

## MEMORANDUM

TO: NORDIC Ski Championship Teams & Individuals

FROM: MPA Ski Committee  
TJ Plourde, Chair

DATE: February 3, 2020

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](mailto:tplourde@rsu73.org)) or Mike Bisson at the MPA office (207-622-0217, ext. 141 or [mbisson@mpa.cc](mailto:mbisson@mpa.cc)).

**2020 NORDIC SKI SCHEDULES:** Attached to this memo you will find updated championship schedules for the Nordic meets. This memo is specifically for the Nordic events. (attach schedules)

**QUALIFYING FOR INDIVIDUAL EVENTS:** For the 2020 Nordic championships, athletes competing in the championship races must have competed in at least four meets during the regular season. Waiver requests for skiers who were NOT able to ski in four meets must be submitted to the MPA office.

**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 listed on the MPA coaches' eligibility form submitted by the school. Two of the MPA eligible coach 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.***

**ENTRY FORMS:** These must be submitted to the MPA office on or before February 10, 2020. 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 2020 Nordic Ski Rules and the 2020 Ski Bulletin may be found on the MPA website - <http://www.mpa.cc/index.php/interscholastic-activities-and-committees/skiing>.

## Memorandum to Nordic Ski Championship Teams and Individuals

February 3, 2020

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**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 will be open as of February 3, 2020 through February 7, 2020.

**LODGE SPACE / CONCESSIONS:** Space is limited at all of the sites. 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 roster may wax skis at the ski meet. A competitor may wax his/her skis during the race without assistance from another person. For 2019-2020 wax will be restricted to be no higher than Low Floral Glide Wax. All skiers must agree in writing by filling out and signing the Nordic Wax Protocol Form, which the coach must have on site. *(Insert link to Nordic Wax Protocol Sheet).*

**T-SHIRTS:** Action Screen Printing 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.

### **DIRECTIONS:**

**Titcomb Mountain**  
(180 Ski Slope Road, Farmington)

From I-95 in Augusta, follow Maine Rt. 27; keep straight onto ME-27/Augusta Road (pass Irving in .4 miles); turn left onto US-2/ME-27/Mercer Road; turn right onto ME-43/Bridge Street; turn left onto Morrison Hill Road; then turn left onto Ski Slope Road.



# Guidelines for Competition in the Cold

BY CARY S. KELLER, M.D.

Cold weather is not usually a barrier to athletic activity, but team and individual sports played in the late fall, winter and early spring place a large number of athletes at risk for cold injury. Environmental changes as simple as sunset, a rainstorm or an increase in wind speed can shift the body's thermal balance suddenly. As part or all of the body cools, there can be diminished exercise performance, frostbite, hypothermia and even death. Frostbite and hypothermia represent 20 percent of all injuries in Nordic skiers.

## Physiological Response to Cold

Cold exposure produces peripheral vasoconstriction, decreasing peripheral blood flow, and decreasing convective heat loss from the body's core to its shell. Cold exposure also elicits increased heat production through skeletal muscle activity. This occurs through involuntary shivering (which can increase heat production six-fold) and through voluntary increased activity.

Athletes exposed to cold repeatedly can exhibit cold acclimatization, in which both cold-induced vasoconstriction and shivering are blunted. Compared to heat acclimatization, cold acclimatization is less pronounced, slower to develop and less effective in defending normal body temperature and preventing thermal injury.

## Cold Injury

**Frostbite** occurs when tissue freezes. Frostbite can be in exposed skin, e.g. nose, ears, cheeks, but also occurs in hands and feet, because vasoconstriction lowers peripheral tissue temperature significantly. Numbness or a "wooden" feeling is usually the first symptom of frostbite in the hands and feet. With frostbite to exposed facial skin, however, there can be a burning feeling. Freezing of the tissue is often relatively painless. Re-warming is accompanied by sharp, aching pain and persistent loss of light touch sensation.

The risk of frostbite increases as temperature decreases. With appropriate precautions, the risk of frostbite can be less than five percent when ambient temperature is above 5 degrees F. But increased surveillance of athletes is appropriate when the wind chill falls below minus 18 degrees F, since exposed facial skin then freezes in 30 minutes or less. At these temperatures, consideration should be given to postponing or shortening athletic events. Predetermined school policies bring neutrality to that decision and help the public to anticipate

it. Several apps are available for calculation of wind chill.

