

MEMORANDUM

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

FROM: MPA Ski Committee
TJ Plourde, Chair

DATE: February 15, 2022

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).

2022 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 2022 Nordic championships, athletes competing in the championship races must have competed in at least two meets during the regular season. Waiver requests for skiers who were NOT able to ski in two meets will be determined at the school level to not violate the intent of the Bona Fide Team rule.

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 14, 2022. 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 2022 Nordic Ski Rules and the 2022 Ski Bulletin may be found on the MPA website - <http://www.mpa.cc/index.php/interscholastic-activities-and-committees/skiing>.

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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 be referred to the jury and may cause a competitor to be disqualified and to lose any points earned during the meet. Sportsmanship voting has closed for the 2022 season.

LODGE SPACE / CONCESSIONS: Space is limited at all of the ski lodges. While in an indoor facility all athletes, coaches, and spectators must be masked. Masks are not required while outside. 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. For 2021-2022, wax will be restricted to be no fluoro glide wax.

T-SHIRTS: Northwest Design Ink t-shirts and sweatshirts will be on sale at the state championship site.

VIDEO: Video in defense of a disqualified athlete, not for creation of a disqualification, may be used by the jury.

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DIRECTIONS:

BLACK MOUNTAIN (39 Glover Road, Rumford)

From Portland and Points South:

1. Take 95 N to Lewiston/Augusta (tolls).
2. Take the US-202/ME-4/ME-100 exit, exit number 75 (Auburn), towards FARMINGTON/RUMFORD/RANGELEY/MECHANIC FALLS.
Go 0.45 miles
3. Keep LEFT at the fork in the ramp.
Go 0.04 miles
4. Turn LEFT onto US-202 E.
Go 4.73 miles
5. US-202 E becomes ME-4 N.
Go 20.21 miles
6. Turn SLIGHT LEFT onto ME-108.
Go 16.55 miles
7. Turn RIGHT onto N. MAIN ST. in West Peru.
Go 0.38 miles (Across bridge spanning the Androscoggin River)
8. Turn SLIGHT LEFT onto US-2 W.
Go 5.03 miles through Mexico.
9. Turn SHARP RIGHT onto ME-120 (Hancock St.) in Rumford.
Go 2.01 miles (You will pass Mountain Valley High School)
10. Turn SHARP LEFT onto Isthmus Road.
Go 2.4 miles
11. Turn Right onto Glover Road
Go 300 feet to Black Mountain of Maine

Points West:

1. From Bethel, Maine, go East on US-2 toward Rumford.
Go 22 miles
2. At the bottom of Falls Hill, turn sharp left onto Spruce St. by the Food Trend store in Rumford.
Go .4 mile
3. Continue straight onto Swain Road.
Go 1.8 miles
4. Turn sharp Right onto Isthmus Road.
Go 1.9 miles
5. Turn sharp Left onto Glover Road
Go 300 feet to Black Mountain of Maine.

From Bangor and Points East:

1. From Bangor, take I-95 S towards Newport to the ME-11/ME-100 exit, exit number 157, towards US-2/NEWPORT/

From Skowhegan:

1. Go 30 miles.
2. Take the ME-11/ME-100 exit, exit number 39, towards US-2/NEWPORT/SKOWHEGAN
Go 0.2 mile. Keep RIGHT at the fork in the ramp.
3. Turn RIGHT onto ME-100.
Go 0.2 mile.
4. Turn LEFT onto US-2
Go 81 miles to Rumford
5. Turn SHARP RIGHT onto ME-120 (Hancock St.) in Rumford.
Go 2.01 miles (You will pass Mountain Valley High School)
6. Turn SHARP LEFT onto Isthmus Road.
Go 2.4 miles
7. Turn Right onto Glover Road
Go 300 feet to Black Mountain of Maine