

MEMORANDUM

TO: **NORDIC** Ski Championship Teams & Individuals

FROM: MPA Ski Committee
TJ Plourde, Chair

DATE: February 7, 2019

SUBJECT: State Nordic Ski Championships

Congratulations and welcome to the schools and individuals that will be competing in the upcoming Nordic ski championships! Below please find some general information that should help answer some of your questions. Please share this information freely with your coaches, athletes and parents. If you have any questions, please don't hesitate to contact TJ Plourde (207-897-3428 or tplourde@rsu73.org) or Mike Bisson at the MPA office (207-622-0217, ext. 141 or mbisson@mpa.cc).

2019 NORDIC SKI SCHEDULES: Attached to this memo you will find updated championship schedules for the Nordic meets. This memo is specifically for the Nordic events.

QUALIFYING FOR INDIVIDUAL EVENTS: For the 2019 Nordic championships, athletes competing in the championship races must have competed in at least one meet in the event during the regular season. Waiver requests for skiers who were NOT able to ski in one meet must be submitted to the MPA office.

ENTRY FEES: Fees this year remain at \$375 per team and \$125 per individual if you don't have a full team. Training fees at the Nordic venues on the days before the events are determined at each site.

COACHES' ELIGIBILITY: Any coach that is working with athletes must be listed on the MPA coaches' eligibility form submitted by the school. Two of the MPA eligible coach will be issued a bib to wear during the Nordic races.

COACHES' MEETINGS: The coaches' meetings each day are extremely important to get directions from the officials. ***Please make sure that one coach from your team attends these meetings.***

ENTRY FORMS: These must be submitted to the MPA office on or before February 11, 2019. Any athlete competing as an individual must use the standard entry form and must include a coach who meets eligibility standards and accompanies the athlete to the meet. In the transition to separate championships, the entry process will still utilize the same software and process for this year.

RULES: All championship meets are governed by the Maine Interscholastic Skiing Rules and the MPA Ski Bulletin. Copies of the 2019 Nordic Ski Rules and the 2019 Ski Bulletin may be found on the MPA website - <http://www.mpa.cc/index.php/interscholastic-activities-and-committees/skiing>.

Memorandum to Nordic Ski Championship Teams and Individuals

February 6, 2019

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SPORTSMANSHIP: All competitors and coaches are expected to conduct themselves in a respectful and sportsmanlike manner. Swearing or other unsportsmanlike behavior will cause a competitor to be disqualified and to lose any points earned during the meet. Sportsmanship voting will be open as of February 4, 2019 through February 8, 2019.

LODGE SPACE / CONCESSIONS: Space is limited at all of the sites. Each venue has their own concession stand where food will be available. Tailgating (including the use of electrical appliances) in any of the lodges is **not permitted** and schools and/or families are asked to occupy no more than one or two of the available tables in the lodge. Teams wishing to tailgate may do so in the parking areas. ***Please share this information with any ski booster/parent groups well in advance of the championship events.***

BIBS: All bibs must be worn outside of the clothing and must be clearly visible with the numbers showing. Two MPA eligible coaches will be issued bibs for course access in the Nordic races. In a Nordic race coaches with bibs will be allowed to run on the side of the course with their athlete for up to 30 meters.

WAXING: Only those ski coaches meeting MPA Coaches' Eligibility Standards and parents of athletes listed on the ski team roster may wax skis at the ski meet. A competitor may wax his/her skis during the race without assistance from another person.

T-SHIRTS: Action Screen Printing t-shirts and sweatshirts will be on sale at the state championship site.

VIDEO: No video evidence will be allowed during a protest.

DIRECTIONS:

STARKS HILL (Fryeburg)

STARK'S HILL TRAILS:

Entering Fryeburg on Route 302 from Bridgton:

Fryeburg Academy will be on the left as you enter town. Go straight, through the traffic light and take the "first left onto Oxford Street at the Norway Savings Bank. Oxford Street will immediately fork, bear right onto Smith Street and follow to the end (at a sharp turn).

