



FRYEBURG ACADEMY ATHLETICS

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Welcome to Fryeburg Academy and Stark's Hill! We are very pleased to be hosting the Class "A" State Nordic Championships and hope to make it an event that will highlight the careers of so many of your athletes! Fryeburg hosted it's first State Championship in 1961 and most recently in 1988...needless to say, Stark's Hill has grown into a beautiful hideaway tucked into the middle of our town!

A few "need to knows" as your team prepares to come to the State's!

-There is no shelter at Stark's Hill. The busses will serve as the team warming huts so if you want to bring a tent, feel free. There is plenty of room inside the stadium area for teams.

-Port-a-potties will be right at the trailhead, but the Academy field house will be open as well. You might want to use the rest rooms there before heading to Stark's. We will have the building open from 11:00am till the end of the day. The Gibson Recreational Center on campus is 52 Bradley Street, Fryeburg for the GPS. Park in the main side lot and use the door nearest the road to enter. Public restrooms are along that hallway.

-Stark's Hill is tucked right into the village, so parking will be tight close to the racing area. Follow the signs for the bus parking, drop off areas but then please park in the designated areas. We will have parking attendants. Prepare to walk about 2 minutes to the course. You won't believe there is a Nordic area with some of the best groomed trails as you walk that 2 minutes though an auto body repair area! Bring a sled to haul your goods in! Please give me a call if you have an individual with handicap needs.

-The course is very spectator friendly as there are 5 places from the stadium area that you will be able to view your racers!

-Please, no dogs inside the Stadium! We love pets, but many people do not and we don't want anything to distract these athletes!

-If you want to see the stadium area during a race, check out the aerial footage found at www.youtube.com/watch?v=PGOdLJ_U1SI. It offers a unique look at the area!

-The Fryeburg Academy Project Graduation Group will have a concession area located inside the area for your hungry stomachs! You will also pass a Subway, several pizza stores and some very good local restaurants right on Main St, (Rt 302) There is a Dunkin Doughnuts just over the New Hampshire border on 302 as well!

-The nearest lodging is likely North Conway, about 15 minutes beyond Fryeburg, but remember, it is peak ski season and school vacation across New England. Tax free New Hampshire does have some great outlet shopping to fill the mornings though! Bridgton and Shawnee Peak Ski Area are about 20 minutes south of us on Rt. 302. Obviously, Portland and Lewiston are also great areas with lodging, both about an hour from Starks.

Guess that's it for now! The rest of the information with race day details is included. Please feel free to call with any questions and share all the information with your spectators as well!

Sue Thurston

Athletic Director, Fryeburg Academy

2015 MPA Skiing Championships – Nordic Schedule - Class A

Monday, February 16, 2015:

Daytime Course open but not marked
4:00pm Course closed
4:30pm Grooming & Classic Tracks Set

Tuesday, February 17, 2015:

Trails closed to public all day
Course marking and final stadium set-up
10:00am Course open for inspection
12:00pm Race HQ open for bib pick-up and registration
1:00pm Nordic coaches meeting – Race HQ tent – Stadium
2:30pm BOYS CLASSIC START - 5.4k - :15 Intervals
Course record 16:30.9 (Silas Eastman, Fryeburg, 2013)
4:00pm GIRLS CLASSIC START – 5.4k - :15 Intervals
Course record 20:08.8 (Elizabeth Martin, Freeport, 2013)
5:00pm AWARDS – Stadium
Individual Classic
Course closed
6:00pm Grooming

Wednesday, February 18, 2015:

Trails closed to public all day
Final stadium set-up
10:00am Course open for inspection
1:00pm Race HQ open for bib pick-up and registration
Nordic Coaches Meeting (if necessary) – Race HQ tent – Stadium
2:30pm BOYS SKATE START – 5.4k - :15 Intervals
No skate records for this course
4:00pm GIRLS SKATE START – 5.4k - :15 Intervals
No skate records for this course
5:00pm AWARDS – Stadium – Lights available.
If bad weather awards will be at Fryeburg Academy Field House
Individual Skate & Skimeister
Nordic Team and Combined Team Championships



