

## MEMORANDUM

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

FROM: MPA Ski Committee  
TJ Plourde, Chair

DATE: February 7, 2024

SUBJECT: Class A,B,C State Nordic Ski Championships

Congratulations and welcome to the schools and individuals that will be competing in the upcoming Class A, B, & C Nordic Ski Championships at Titcomb Mountain! 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 at 207-897-4336 (school), 207-491-7545 (cell), or [tplourde@rsu73.org](mailto:tplourde@rsu73.org), or Mike Bisson at the MPA office (207-622-0217, ext. 141 or [mbisson@mpa.cc](mailto:mbisson@mpa.cc)).

**2024 NORDIC SKI SCHEDULES:** Click on the link below for the Class A, B, & C Nordic Championship schedule. This memo is specifically for the Nordic events.

### [Class A, B, and C Nordic Ski Schedule](#)

**QUALIFYING FOR INDIVIDUAL EVENTS:** For the 2024 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 Titcomb on the Sunday before the events are \$5 per athlete. Checks may be made payable to the Farmington Ski Club for Sunday skiing.

**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.

**ENTRY FORMS:** These must be submitted to the MPA office on or before February 12, 2024. 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 2024 Nordic Ski Rules and the 2024 Ski Bulletin may be found by clicking on the links below:

[2023-2024 Nordic Skiing Rule Book](#)

[2023-2024 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, 2024. If your school does not vote they are ineligible to win the award.

**REGISTRATION AND BIB PICK-UP:** Coaches may pick up bibs on Monday, 2/19 from 7:30-8:45 a.m. in the Titcomb Lodge. Coaches may pick up bibs on Tuesday, 2/20 from 7:30-8:30 in the Titcomb Lodge.

**LODGE SPACE / CONCESSIONS:** Space is limited at the Titcomb Lodge. Titcomb has a dome and we are asking athletes to use the dome and their buses. The Titcomb Commissary will be open where food will be available. Tailgating (including the use of electrical appliances) in the Titcomb Lodge is **not permitted**. Teams wishing to tailgate may do so in designated areas away from the wax areas. ***Please share this information with any ski booster/parent groups well in advance of the championship events.***

**SHUTTLE BUS:** Parents and families are highly encouraged to use the shuttle bus service beginning at 8:30 a.m. and going until 2:30 p.m. It will run continuously from Hannaford in Farmington to Titcomb. Please park on the north side of the Hannaford lot. Titcomb is 5-minutes from Hannaford. Titcomb is open for alpine and nordic skiing during the vacation week.

**TAILGATING:** Team tailgating designated area will be to the left of the Mechanics building. Please do not set up food tables in the waxing areas.

**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 2024, in Nordic Skiing ALL wax will be restricted to **fluoro-free** wax. Electrical receptacles are available at Titcomb (by the Mechanical Building) on a first come, first serve basis. Please be prepared with generators/torches.

**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.