



Dear Nordic Family,

Welcome to the Fort Kent Outdoor Center (FKOC) for the 2023 Maine Principals Association state nordic ski championships hosted by the Fort Kent Outdoor Center.

We wish all teams the best of luck during the competition. We can assure you that our volunteers will do their best to ensure the competitions are fair and accurate. We will make every effort to give you the best experience possible with whatever conditions Mother Nature offers.

All updates will be emailed and posted on mainehighschoolskiing.com

Contact Information of the Organizing Committee

Event Director: Carl Theriault: carlther17@gmail.com.

Competition Office: Pat Theriault: theriault.pat@gmail.com and Laura Audibert

Competition Chiefs:

Chief of Competition: Elysha Dyer (Elysha.dyer@gmail.com)

Chief of Stadium/Start: Mike Tanguay

Chief of Timing: Bill Loder

Chief of Course: Sarah Ashley

Technical Delegate: Karl Voltz (coach.volz@gmail.com)

MPA: Tedd Hall (tedhall5334@gmail.com) and John Kalata (johnkaleta@sad27.org)

Competition Office:

The competition office is located on the second floor of the lodge.

Bib pick up will be in wax room 35, which is the room furthest to the right when you're looking at the wax building.

Schedule of Events:

February 21st: 8:00pm virtual coaches meeting (link will be emailed)

February 22nd: Classic races, 15 second intervals

8:30 am: bib pick up

10:00 am: Boys' start classic race all classes

12:30 pm: Girl's start classic race all classes

2:30 - 3:00 pm or as soon as results are available: Classic Awards

8:00 pm: virtual coaches meeting (link will be emailed)

February 23rd: Skate races, pursuit

Bib pick up: 7:30 am

Class A: Boys 9:00 am; Girls 9:40 am

Class B: Boys 10:20 am; Girls 11:00 am

Class C: Boys 11:40 am; Girls 12:20 pm

2:00 - 2:30 pm or as soon as results are available: Awards

Wax teat and Race warm up areas:

If you are looking from the wax building the trails to the left are open for wax testing, skiing, and warm up. There is also a designated warm up area in the stadium/range to use once for pre-race warm up. You may be in the area after you have received your chip. Please do not ski near the finish line once you have been chipped. These areas will be clearly marked.

Results:

Unofficial results for protests will only be posted on the official results board, which is located outside on the lower level of the lodge. After the protest period official results will be posted on the same board.

We will also have unofficial results available at FKOCresults.com as well as a live timing screen on the outside lower level of the lodge.

Awards:

Awards will be located in the stadium. On Wednesday we will present the classic awards for each class. On Thursday we will present the pursuit and freestyle awards, team awards, and sportsmanship awards for each class.

Wax rooms:

Wax rooms have been assigned to those who have paid for them. You may pick up your room assignment and keys in wax room 35. If you lose a key, it's a \$25 replacement fee.

The wax rooms have electricity and heat. They do not have tables; you will need to bring your own wax tables and irons.

Common space:

If you have rented a wax room, that is the space for your team.

We will have a common area for all athletes first-come-first serve in the bottom of the wax building. Please respect the fact that this is a shared room, and many people will need to use it.

The Green Room in the lodge is for parents and spectators only. That room is not to be used as a large group hangout space. **Please, no crock pots in the lodge.**

Course closures/spectators on course:

The course will close 5 minutes before the start. At the time the only people allowed to move along the course are bibbed coaches.

If you are spectating via skis, you may ski out to a spot but may not move around the course until the last of the racers have finished. You may use ski trails that are not the race course.

If you are not skiing, you may only walk out of the stadium area via the designated snowshoe trails. Please do not walk along any trail in boots.

The snow off the side of the course is deep and you will only be able to navigate it with snowshoes.

Parking: For team transportation

- All vehicles will be stopped at the turn around at the Maintenance building. Buses will turn around in front of the groomer exit door, please leave this area open.
- Parking in front of the wax building (estimated 10 big buses) will be reserved for teams that have reserved wax rooms upstairs.
- NO Idling of buses in the parking lot! Bus drivers can go into the lodge green room where spectators will go.
- Bus Parking for meals at Nowland Hall at UMFK will be High School Parking Lot on North side of Gym.