**Hypothermia** is core temperature below 35C (95F). In mild hypothermia, an athlete feels cold, shivers, is apathetic and withdrawn, and demonstrates impaired athletic and mental performance. Coaches and athletes must recognize and respond to these early symptoms so as to avoid more severe hypothermia. The symptoms can be confused with concussion, hypoglycemia or drug use. As core temperature continues to fall, there is confusion, sleepiness, slurred speech and irrational thinking and behavior. Severe hypothermia causes cardiac arrhythmia and arrest. Efforts to resuscitate must persist until re-warming has been achieved.

## Risk factors for Frostbite and Hypothermia

- 1) Exercising in water, rain and wind. Evaporation from wet clothing in a cold environment increases heat loss four-fold.
- 2) Lean athletes lack the insulation provided by fat and muscle mass and have more difficulty maintaining core temperature.
- 3) Fatigue, energy depletion, sleep deprivation and many endocrine disorders produce hypoglycemia. Hypoglycemia impairs muscular activity and shivering, decreasing heat production.
- 4) Physical fitness and strength training allow longer exercise at high intensity with prolonged heat production and maintenance of core temperature. Poor fitness thereby predisposes to cold injury.
- 5) Altitude greater than 8,000 feet decreases shivering and vasoconstriction response to cold.
- 6) Cessation of Exercise. Exercising, athletes produce heat by muscular activity and are at less risk for cold exposure injury. At the end of an event, or when exercise stops due to injury, heat is no longer being generated by exercise, but heat loss continues, and rapid cooling may result. Training alone, in remote places and at unusual hours, increases the length of exposure likely to occur before an injured athlete can be removed from the cold.

## Preventing Cold Injury

- 1) Risk and Event Management
  - a. Assess environmental heat loss risk: temperature, wind, rain, solar load, immersion, altitude. Be alert to changes



in these factors. Athletes can then be advised to modify clothing or seek shelter. And event managers can consider shortening, moving or cancelling an event. Wind chill temperature index (WCT) integrates temperature and wind to estimate cooling power. The WCT predicts the risk of frostbite to exposed facial skin in a person moving at walking speed. The wind effect of the athlete moving at higher speed (run, ski, bike, skate) is not considered in calculating WCT. The risk of frostbite in the extremities is not predicted by WCT.

- b. Assess athletes' risk factors: exercise demands, fitness, fatigue, health, body fat, hydration and nutritional status.
  - c. Prepare appropriately: adequate training, clothing, water and food; scheduled clothing changes; provision of shelter and re-warming; planned monitoring of weather conditions and of athlete tolerance of the cold, and action plans to care for athletes, staff and spectators who are having difficulty staying warm.
- 2) **Clothing:** Exercise intensity and ambient temperature determine clothing (insulation) requirements during exercise. Hats are useful, as up to 50 percent of heat loss at rest is from the head. Layering is dressing with an inner layer that wicks perspiration to the outer layers for evaporation, a middle insulating layer that allows moisture transfer, and an outer layer, worn when necessary, to repel wind and rain but capable of transfer of perspiration to the air. Layering allows adjustment in insulation to prevent overheating and sweating, while remaining dry in wet conditions. Glove liners provide wicking and insulation for the hands. Mittens provide significantly more insulation than gloves. Clothing that constricts fingers or toes predisposes to peripheral cold injury. Wet clothing should be removed quickly and replaced, including socks and gloves.

- 3) **Food and Fluid Intake:** Exercise in cold environments increases energy expenditure and fluid loss. Insufficient carbohydrate reserves to maintain core temperature risks cold injury. Dehydration affects neither shivering nor vasoconstriction, but significant loss in circulating volume decreases perfusion. In cold as well as other temperatures, carbohydrate availability and dehydration are limiting factors in performance. Athletes can sustain exercise in cold by ingesting 6-12 percent carbohydrate beverages. Carbohydrate-rich foods are appropriate for prolonged exercise in the cold.

