

2018-2019 MPA CHAMPIONSHIP SKI BULLETIN

(updated 11/8/18)

SKI SEASON

November 26, 2018	First Practice
December 14, 2018	First Regular Season Meet (After 3 p.m.)
February 11-15, 2019	Alpine and Nordic Ski Sportsmanship Voting
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. 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 scheduled 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
Boys Interval Start Classical	1:00 pm	
Girls Interval Start Classical	2:00 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	2:00 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	11:00 am	
Pursuit and Team Awards	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.**
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.

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.

ALPINE SKI CLASSIFICATION

<u>CLASS A</u> 550+	<u>CLASS B</u> 0-549
1. Thornton (1422)* (G)	1. Presque Isle (548)
2. Bangor (1129)*	2. Yarmouth (546)
3. Bonny Eagle (1100)*	3. Cape Elizabeth (537)
4. Deering (1086)* (B)	4. Gray-NG (532)
5. Oxford Hills (1050)	5. John Bapst (513)
6. Windham (1004)	6. Lake Region (512)
7. Massabesic (985)* (B)	7. Caribou (430)
8. Edward Little (982)	8. Spruce Mountain (408)
9. Portland (970)* (G)	9. Mountain Valley (407)
10. Gorham (823)	10. Maranacook (390)
11. Biddeford (784)* (G)	11. Fort Kent (281)
12. Marshwood (781)	12. Winthrop (248)* (B)
13. Skowhegan (777)	13. Mt. Abram (236)
14. Falmouth/Waynflete (B 780/G 756)	14. Carrabec (215)* (B)
15. Hampden (718)	15. Telstar (212)
16. Freeport/Brunswick (B 680/G 680)	16. Central Aroostook (137) (B)
17. Kennebunk (678)	17. Wisdom (95)* (B)
18. Mt. Blue (669)	18. Greenville (78)
19. Camden Hills (667)	19. Rangeley (66)
20. Greely (656)	
21. Gardiner (632)* (G)	
22. York (607)* (B)	
23. Lincoln (579)* (G)	
24. Leavitt (572)	
25. Fryeburg (562)	
26. ^^Cheverus (467)	
27. ^^Traip (257)*	

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 (1086)* 3. Oxford Hills (1050) 4. Edward Little (982) (B) 5. Portland (970)* 6. Brunswick (746)* (G) 7. Mt. Ararat (734) 8. Falmouth (696) 9. Mt. Blue (669) 10. Camden Hills (667) 11. Greely (656) 12. Gardiner (632)* (B) 13. Morse (613)* (G) 14. ^^Leavitt (572) 15. ^^Fryeburg (562) 16. ^^Cheverus (467)* (B) 	<ol style="list-style-type: none"> 1. Presque Isle (548) 2. Yarmouth (546) 3. Cape Elizabeth (537) 4. Gray-NG (532) 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)* (G) 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)* 7. Kents Hill (221)* (G) 8. Monmouth (221) 9. Boothbay (215) 10. Telstar (212) 11. Madawaska (151) 12. MSSM (145) 13. Fort Fairfield (134) 14. Central Aroostook (124)* 15. Ashland (79)

*Denotes Individuals ^^Applied to Higher Classification