Shuttle Information: For parents and spectators

Spectators will all park in the elementary school parking lot 108 Pleasant St. They'll be picked up at the front vestibule which will be open and heated and will be shuttled up by SAD27 bus every 15 minutes to the turnaround in front of FKOC Maintenance building.

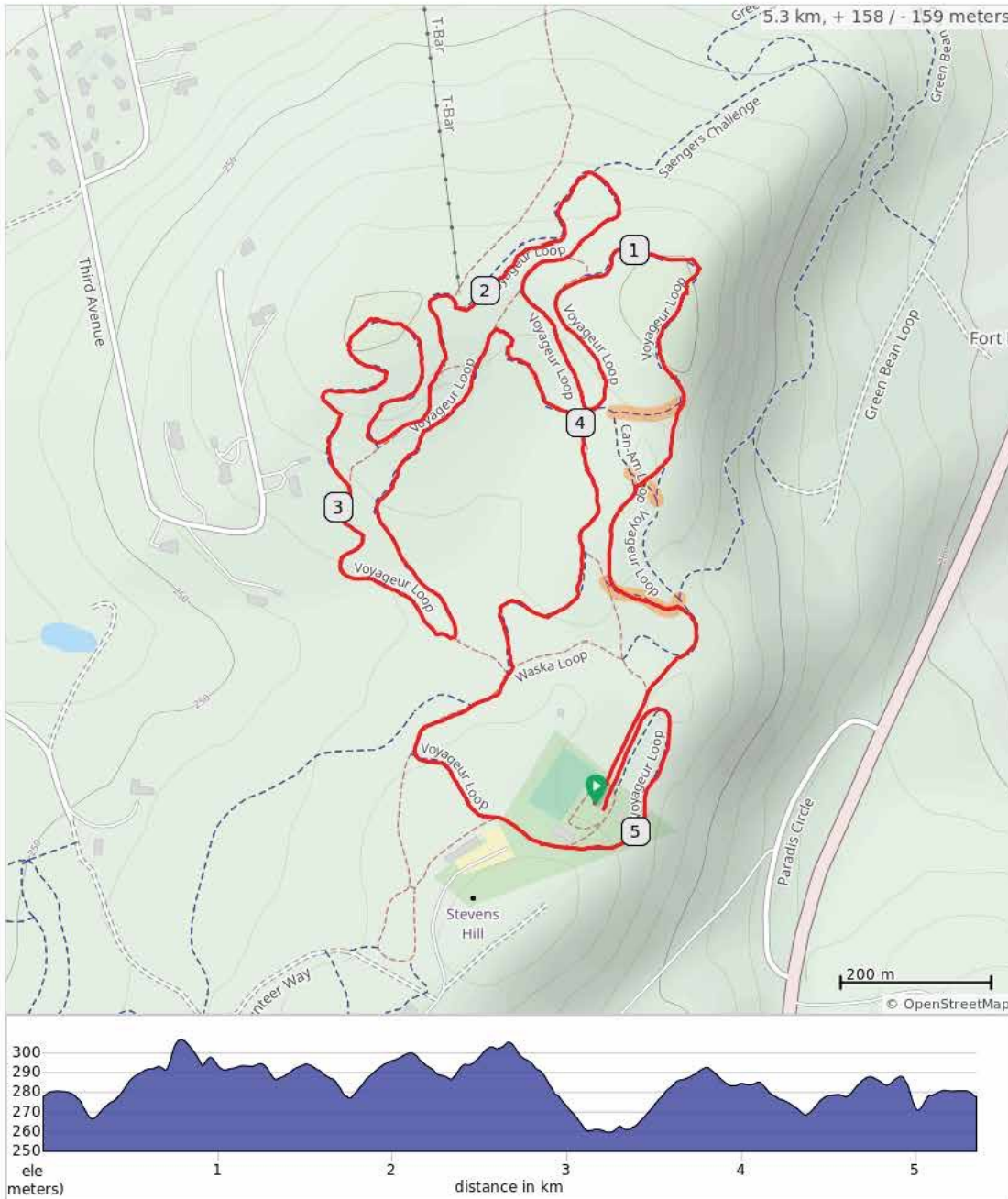
The shuttle will run Wednesday 8:30am-3pm, and Thursday 7:30am-3pm.