### Wind-Chill Chart

		ACTUAL THERMOMETER READING F											
		CALM	50	40	30	20	10	0	-10	-20	-30	-40	-50
ESTIMATED WIND SPEED MPH	5	48	37	27	16	5	-5	-15	-26	-36	-47	-57	
	10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83	
	15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99	
	20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	
	25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	
	30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	
	35	27	11	-4	-20	-35	-49	-67	-83	-98	-113	-129	
	40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	
		LITTLE DANGER - OR PROPERLY CLOTHED PERSON				INCREASING DANGER				GREAT DANGER			

\*Wind speeds greater than 40 MPH have little additional effect.

**DANGER FROM FREEZING OF EXPOSED FLESH**

### Field Treatment of Cold Injury

**Frostbite:** Seek shelter and insulation to maintain core temperature. Reverse vasoconstriction by re-warming. Re-warming is best accomplished with 1) body heat – the victim's or someone else's body heat (e.g., placing the cold hand into the axilla) or 2) warm water 104-109 degrees F (40-43 degrees C). Warmer water produces greater injury, swelling and tissue death. Once re-warming begins, avoid additional freezing. It is better to tolerate some additional time with frozen tissue during extrication from the cold than to re-warm and then suffer refreezing during extrication. Rubbing the injured

part tends to add mechanical damage to thermal damage, and is to be avoided.

**Hypothermia:** a) Conscious, hypothermic persons should have wet clothing removed and should be insulated with whatever warming material is available. If possible, evacuate to a warm building/car/shower. Encourage the drinking of large volumes of warm, sweet liquids to improve circulating volume and available energy for exercise. Encourage exercise to promote heat production by muscular activity. Such athletes usually respond to peripheral re-warming, but transport to medical care as a precaution against deterioration. b) Comatose, hypothermic athletes should be insulated and transported emergently. Field re-warming and field CPR are usually ineffective and only delay transport to a medical facility for rapid core re-warming and comprehensive care.

### Cold-induced Bronchoconstriction

Exercise-induced bronchoconstriction (EIB) is a transient narrowing of the airways that is provoked by exercise. Cold weather athletes have an increased prevalence of EIB: Twenty-three percent of Olympic winter athletes and 33-50 percent of cross country skiers. High intensity exercise, high ventilation rate and exercise in indoor rinks predisposes. The EIB with cold exposure is believed to be due

to a combination of breathing dry air and reflex response to facial cooling. Impaired air quality in indoor rinks is implicated as an additional factor.

### Cold Environment Modifies Trauma Protocols

The assessment and management of the injured athlete in a cold environment follows Basic Trauma Life Support protocols. Depending on the severity of the cold, the risk it represents to the injured athlete and to the rescuers, and the availability of warm shelter, evaluation and resuscitation may be delayed in order to extricate the athlete from the cold. Evacuation of the winter athlete from the scene of injury can be a challenge requiring special equipment, training and protocols, such as those developed by the National Ski Patrol.

As seasons change, extra beauty, exhilaration and challenge are brought to the excitement of athletic competition in the cold. Despite the serious risks of cold injury, thoughtful planning and preparation can ensure that safe outcomes accompany athletic success. ☉

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Cary S. Keller, M.D., FACSM is the medical director at Sportsmedicine and Orthopaedics Fairbanks in Fairbanks, Alaska. He is team physician for the University of Alaska, Fairbanks and Fairbanks North Star Borough School District. He chairs the Alaska School Activities Association Sports Medicine Advisory Committee and is a former member of the NFHS Sports Medicine Advisory Committee.

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# **2019-2020 MPA CHAMPIONSHIP SKI BULLETIN**

(updated 2/3/20)

## **SKI SEASON**

November 25, 2019	First Practice
December 13, 2019	First Regular Season Meet (After 3 p.m.)
February 3-7, 2020	Alpine and Nordic Ski Sportsmanship Voting
February 10, 2020	Class A and B Alpine Entries Due on MPA Website
February 10, 2020	Class A, B, C Nordic Entries Due on MPA Website
February 13-14, 2020	Class A Alpine – Shawnee Peak
February 17-18, 2020	Class A Nordic – Titcomb Mountain
February 17-18, 2020	Class B Nordic – Titcomb Mountain
February 17-18, 2020	Class C Nordic – Titcomb Mountain
February 19-20, 2020	Class B Alpine – Black Mountain
March 7, 2020	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 post-season 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. The Athletic Director must submit the run order for all Alpine and Nordic meets one week prior to the race. Class A Alpine entries are due on February 10, 2020 by 9:00 am, Class A and B Nordic and Class B Alpine entries are due on February 10, 2020. 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](http://www.mpa.cc).)
2. The 2019-2020 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**