At the turn:

Teams, Buses & Drop Off will head toward B & C Collision Center and continue toward the trailhead (it will not look like you are going to a ski course). Parents & Spectators will turn left and park in one of the designated areas around the industrial buildings.

FRYEBURG ACADEMY FIELD HOUSE:

Located on the Fryeburg Academy campus on Bradley St.

Titcomb Mountain (180 Ski Slope Road, Farmington)

From I-95 in Augusta, follow Maine Rt. 27; keep straight onto ME-27/Augusta Road (pass Irving in .4 miles); turn left onto US-2/ME-27/Mercer Road; turn right onto ME-43/Bridge Street; turn left onto Morrison Hill Road; then turn left onto Ski Slope Road.

**2019 MAINE PRINCIPALS' ASSOCIATION
SKIING CHAMPIONSHIPS SCHEDULE
"CLASS A NORDIC"**

Stark's Hill, Fryeburg

*Start times may be altered only by the Jury.
All coaches will be notified as events are changed or updated.*

DAY ONE: **Monday, February 18 -- Nordic Classical Competition**

12:30 p.m.	Nordic Coaches' meeting
2:00 p.m.	Boys' Nordic Classical (Individual 15-Second Interval Start)
3:30 p.m.	Girls' Nordic Classical (Individual 15-Second Interval Start)

Nordic Classical Awards will be presented after the Girls' races.

DAY TWO: **Tuesday, February 19 - - Nordic Freestyle Pursuit Competition**

9:00 a.m.	Nordic Coaches' meeting
10:00 a.m.	Boys' Nordic Freestyle (Pursuit Start)
11:00 a.m.	Girls' Nordic Freestyle (Pursuit Start)

Nordic Team, Freestyle and Pursuit Awards will be presented after the Girls' races.

Revised: 2/7/19

**2019 MAINE PRINCIPALS' ASSOCIATION
SKIING CHAMPIONSHIPS SCHEDULE
"CLASS B & CLASS C NORDIC"**

Titcomb Mountain, West Farmington

*Start times may be altered only by the Jury.
All coaches will be notified as events are changed or updated.*

DAY ONE: **Monday, February 18 -- Nordic Classical Competition**

11:30 a.m.	Nordic Coaches' meeting
1:00 p.m.	Boys' Nordic Classical (Individual 15-Second Interval Start)
2:30 p.m.	Girls' Nordic Classical (Individual 15-Second Interval Start)

Nordic Classical Awards will be presented after the Girls' races.

DAY TWO: **Tuesday, February 19 - - Nordic Freestyle Pursuit Competition**

9:00 a.m.	Nordic Coaches' meeting
10:00 a.m.	C Boys' Nordic Freestyle (Pursuit Start)
10:20 a.m.	B Boys' Nordic Freestyle (Pursuit Start)
11:00 a.m.	C Girls' Nordic Freestyle (Pursuit Start)
11:20 a.m.	B Girls' Nordic Freestyle (Pursuit Start)

*Collapse and a mass start between 5-7 minutes, as determined by the race director, technical director, and the MPA ski committee.

Nordic Team, Freestyle, and Pursuit Awards will be presented after the Girls' races.

Guidelines for Competition in the Cold

BY CARY S. KELLER, M.D.

Cold weather is not usually a barrier to athletic activity, but team and individual sports played in the late fall, winter and early spring place a large number of athletes at risk for cold injury. Environmental changes as simple as sunset, a rainstorm or an increase in wind speed can shift the body's thermal balance suddenly. As part or all of the body cools, there can be diminished exercise performance, frostbite, hypothermia and even death. Frostbite and hypothermia represent 20 percent of all injuries in Nordic skiers.