Course Map: The course is the same for both races. The race start is designated as the green marker on the map. The races are both skied in the counterclockwise direction. The numbers correspond to the kilometer markers.

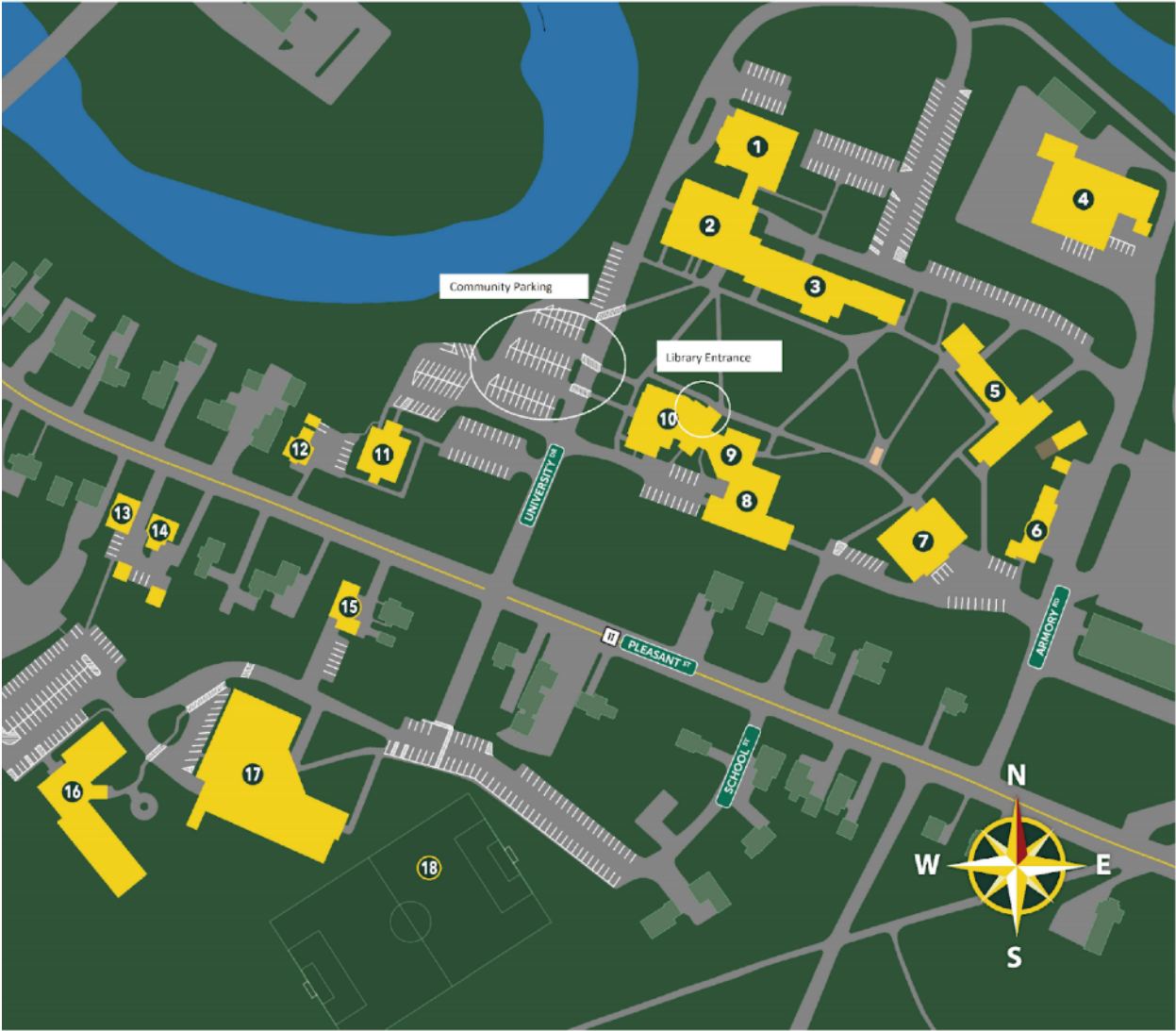
Fort Kent FIS 5km



5.298 km MC 46m Low EI 263m
HD 48m. TC 181m. High EL 311m



For those eating at UMFK here is a map of the campus: The dining hall is building 7.



Other maps regarding parking, spectator access, pre-race warm up, and stadium access are to follow.