Monday, February 17, 2020

Coaches Meeting	11:00 am	Titcomb Mountain
Girls Interval Start Classical	1:00 pm	
Boys Interval Start Classical	3:00 pm	

Tuesday, February 18, 2020

Coaches Meeting	9:00 am	Titcomb Mountain
Girls A Freestyle Pursuit	10:00 am	
Girls C Freestyle Pursuit	10:30 am	
Girls B Freestyle Pursuit	11:00 am	
Boys A Freestyle Pursuit	11:30 am	
Boys C Freestyle Pursuit	12:00 pm	
Boys B Freestyle Pursuit	12:30 pm	
Classical, Pursuit, and Team Awards		Following the Boys Race

**CLASS A ALPINE**

Thursday, February 13, 2020

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 14, 2020

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



**CLASS B**

Wednesday, February 19, 2020

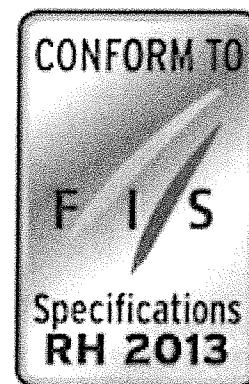
Coaches Meeting	7:00 am	Black Mountain
Course Inspection Run 1	8:00-8:45 am	
Girls Giant Slalom	9:00 am	
Boys Giant Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Giant Slalom	1:00 pm	
Boys Giant Slalom		
Awards	Following the Boys Race	

Thursday, February 20, 2020

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	

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](http://www.nfhslearn.com)).
8. In Nordic Skiing beginning in 2019-2020, wax will be restricted to be no higher than low floral glide wax.

9. 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.

### **FEES**

Entry fees for the 2020 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<sup>st</sup> Violation                      Suspension from play for one game/contest  
2<sup>nd</sup> 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. Beginning in the 2019-2020 season 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

### Alpine

#### Boys/men

#### Eastern Cups

Dec 17-20: Whiteface  
Jan 11-12: Smuggler's Notch  
Jan 16-17: Sugarloaf  
Jan 26: Suicide Six

#### Girls/Women

#### Eastern Cups

Dec 16-19: Sunday River  
Jan 11-12: Waterville Valley  
Jan 26: Middlebury Snow Bowl  
Feb 22-25: Whiteface

### Development/FIS

Dec 16-19: Sugarloaf	
Jan 4-7: West Mtn	Jan 4-7: Okemo, VT
Jan 13-17: Speed week Sugarloaf	Jan 13-17: Speed week, Burke Mtn, VT
Feb 6-9: Mittersill	Feb 6-9: Proctor U16 Tech
Feb 15-18: Blue Hill, PA	Feb 15-18: Blue Hill, PA

### Nordic

#### **Date: Location - Name (Description)**

Dec 20-21: Sugarloaf, ME - Nensa Eastern Cup/JN qualifier (Sprint FS/Classic 5km women/U16, 10km men)

Jan 2-7: Houghton, MI - US Cross Country Nationals (All distances/Freestyle and Classical)

Jan 25: Craftsbury, VT - Nensa Eastern Cup/JN qualifier (Saturday Fs 5km women U16/10km men, Sunday CI MS 5km U16/10km women/15km men)

Jan 25-26: Craftsbury, VT - Supertour (Friday sprints, Sat-Sun distance)

Feb 8-9: Rumford, ME - Nensa Eastern Cup/JN qualifier (Sat FS 5km U16 women, 10km men)

Feb 15-16: Dublin, NH - Nensa Eastern Cup/JN qualifier (Fs Prologue/Sprint)

Feb 15-16: Holderness, NH – (CI 5km U16, 10km women/men, Sunday relays)

### Biathlon

Dec 28-31: Jericho, Vt - Junior World Qualifier (Three races to qualify for Junior World Champs Biathlon 14+ in Lenzerheide Switzerland Jan 26-Feb 2)