Physiological Response to Cold

Cold exposure produces peripheral vasoconstriction, decreasing peripheral blood flow, and decreasing convective heat loss from the body's core to its shell. Cold exposure also elicits increased heat production through skeletal muscle activity. This occurs through involuntary shivering (which can increase heat production six-fold) and through voluntary increased activity.

Athletes exposed to cold repeatedly can exhibit cold acclimatization, in which both cold-induced vasoconstriction and shivering are blunted. Compared to heat acclimatization, cold acclimatization is less pronounced, slower to develop and less effective in defending normal body temperature and preventing thermal injury.

Cold Injury

Frostbite occurs when tissue freezes. Frostbite can be in exposed skin, e.g. nose, ears, cheeks, but also occurs in hands and feet, because vasoconstriction lowers peripheral tissue temperature significantly. Numbness or a "wooden" feeling is usually the first symptom of frostbite in the hands and feet. With frostbite to exposed facial skin, however, there can be a burning feeling. Freezing of the tissue is often relatively painless. Re-warming is accompanied by sharp, aching pain and persistent loss of light touch sensation.

The risk of frostbite increases as temperature decreases. With appropriate precautions, the risk of frostbite can be less than five percent when ambient temperature is above 5 degrees F. But increased surveillance of athletes is appropriate when the wind chill falls below minus 18 degrees F, since exposed facial skin then freezes in 30 minutes or less. At these temperatures, consideration should be given to postponing or shortening athletic events. Predetermined school policies bring neutrality to that decision and help the public to anticipate

it. Several apps are available for calculation of wind chill.

Hypothermia is core temperature below 35C (95F). In mild hypothermia, an athlete feels cold, shivers, is apathetic and withdrawn, and demonstrates impaired athletic and mental performance. Coaches and athletes must recognize and respond to these early symptoms so as to avoid more severe hypothermia. The symptoms can be confused with concussion, hypoglycemia or drug use. As core temperature continues to fall, there is confusion, sleepiness, slurred speech and irrational thinking and behavior. Severe hypothermia causes cardiac arrhythmia and arrest. Efforts to resuscitate must persist until re-warming has been achieved.

Risk factors for Frostbite and Hypothermia

- 1) Exercising in water, rain and wind. Evaporation from wet clothing in a cold environment increases heat loss four-fold.
- 2) Lean athletes lack the insulation provided by fat and muscle mass and have more difficulty maintaining core temperature.
- 3) Fatigue, energy depletion, sleep deprivation and many endocrine disorders produce hypoglycemia. Hypoglycemia impairs muscular activity and shivering, decreasing heat production.
- 4) Physical fitness and strength training allow longer exercise at high intensity with prolonged heat production and maintenance of core temperature. Poor fitness thereby predisposes to cold injury.
- 5) Altitude greater than 8,000 feet decreases shivering and vasoconstriction response to cold.
- 6) Cessation of Exercise. Exercising, athletes produce heat by muscular activity and are at less risk for cold exposure injury. At the end of an event, or when exercise stops due to injury, heat is no longer being generated by exercise, but heat loss continues, and rapid cooling may result. Training alone, in remote places and at unusual hours, increases the length of exposure likely to occur before an injured athlete can be removed from the cold.

Preventing Cold Injury

- 1) Risk and Event Management
 - a. Assess environmental heat loss risk: temperature, wind, rain, solar load, immersion, altitude. Be alert to changes



in these factors. Athletes can then be advised to modify clothing or seek shelter. And event managers can consider shortening, moving or cancelling an event. Wind chill temperature index (WCT) integrates temperature and wind to estimate cooling power. The WCT predicts the risk of frostbite to exposed facial skin in a person moving at walking speed. The wind effect of the athlete moving at higher speed (run, ski, bike, skate) is not considered in calculating WCT. The risk of frostbite in the extremities is not predicted by WCT.

