

2022-2023 MPA CHAMPIONSHIP SKI BULLETIN

(Updated 2/7/23)

SKI SEASON

November 28, 2022	First Practice
December 16, 2022	First Regular Season Meet (After 3 p.m.)
February 6-10, 2023	Alpine and Nordic Ski Sportsmanship Voting
February 9, 2023	Class A Alpine Entries Due on MPA Website
February 13, 2023	Class B Alpine Entries Due on MPA Website
February 13, 2023	Class A, B, C Nordic Entries Due on MPA Website
February 15/16, 2023	Class A Alpine – Saddleback Mountain, Rangeley
February 20, 2023	Class B Alpine (SL) – Lonesome Pine, Fort Kent
February 21, 2023	Class B Alpine (GS) – Big Rock, Mars Hill
February 22/23, 2023	Class A, B, C Nordic – Fort Kent Outdoor Center
March 11, 2023	End of 2022-2023 Ski Sport Season

COACHES' ELIGIBILITY

*Each coach must complete the NFHS “*Concussion in Sport*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*A Guide to Heat Illness*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Sudden Cardiac Arrest*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Protecting Students from Abuse*” video that is available at the NFHS website (www.nfhslearn.com).

TERMS AND CONDITIONS

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

STATE CHAMPIONSHIP

A Team Champion and Runner-up 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 Alpine due by 9:00 on **February 9, 2023** and B Alpine entries and Class A, B, and C Nordic entries are

all due by 9:00 am on **February 13, 2023**. All inquiries regarding the management of the meets are to be made to the appropriate Meet Coordinator.

COLD WEATHER GUIDELINES

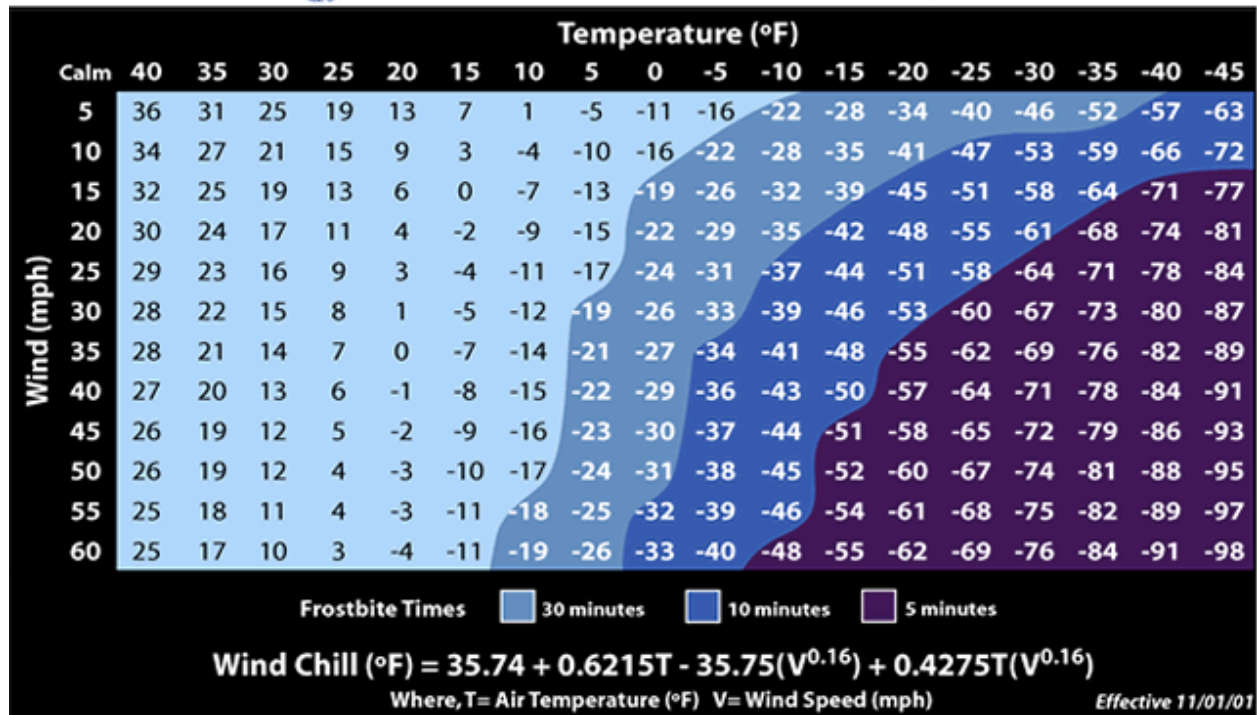
The MPA Ski Committee recommends the following with cold weather:

Prior to the start of a race, the host school, the TD and/or organizing committee is responsible for determining whether the conditions present a threat to the safety of participants and spectators and will determine the status of the event.

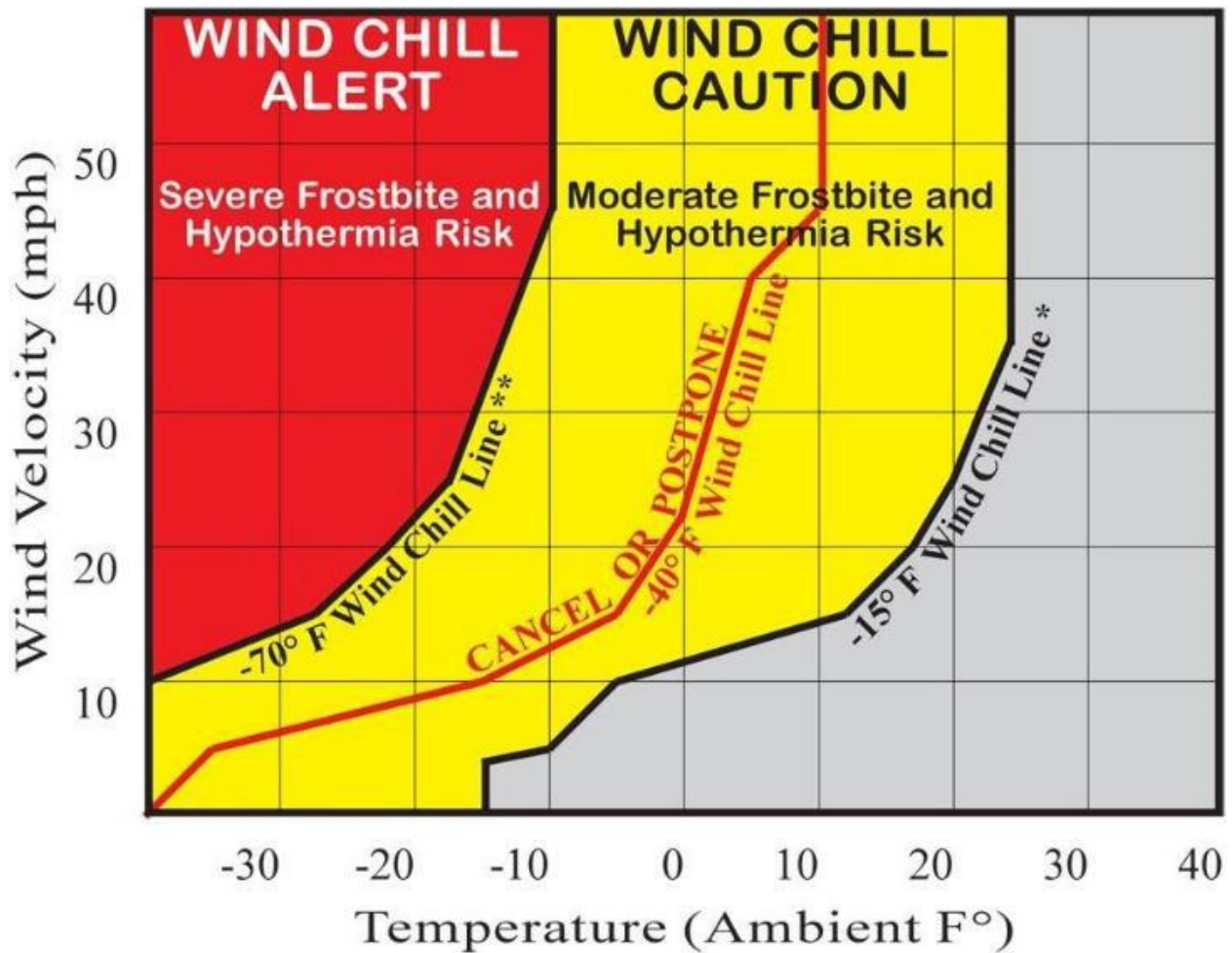
- If the air temperature is below 0° F, measured at the venue, a competition should be postponed, cancelled, or start times delayed until the air temperature is above 0° F by the TD and/or race organizer.
- If the wind chill is colder than -15 F with strong winds during race time, a competition should be postponed, cancelled, or start times delayed by the TD and/or race organizer.
- Other considerations:
 - Nordic: change start format to speed up and limit time in the elements
 - Warming areas for athletes, coaches, and spectators should be provided by the venue
 - Venue: exposure to wind in the start/finish area, on course, and on chair lift should also be taken into consideration



