	12:34 PM	2	1:28 PM	45-90 minutes	Yellow/Black
Freshman Boys (800's)	12:36 PM	2	1:30 PM	45-90 minutes	Green/White

Chip Timing

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 mounting the bike for transport to prevent loss. **Replacement number plates will be available at the registration tent for \$10.**



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Petitions for Category Placement

Key Petition Considerations

- All petitions must be submitted by each Student-Athlete's Coach with the exception of independent riders
- NICA Category Placement is described in section [6.1B of the NICA Handbook](#).
 - MS Athletes may only petition within MS Categories and HS Athletes may only petition within HS Categories. This is aligned with the NICA Handbook, Nebraska State Law and Nebraska School Activities Association
- Great tips on considerations via [NICA Coaches News #7 July](#)
- Click [HERE](#) for the Petition Form

Deadlines for petition for exemption to category placement:

- Final opportunity for petitions (will not receive personalized plate) - **Sunday, October 17th by Midnight**

Refund/Weather Policy

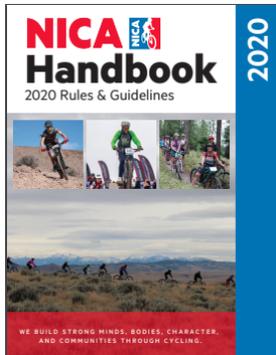
Below are the guidelines for how the league will conduct races in the event of challenging weather. Our primary considerations are the safety of riders, support staff and spectators, and potential damage to the venue and trails. Any decisions regarding canceling, postponing or altering race start times, 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. Please review our full weather policy at: [NEBRASKA LEAGUE REFUND & WEATHER POLICY](#)



NICA

Handbook: Nebraska Interscholastic Cycling League Policies and Rules

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



Nebraska Interscholastic Cycling League 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 Frosh/Soph boys and 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.

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



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Coaches Meeting

A mandatory head coaches meeting will be held **Sunday, October 23rd at 8:30 AM at the Start/Finish Arch**. Each team must have 1 representative present at the meeting.

Camping and Lodging

Camping is available at the Branched Oak State Recreation Area. [CLICK HERE](#) to make your reservation online.

Hotel accommodations are available nearby in Lincoln. As an option, the [Best Western Plus Lincoln Inn & Suites](#) is about 30 minutes away from Branched Oak.

Food Service



Relish Lunch & Catering out of Lincoln will be selling coffee, breakfast, lunch, drinks and loads of super fun snacks Saturday & Sunday! She will also have some vegetarian, gluten- and dairy-free options.

Contact Information

General League Questions: Kari Ramsey, Director of Communications, kari@nebraskamtb.org

Race/Venue Questions: Matt Neel, Nebraska Race Director, matt@nebraskamtb.org

Registration Questions: Larissa Michaelis, Registration Manager, larissa@nebraskamtb.org

Volunteer Questions: Kevin Reicks, Nebraska Volunteer Coordinator, kevin@nebraskamtb.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

[LINK TO MAP](#)





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NICA CORE VALUES



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LEAGUE BRONZE SPONSOR



PLATINUM SPONSORS



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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 Nebraska 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.