- b. Assess athletes' risk factors: exercise demands, fitness, fatigue, health, body fat, hydration and nutritional status.
- c. Prepare appropriately: adequate training, clothing, water and food; scheduled clothing changes; provision of shelter and re-warming; planned monitoring of weather conditions and of athlete tolerance of the cold; and action plans to care for athletes, staff and spectators who are having difficulty staying warm.

2) **Clothing:** Exercise intensity and ambient temperature determine clothing (insulation) requirements during exercise. Hats are useful, as up to 50 percent of heat loss at rest is from the head. Layering is dressing with an inner layer that wicks perspiration to the outer layers for evaporation, a middle insulating layer that allows moisture transfer, and an outer layer, worn when necessary, to repel wind and rain but capable of transfer of perspiration to the air. Layering allows adjustment in insulation to prevent overheating and sweating, while remaining dry in wet conditions. Glove liners provide wicking and insulation for the hands. Mittens provide significantly more insulation than gloves. Clothing that constricts fingers or toes predisposes to peripheral cold injury. Wet clothing should be removed quickly and replaced, including socks and gloves.

3) **Food and Fluid Intake:** Exercise in cold environments increases energy expenditure and fluid loss. Insufficient carbohydrate reserves to maintain core temperature risks cold injury. Dehydration affects neither shivering nor vasoconstriction, but significant loss in circulating volume decreases perfusion. In cold as well as other temperatures, carbohydrate availability and dehydration are limiting factors in performance. Athletes can sustain exercise in cold by ingesting 6-12 percent carbohydrate beverages. Carbohydrate-rich foods are appropriate for prolonged exercise in the cold.

Wind-Chill Chart

		ACTUAL THERMOMETER READING F											
		CALM	50	40	30	20	10	0	-10	-20	-30	-40	-50
ESTIMATED WIND SPEED MPH	5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	
	10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83	
	15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99	
	20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	
	25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	
	30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	
	35	27	11	-4	-20	-35	-49	-67	-83	-98	-113	-129	
	40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	
		LITTLE DANGER FOR PROPERLY CLOTHED PERSON				INCREASING DANGER				GREAT DANGER			
													DANGER FROM FREEZING OF EXPOSED FLESH

*Wind speeds greater than 40 mph have little additional effect.

Field Treatment of Cold Injury

Frostbite: Seek shelter and insulation to maintain core temperature. Reverse vasoconstriction by re-warming. Re-warming is best accomplished with 1) body heat – the victim's or someone else's body heat (e.g., placing the cold hand into the axilla) or 2) warm water 104-109 degrees F (40-43 degrees C). Warmer water produces greater injury, swelling and tissue death. Once re-warming begins, avoid additional freezing. It is better to tolerate some additional time with frozen tissue during extrication from the cold than to re-warm and then suffer refreezing during extrication. Rubbing the injured

part tends to add mechanical damage to thermal damage, and is to be avoided.

Hypothermia: a) Conscious, hypothermic persons should have wet clothing removed and should be insulated with whatever warming material is available. If possible, evacuate to a warm building/car/shower. Encourage the drinking of large volumes of warm, sweet liquids to improve circulating volume and available energy for exercise. Encourage exercise to promote heat production by muscular activity. Such athletes usually respond to peripheral re-warming, but transport to medical care as a precaution against deterioration. b) Comatose, hypothermic athletes should be insulated and transported emergently. Field re-warming and field CPR are usually ineffective and only delay transport to a medical facility for rapid core re-warming and comprehensive care.

Cold-induced Bronchoconstriction

Exercise-induced bronchoconstriction (EIB) is a transient narrowing of the airways that is provoked by exercise. Cold weather athletes have an increased prevalence of EIB: Twenty-three percent of Olympic winter athletes and 33-50 percent of cross country skiers. High intensity exercise, high ventilation rate and exercise in indoor rinks predisposes. The EIB with cold exposure is believed to be due

to a combination of breathing dry air and reflex response to facial cooling. Impaired air quality in indoor rinks is implicated as an additional factor.