Wind Chill Chart



If wind chill is in the yellow zone, a cancellation, postponement, or start time delay shall be considered. If wind chill is in the red zone, a cancellation shall occur.



The NFHS published Cold Weather Guidelines in their publication High School Today. The link to the guidelines is [Guidelines for Competition in Cold Weather](#).

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 2022-2023 Nordic championships will be a pursuit. Day one for the classical race 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. Class A, B, and C will run separate races for the pursuit on Day 2.

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

NORDIC CLASSES A, B, and C

Wednesday, February 22, 2023 Fort Kent Outdoor Center

Coaches Meeting Zoom – Tuesday, February 21	8:00 p.m.
Boys Interval Start Classical	10:00 a.m.
Girls Interval Start Classical	12:30 p.m.

Thursday, February 23, 2023 Fort Kent Outdoor Center

Coaches Meeting Zoom – Wednesday, February 22	8:00 p.m.
Boys A Freestyle Pursuit	9:00 a.m.
Girls A Freestyle Pursuit	9:40 a.m.
Boys B Freestyle Pursuit	10:20 a.m.
Girls B Freestyle Pursuit	11:00 p.m.
Boys C Freestyle Pursuit	11:40 p.m.
Girls C Freestyle Pursuit	12:20 p.m.

Classical, Pursuit, and Team Awards Following the Boys' Race

CLASS A ALPINE

(Schedule may be altered by the TD pending venue availability)

Wednesday, February 15, 2023 Saddleback Mountain, Rangeley

Coaches Meeting	Zoom - 8:00 pm on Tuesday, February 14
Registration (1 st Floor)	7:00 am
Lift for Course Setters	7:30 am
Rangeley Chair Opens	7:45 am
Course Inspection Run 1	8:00 am – 9:00 am
Girls Giant Slalom	9:15 am
Boys Giant Slalom	Following Girls
Course Inspection Run 2	11:45 am -12:45 pm (Estimated)
Girls Giant Slalom	1:00 pm
Boys Giant Slalom	
Awards	Following the Boys' Race

Thursday, February 16, 2023 Saddleback Mountain, Rangeley

Two courses will be set with Girls on Left and Boys on Right.
Course inspections will happen for Girls and Boys at the same time.

Coaches Meeting	Zoom - 8:00 pm on Wednesday, February 15
Registration (1 st Floor)	7:00 am
Lift for Course Setters	7:30 am
Rangeley Chair Opens	7:45 am
Course Inspection Run 1	7:45 am - 8:45 am

Girls Slalom	9:00 am
Boys Slalom	Following Girls
Course Inspection Run 2	11:45 am -12:45 pm
Girls Slalom	1:00 pm
Boys Slalom	Following Girls
Awards	Following the Boys' Race

CLASS B

(Schedule may be altered by the TD pending venue availability)

