

MEMORANDUM

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

FROM: MPA Ski Committee
TJ Plourde, Chair

DATE: January 30, 2023

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).

2023 NORDIC SKI SCHEDULES: Attached to this memo you will find the championship schedule for the Class A, B, and C Nordic Championship. This memo is specifically for the Nordic events.

QUALIFYING FOR INDIVIDUAL EVENTS: For the 2023 Nordic championships, athletes competing in the championship races must have competed in at least four meets during the regular season.

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 certified on the MPA eligibility certification form submitted by the school. Two of the MPA eligible coaches 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.*** The coaches' meetings will be virtual the night before each day of competition through Zoom. All meetings are at 8:00 p.m. Below is the link for both coaches' meetings.

Nordic Coaches Meeting for Class A, B, and C State Championship

Tuesday, February 21 (Interval Start Classical) and Wednesday, February 22 (Freestyle Pursuit)

Join Zoom Meeting

<https://us02web.zoom.us/j/86097364431?pwd=U0F2WTlwWEhiMlEwVGsrNlAybGR1Zz09>

Meeting ID: 860 9736 4431

Passcode: 973114

ENTRY FORMS: These must be submitted to the MPA office on or before February 13, 2023. 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 2023 Nordic Ski Rules and the 2023 Ski Bulletin may be found by clicking on the links below:

[2022-2023 Nordic Skiing Rule Book](#)

[2022-2023 MPA Championship Ski Bulletin](#)

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 is open on the MPA website from February 6-10, 2023. If your school does not vote they are ineligible to win the award.

LODGE SPACE / CONCESSIONS: Space is limited at all of the ski lodges. 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 entry roster may wax skis at the ski meet. A competitor may wax his/her skis during the race without assistance from another person. For 2022-2023, in Nordic Skiing **ALL** wax will be restricted to **fluoro-free** wax.

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

[\(MPA - Maine Principals' Association - Northwest Designs Ink \(nwd.ink\)\)](http://www.nwd.ink)

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

Revised: 1/30/23