Cold Environment Modifies Trauma Protocols

The assessment and management of the injured athlete in a cold environment follows Basic Trauma Life Support protocols. Depending on the severity of the cold, the risk it represents to the injured athlete and to the rescuers, and the availability of warm shelter, evaluation and resuscitation may be delayed in order to extricate the athlete from the cold. Evacuation of the winter athlete from the scene of injury can be a challenge requiring special equipment, training and protocols, such as those developed by the National Ski Patrol.

As seasons change, extra beauty, exhilaration and challenge are brought to the excitement of athletic competition in the cold. Despite the serious risks of cold injury, thoughtful planning and preparation can ensure that safe outcomes accompany athletic success. ☉

Cary S. Keller, M.D., FACSMT is the medical director at Sportsmedicine and Orthopaedics Fairbanks in Fairbanks, Alaska. He is team physician for the University of Alaska, Fairbanks and Fairbanks North Star Borough School District. He chairs the Alaska School Activities Association Sports Medicine Advisory Committee and is a former member of the NFHS Sports Medicine Advisory Committee.

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2018-2019 MPA CHAMPIONSHIP SKI BULLETIN

(updated 01/02/19)

SKI SEASON

November 26, 2018	First Practice
December 14, 2018	First Regular Season Meet (After 3 p.m.)
February 4-8, 2019	Alpine and Nordic Ski Sportsmanship Voting
February 7, 2019	Class A and B Alpine Entries Due on MPA Website
February 11, 2019	Class A and B Nordic Entries Due on MPA Website
February 14-15, 2019	Class A Alpine – Shawnee Peak
February 20-21, 2019	Class B Alpine – Black Mountain
February 18-19, 2019	Class A Nordic – Stark’s Hill
February 18-19, 2019	Class B Nordic – Titcomb Mountain
February 18-19, 2019	Class C Nordic – Titcomb Mountain
March 8, 2019	End of 2018-2019 Ski Sport Season

TERMS AND CONDITIONS

The Terms and Conditions of this bulletin and the MPA Ski Rule Book shall govern all **regular season** and tournament competition.

STATE CHAMPIONSHIP

A Team Champion will be recognized in each class in each event for both Alpine and Nordic Skiing.

ENTRY FORMS

Copies of the Entry Form must be received at the MPA office, ALPINE AND NORDIC SITE, by the day specified for each class. The Athletic Director must submit the run order for all Alpine and Nordic meets one week prior to the race. Class A and B Alpine entries are due on February 7, 2019, Class A and B Nordic entries are due on February 11, 2019. All inquiries regarding the management of the meets are to be made to the appropriate Meet Coordinator.

MEET INFORMATION

1. All championship skiing competitions shall be governed by the Maine Interscholastic Skiing Rules, as amended, and this bulletin. (Rules can be found on the MPA web site at www.mpa.cc.)
2. The 2018-2019 Nordic championships will be a pursuit. Day one for the classical will begin with an interval start. Day 2 will be a pursuit start skate based on times from Day 1. Team scores will be determined solely by the order of finish in the pursuit on day 2 and an individual pursuit category will be added with the top 10 in this category being recognized. Because of this change, on Day 2 Classes B and C will run separate races.

3. Based on the availability of venues at this year's championships, the schedule this year is as follows:

CLASS A

Thursday, February 14, 2019

Coaches Meeting	7:00 am	Shawnee Peak
Course Inspection Run 1	8:00-8:45 am	
Girls Giant Slalom	9:00 am	
Boys Giant Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Giant Slalom	1:00 pm	
Boys Giant Slalom		
Awards	Following the Boys Race	

Friday, February 15, 2019

Coaches Meeting	7:00 am	Shawnee Peak
Course Inspection Run 1	8:00-8:45 am	
Girls Slalom	9:00 am	
Boys Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Slalom	1:00 pm	
Boys Slalom		
Awards	Following the Boys Race	