Monday, February 20, 2023

Lonesome Pine, Fort Kent

Coaches Meeting	Zoom - 8:00 pm on Sunday, February 19
Course Inspection Run 1	7:45 am - 8:45 am
Girls Slalom	9:00 am
Boys Slalom	
Course Inspection Run 2	11:45 am -12:45 pm
Girls Slalom	1:00 pm
Boys Slalom	
Awards	Following the Boys' Race

Tuesday, February 21, 2023

Big Rock, Mars Hill

Coaches Meeting	Zoom - 8:00 pm on Monday, February 20
Course Inspection Run 1	7:45 am - 8:45 am
Girls Giant Slalom	9:00 am
Boys Giant Slalom	
Course Inspection Run 2	11:45 am -12:45 pm
Girls Giant Slalom	1:00 pm
Boys Giant Slalom	
Awards	Following the Boys' Race

3. In order for a competitor to participate in the state meet, a competitor must have competed in a minimum of FOUR high school races regardless of discipline for Alpine and Nordic. 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, been attached to a cooperative team, or attached cooperative individuals and 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 hard-shell helmets following the USSA/FIS Helmet Regulations. Equipment is the responsibility of the athlete and in the case of a minor, their parents or guardians. Equipment must be maintained and utilized in accordance with manufacturer's instruction.

Helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and forerunners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. The CE mark (pictured here) shall be affixed in a non-removable way on the back of the helmet in a visible location not covered by the goggle strap.



All participants in MPA races must use helmets that meet the new FIS standards for all MPA GS competitions.

Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL.

Helmet mounted cameras are not allowed on helmets in official training or competition. The MPA does not wish for officials to disqualify or deny entry or starts to an athlete because the athlete has personalized his/her helmet with stickers, glitter, helmet cam mounts or other applications.

The MPA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. MPA undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Anyone with questions regarding their helmet should contact the manufacturer for any specific guidelines regarding its safety or use.

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. In Alpine and Nordic Skiing **ALL** wax will be restricted to **fluoro-free** wax.
9. Coaches meeting eligibility standards, parents, and athletes may wax skis at meets.

10. 2023-2024 State Sites

- Class B Alpine– Date and Location TBA
- Class A Alpine – Date and Location TBA
- Class A, B, and C Nordic– Date and Location TBA.

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.

FEES

Entry fees for the 2023 state meets will be \$375/team and \$125/individual. Each mountain may also charge a separate lift fee.

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.

* Two waivers 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 request 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 | Suspension from play for one game/contest |
| 2 nd Violation | Removal from team for remainder of season |

(Effective Date: 2019 Fall Sport Season)

*The ski committee understands that outside competition from the high school season occurs in many MPA sponsored activities, but in skiing that outside competition occurs during the high school season due to snow conditions. Alpine and Nordic skiers may access elite ski events (i.e. Eastern Cup Series and Jr. National Biathlon) without use of a Bona Fide Team Waiver. Skiers must receive permission from their athletic department to miss a scheduled team meet prior to their absence. Skiers must compete in **four** regular season meets in their discipline to be eligible to ski in the MPA Alpine or Nordic Championships.

APPROVED OUTSIDE ELITE COMPETITIONS

Any USSA sanctioned races above the MARA U16/U19 level will also be approved.

Alpine

TBD

Nordic/Biathlon

High school athletes attending these events do not need an MPA bonafide rule waiver.

DATE	LOCATION	EVENT	DESCRIPTION	NOR/BIA
DEC 3-4, 2022	Craftsbury, VT	Eastern Biathlon Cup/IBU cup Trials		Biathlon
DEC 17-18, 2022	Craftsbury, VT	NENSA Eastern Cup Opener	Classical/Freestyle Pursuit	Nordic
DEC 28-31, 2022	Anchorage AK	USBA World Junior/Youth Champ Trials		Biathlon
JAN 2-7, 2023	Houghton, MI	US Cross Country Ski Championships	ALL	Nordic
JAN 14-15, 2023	Rumford, ME	Chisholm Ski Club Eastern Cup	Freestyle/Classical Sprint	Nordic
JAN 27-29, 2023	Fort Kent, ME	US Biathlon Continental Cup	ALL	Biathlon
FEB 4-5, 2023	Lake Placid	Empire State Games		Biathlon
FEB 4-5, 2023	Waterville, ME	Roy Varney Eastern Cup	Freestyle/Classical Mass Start	Nordic
FEB 18-19	Dublin, NH	Dublin Double Eastern Cup	Freestyle Sprint / Classical	Nordic
FEB 25-26	Jericho VT	Eastern Biathlon Cup#4		Biathlon
MAR 24-26	Casper WY	US Biathlon Championships		Biathlon

