

2016-2017 MPA SKI BULLETIN

(updated 11/21/16)

SKI SEASON

November 28, 2016	First Practice
December 16, 2016	First Regular Season Meet (After 3 p.m.)
February 21-22, 2017	Class A Alpine – Mt. Abram
February 21-22, 2017	Class B Alpine – Black Mountain
February 23-24, 2017	Class A Nordic – Quarry Road
February 23-24, 2017	Class B Nordic – Sugarloaf Outdoor Center
February 23-24, 2017	Class C Nordic – Quarry Road
March 10, 2017	End of 2016-2017 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. Individual Skimeister champions will not be recognized.

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

CLASS A

Tuesday, February 21, 2017

Boys' Giant Slalom
Girls' Giant Slalom

Mt. Abram

Wednesday, February 22, 2017

Boys' Slalom

Mt. Abram

Girls' Slalom

Thursday, February 23, 2017

Boys' Classical
Girls' Classical

Quarry Road

Friday, February 24, 2017

Boys' Freestyle
Girls' Freestyle

Quarry Road

CLASS B

Tuesday, February 21, 2017

Boys' Giant Slalom
Girls' Giant Slalom

Black Mountain

Wednesday, February 22, 2017

Boys' Slalom
Girls' Slalom

Black Mountain

Thursday, February 23, 2017

Boys' Classical
Girls' Classical

Sugarloaf Outdoor Center

Friday, February 24, 2017

Boys' Freestyle
Girls' Freestyle

Sugarloaf Outdoor Center

CLASS C

Thursday, February 23, 2017

Boys' Classical
Girls' Classical

Quarry Road

Friday, February 24, 2017

Boys' Freestyle
Girls' Freestyle

Quarry Road

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.

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.
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.nfhslearn.com).
8. Coaches meeting eligibility standards, parents, and athletes may wax skis at meets

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:

1 st Violation	Report violation to MPA office, suspension from play for one game/contest
2 nd Violation	Report violation to MPA office, removal from team for remainder of season

(Effective Date: 2011 Fall Sport Season)

FEES

Entry fees for the 2017 state meets will be \$375/team and \$125/individual. Each mountain may also charge a separate lift fee.

ALPINE SKI CLASSIFICATION

<u>CLASS A</u> 500+	<u>CLASS B</u> 0-499
1. Thornton (1422)*	1. Yarmouth (496)
2. Lewiston (1318)* (G)	2. Gray-NG (495)
3. Bangor (1169)*	3. John Bapst (470)
4. Bonny Eagle (1134)*	4. Spruce Mountain (465)
5. Oxford Hills (1072)	5. Caribou (442)
6. Scarborough (1034)	6. Mountain Valley (418)
7. Windham (1005)	7. Mattanawcook (348)
8. Edward Little (977)	8. Fort Kent (295)
9. Falmouth/Waynflete (970)	9. Telstar (236)
10. Gorham (838)	10. Winthrop (227)* (B)
11. Brunswick (821)*	11. Maranacook (421)
12. Skowhegan (775)	12. Mt. Abram (247)
13. Marshwood (739)	13. Lee (153)
14. Mt. Blue (696)	14. Central Aroostook (B) (124)
15. Hampden (691)	15. Wisdom (104)* (B)
16. Lawrence (674)* (B)	16. Greenville (67)
17. Kennebunk (673)	
18. Camden Hills (669)	
19. Greely (664)	
20. York (625)* (B)	
21. Leavitt (613)	
22. Fryeburg (559)	
23. Lake Region (524)	
24. Cape Elizabeth (555)	
25. Presque Isle (544)	
26. Freeport (511)	
27. ^Cheverus (465)	
28. ^Wells (449)* (B)	
29. ^Traip (263)*	

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 (1169)* (B) 2. Oxford Hills (1072) 3. Windham (1005)* (G) 4. Edward Little (977) 5. Deering (927) 6. Portland (868) 7. South Portland (846)* (B) 8. Brunswick (821)* (G) 9. Mt. Ararat (804) 10. Falmouth (710) 11. Mt. Blue (696) 12. Camden Hills (669) 13. Greely (664) 14. York (625) (G) 15. Leavitt (613) 16. ^Fryeburg (559) 17. ^Cheverus (465)* (B) 	<ol style="list-style-type: none"> 1. Morse (586)* 2. Cape Elizabeth (555) 3. Erskine (554)* (G) 4. Presque Isle (544) 5. Freeport (511) 6. Yarmouth (496) 7. Gray-NG (495) 8. Spruce Mountain (465) 9. Wells (449)* (G) 10. Caribou (442) 11. Maranacook (421) 12. Mountain Valley (418) 13. ^Mt. Abram (247) 14. ^St. Dominic (197)* (G) 	<ol style="list-style-type: none"> 1. Orono (346) 2. Dirigo (314) 3. Fort Kent (295) 4. Waynflete (260) 5. Telstar (236) 6. Winthrop (227)* (B) 7. Monmouth (214) 8. Boothbay (206) 9. Madawaska (164) 10. Fort Fairfield (144) 11. Ashland (88) 12. Maine Coast Waldorf (42) 13. MSSM (147)

*Denotes Individuals ^Applied to Higher Classification