Monday, February 18, 2019

Coaches Meeting	12:30 pm	Stark's Hill
Boys Interval Start Classical	2:00 pm	
Girls Interval Start Classical	3:30 pm	
Classical Awards	Following the Girls Race	

Friday, February 19, 2019

Coaches Meeting	9:00 am	Stark's Hill
Boys Freestyle Pursuit	10:00 am	
Girls Freestyle Pursuit	11:00 am	
Pursuit and Team Awards	Following the Girls Race	

CLASS B

Monday, February 18, 2019

Coaches Meeting	11:30 am	Titcomb Mountain
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Boys Interval Start Classical	1:00 pm	
Girls Interval Start Classical	2:30 pm	
Classical Awards		Following the Girls Race

Tuesday, February 19, 2019

Coaches Meeting	9:00 am	Titcomb Mountain
Boys Freestyle Pursuit	10:20 am	
Girls Freestyle Pursuit	11:20 am	
Pursuit and Team Awards		Following the Girls Race

Wednesday, February 20, 2019

Coaches Meeting	7:00 am	Black Mountain
Course Inspection Run 1	8:00-8:45 am	
Girls Slalom	9:00 am	
Boys Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Slalom	1:00 pm	
Boys Slalom		
Awards		Following the Boys Race

Thursday, February 21, 2018

Coaches Meeting	7:00 am	Black Mountain
Course Inspection Run 1	8:00-8:45 am	
Girls Giant Slalom	9:00 am	
Boys Giant Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Giant Slalom	1:00 pm	
Boys Giant Slalom		
Awards		Following the Boys Race

CLASS C

Monday, February 18, 2019

Coaches Meeting	11:30 am	Titcomb Mountain
Boys Interval Start Classical	1:00 pm	
Girls Interval Start Classical	2:30 pm	
Classical Awards		Following the Girls Race

Tuesday, February 19, 2019

Coaches Meeting	9:00 am	Titcomb Mountain
Boys Freestyle Pursuit	10:00 am	

Girls Freestyle Pursuit
Pursuit and Team Awards

11:00 am
Following the Girls Race

3. In order for a competitor to participate in the state meet, a competitor must have competed in a minimum of one event of the discipline he/she is entered. A medical appeal must be submitted to the committee chair two weeks in advance of the state meet.
4. An individual competitor from a school not sponsoring a ski team may be entered providing the entrant's school has established a cooperative team agreement with another school; he/she must participate on a daily basis with the cooperative team. Individual entrants must use the standard entry form and entry application which must include a coach who meets the MPA coaches' eligibility standards and accompanies the athlete to the meet.
5. No school team may be entered in the team competition unless the school has sponsored a school team which has competed in interscholastic meets during the current season.
6. Teams/skiers entered in the Giant Slalom and Slalom races are **REQUIRED** to wear undamaged hardshell helmets. The FIS approved helmet will be required of all racers in both Giant Slalom and Slalom in 2018-2019. The helmet must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F240, SNELL S98 or RS 98. It is the responsibility of the individual coach and school to insure the safety of all of their skiers through the use of the FIS certified helmet.
7. All coaches, including volunteers, must meet MPA Coaches' Eligibility Standards to be working with athletes at all MPA ski meets. *Each coach must complete the NFHS "*Concussion in Sport – What You Need to Know*", "*Heat Acclimatization*", and the "*Sudden Cardiac Arrest*" videos that are available at the NFHS website (www.nfhslern.com).
8. Coaches meeting eligibility standards, parents, and athletes may wax skis at meets.

ALL REGULATIONS AS DETERMINED BY THE MPA SKI COMMITTEE RELATED TO SAFETY AND SPORTSMANSHIP SHALL BE ENFORCED IN ALL REGULAR SEASON SKI MEETS INVOLVING MPA MEMBER SCHOOLS.