ALPINE SKI CLASSIFICATION
2022-2023

<u>CLASS A</u> 600+	<u>CLASS B</u> 0-599
1. Bangor, 1,182	1. Gray-NG, 566 (B)
2. Bonny Eagle*, 1,110 (B)	2. Gray-NG/St. Dominic, 566/151 (G)
3. Oxford Hills, 1,043	3. Lake Region, 549
4. Edward Little, 982 (B)	4. John Bapst, 540
5. Edward Little/Leavitt/Lewiston, 982/527/1511 (G)	5. Cape Elizabeth, 529
6. Windham, 911	6. Yarmouth, 526
7. Portland*, 873 (G)	7. Belfast, 491
8. Gorham, 850	8. Presque Isle, 476
9. Hampden, 801	9. Caribou, 445
10. Biddeford*, 754 (B)	10. Wells, 434
11. Kennebunk, 753	11. Spruce Mountain, 372
12. Skowhegan, 742	12. Mountain Valley, 354 (B)
13. Marshwood, 732	13. Mountain Valley/Dirigo, 212 (G)
14. Mt. Blue, 726	14. Maranacook, 351
15. Camden Hills, 706	15. Fort Kent, 247
16. Brewer*, 687 (G)	16. Mt. Abram, 203
17. Falmouth/Waynflete, 726 (B) 726 (G)	17. Monmouth*, 194
18. Greely, 635	18. Telstar, 17
19. Gardiner*, 622	19. Madawaska*, 145 (B)
20. Freeport/Brunswick, 584/732	20. Central Aroostook, 130 (B)
21. Fryeburg^^, 566	21. Wisdom*, 68 (B)
22. Leavitt^^, 527 (B)	22. Greenville, 60
23. Oceanside*, 477 (B)	23. Rangeley, 60
24. Cheverus^^, 360	24. Islesboro*, 25 (B)
25. Orono*, 334 (G)	
26. Traip*, 259 (B)	
27. Islesboro*, 25 (B)	

^^Applied Up
*Individuals

NORDIC SKI CLASSIFICATION
2022-2023

<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*, 1,182 (B) 2. Oxford Hills, 1,043 3. Edward Little, 982 4. Portland, 873 5. Deering, 833 6. Marshwood*, 732 (G) 7. Brunswick*, 732 8. Mt. Blue, 726 9. Mt. Ararat, 720 (G) 10. Camden Hills, 706 11. Falmouth, 676 12. Greely, 635 13. Fryeburg^^, 566 14. Oceanside*, 477 (B) 15. Cheverus^^, 360 16. St. Dominic*, 151 (B) 	<ol style="list-style-type: none"> 1. Freeport, 584 2. Gray-NG, 566 (B) 3. Cape Elizabeth*, 529 4. Leavitt, 527 5. Yarmouth, 526 6. York, 524 7. Belfast, 491 8. Presque Isle, 476 9. Caribou, 445 10. Maranacook^^, 351 11. Maine Coast Waldorf/NYA^^, 66/162 	<ol style="list-style-type: none"> 1. Spruce Mountain, 372 2. Mountain Valley, 354 3. Orono, 334 4. Waynflete, 256 5. Fort Kent/Wisdom, 247/68 6. Winthrop*, 227 (G) 7. Dirigo, 212 8. Mt. Abram, 203 9. Monmouth, 194 (B) 10. Madawaska, 145 11. MSSM, 114 12. Ashland, 86

*Individuals

^^Applied to Higher Classification