Jan 11-12: Craftsbury, VT - Noram #3 (Sat Individual, Sun Sprint)

Jan 26-Feb 2: Lenzerheide, Switz - World Junior Biathlon Champs (US team qualified top 4 Youth / Juniors)

Jan 30-Feb 2: Fort Kent, ME - Noram #4 (Thursday sprint senior time trial, Sat sprint, Sun Mass Start)

Feb 8-9: Val Cartier - Noram #5 (Sat Individual/Sun Relays)

## ALPINE SKI CLASSIFICATION

2019-2021

<u>CLASS A</u> 600+	<u>CLASS B</u> 0-599
1. Bangor*, 1202	1. Gray-NG, 596
2. Bonny Eagle*, 1094 (B)	2. Leavitt, 551
3. Oxford Hills, 1021	3. Lake Region, 535
4. Edward Little, 998	4. Presque Isle, 527
5. Windham, 941	5. Cape Elizabeth, 514
6. Gorham/Massabesic, 875 (B)	6. Yarmouth, 509
7. Marshwood, 784	7. Caribou, 491
8. Skowhegan, 782	8. John Bapst, 462
9. Portland*, 757 (G)	9. Spruce Mountain, 402
10. Hampden, 770	10. Mountain Valley, 375
11. Biddeford*, 764 (B)	11. Maranacook, 361
12. Freeport/Brunswick, 756 (G)	12. Fort Kent, 252
13. Kennebunk, 717	13. Mt. Abram, 208
14. Falmouth/Waynflete, 747(B),710 (G)	14. Telstar, 199
15. Camden Hills, 693	15. St. Dominic*, 162 (G)
16. Brewer*, 672 (G)	16. Madawaska*, 153 (B)
17. Mt. Blue, 666	17. Central Aroostook, 133 (B)
18. Greely, 638	18. Greenville, 82
19. Gardiner*, 622	19. Wisdom*, 67 (B)
20. Fryeburg^^, 575	20. Rangeley, 66
21. Freeport, 524 (B)	21. Islesboro*, 29 (B)
22. Oceanside*, 474 (B)	
23. Wells*, 422 (B)	
24. Cheverus^^, 394	
25. Orono*, 338 (G)	
26. Traip*, 255 (B)	

**NORDIC SKI CLASSIFICATION**

2019-2021

<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"> <li>1. Cheverus/Deering/ Portland/, 1487 (B)/ 1457 (G)</li> <li>2. Bangor*, 1202 (B)</li> <li>3. Oxford Hills, 1021</li> <li>4. Edward Little, 998 (B)</li> <li>5. Marshwood*, 784 (G)</li> <li>6. Brunswick*, 714</li> <li>7. Falmouth, 710</li> <li>8. Mt. Ararat, 709 (G)</li> <li>9. Camden Hills, 693</li> <li>10. Mt. Blue, 666</li> <li>11. Greely, 638</li> <li>12. Fryeburg^^, 575</li> <li>13. Leavitt^^, 551</li> <li>14. Oceanside*, 474 (B)</li> <li>15. St. Dominic*, 162 (B)</li> </ol>	<ol style="list-style-type: none"> <li>1. Gray-NG, 596 (B)</li> <li>2. York, 553</li> <li>3. Presque Isle, 527</li> <li>4. Freeport, 525</li> <li>5. Cape Elizabeth*, 514</li> <li>6. Yarmouth, 509</li> <li>7. Caribou, 491</li> <li>8. Spruce Mountain, 402</li> <li>9. Maranacook^^, 361</li> <li>10. Maine Coast Waldorf^^, 65</li> </ol>	<ol style="list-style-type: none"> <li>1. Orono, 338</li> <li>2. Fort Kent/Wisdom, 294</li> <li>3. Waynflete, 267</li> <li>4. Winthrop*, 231 (G)</li> <li>5. Monmouth, 222 (B)</li> <li>6. Dirigo, 219</li> <li>7. Mt. Abram, 208</li> <li>8. Madawaska, 153</li> <li>9. MSSM, 142</li> <li>10. Ashland, 89</li> </ol>

\*Denotes Individuals

^^Applied to Higher Classification