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

- * A single waiver per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)
 - ** This policy is not intended to restrict dual sport participation in schools that allow dual participation.
 - *** Penalty for violation of this policy:
 - 1st Violation Report violation to MPA office, suspension from play for one game/contest
 - 2nd Violation Report violation to MPA office, removal from team for remainder of season
- (Effective Date: 2011 Fall Sport Season)

FEES

Entry fees for the 2018 state meets will be \$375/team and \$125/individual. Each mountain may also charge a separate lift fee.

NORDIC SKI CLASSIFICATION

<u>CLASS A</u>	<u>CLASS B</u>	<u>CLASS C</u>
<u>600+</u>	<u>400-599</u>	<u>0-399</u>
<ol style="list-style-type: none"> 1. Bangor (1129)* (B) 2. Deering/Portland/ Cheverus (B 1487) / (G 1457) 3. Oxford Hills (1050) 4. Edward Little (982) (B) 5. Portland (970)* 6. Brunswick (746)* 7. Mt. Ararat (734) 8. Falmouth (696) 9. Mt. Blue (669) 10. Camden Hills (667) 11. Greely (656) 12. York (607) 13. ^^Leavitt (572) 14. ^^Fryeburg (562) 15. Oceanside* (488) (B) 	<ol style="list-style-type: none"> 1. Presque Isle (548) 2. Yarmouth (546) 3. Cape Elizabeth* (537) 4. Gray-NG (532) (B) 5. Freeport (494) 6. Caribou (430) 7. Spruce Mountain (408) 8. Mountain Valley (407) 9. ^^Maranacook (390) 10. ^^Mt. Abram (236) 11. St. Dominic (197)* 12. ^^Maine Coast Waldorf (38) 	<ol style="list-style-type: none"> 1. Orono (354) 2. Fort Kent/Wisdom (294) (B) 3. Fort Kent (281) (G) 4. Dirigo (263) 5. Waynflete (260) 6. Winthrop (248)* (G) 7. Monmouth* (B) (221) 8. Telstar (212) (G) 9. Madawaska (151) 10. MSSM (145) 11. Fort Fairfield* (134) (G) 12. Ashland (79)

*Denotes Individuals ^^Applied to Higher Classification



Dear Class B and C Nordic State Championship Coaches, Families and Athletes,

I would like to welcome you to Titcomb Mountain, home of the Farmington Ski Club. We are excited to be the host of the Nordic State Championships and hope your time in the Farmington area is enjoyable.

The Farmington Ski Club has been operating Titcomb Mountain for over 80 years and we believe it to be one of the longest, continuously running, club-owned ski facility in the United States. We are very proud of the programs and wonderful skiing we offer to our community and beyond. We do this in an affordable, family-oriented facility where people can enjoy outdoor winter sports. Volunteers and staff have worked very hard to make this event friendly, safe and spirited.

On a personal note, I hope your athletes have trained well and your skis and wax are perfect, and the competition continues in the enthusiastic tradition. Again, we welcome you, congratulate your athletes and hope you enjoy the two days of competition.

Sincerely,

Derek Hayes,

President, Farmington Ski Club



**Class B and C Nordic State Championships
Titcomb Mountain
Coaches Meeting
February 18 and 19, 2019
Titcomb Lodge**

- **Welcome** – *Buzz Davis, Chief of Race*
- **Review Schedule and updates**– *Buzz Davis*
- **Course Information including directions- course preparation – snow conditions** - *Tony Ramsey, Chief of Course*
- **Stadium Information** – *Ron Aseltine, Chief of Stadium*
- **Warm up and testing arrangements** – *Buzz Davis*
- **Registration Information, bib pick up times**
- **General info from TD** - *Carlie Casey*
- **General info from MPA representative-** *Mike Bisson*
- **Titcomb Mountain Information-** *Buzz Davis*
- **Other**



Titcomb Mountain

5km High School Course