Home to the Fryeburg Academy Ski Team since 1947

5.4k Course MPA State Championship

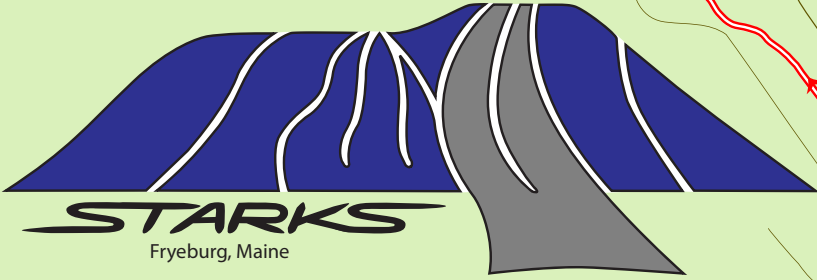
	Easiest
	More Difficult
	Most Difficult
	Race Course
.04 Trail Distance (km)	
Contour Interval = 20 feet	
LP - Low Point	
HP - High Point	





——— Race Course
 - - - V - Boards
 ——— Hard Fence
 ····· Pin Flags

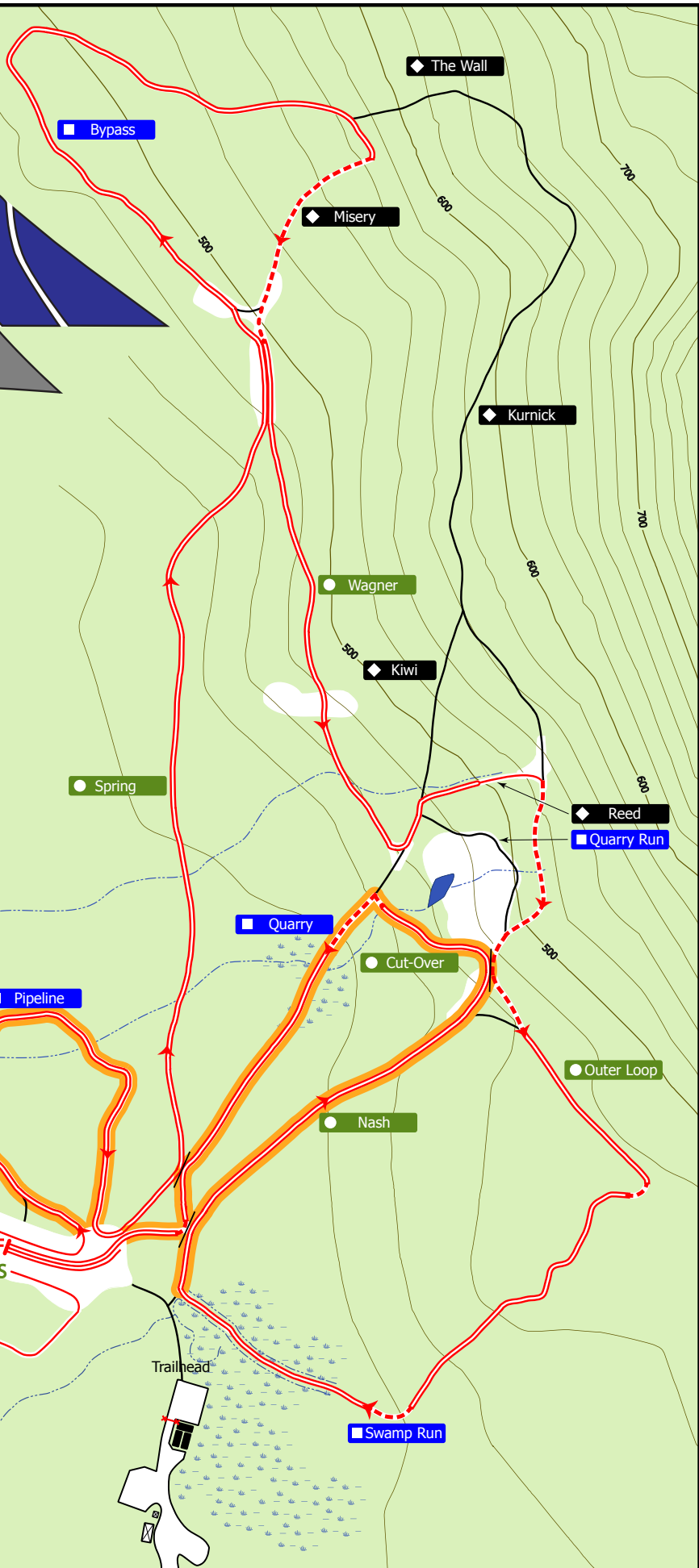
MPA State Championship
5.4k Stadium

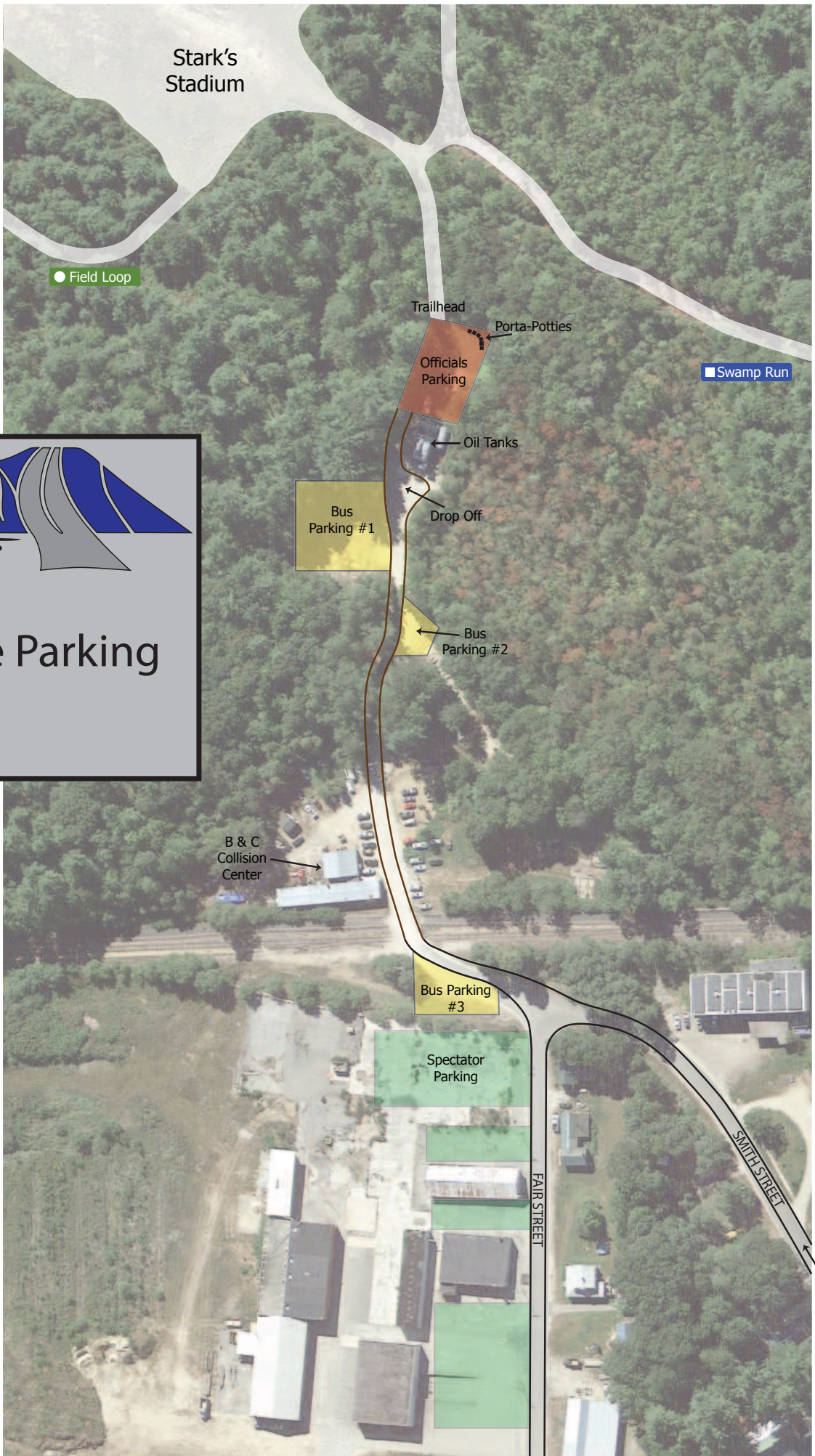


**5.4k Course
Classic Grooming Map**

--- No Track
— Single Track
= Double Track
■ Wax Testing

Contour Interval = 20 feet

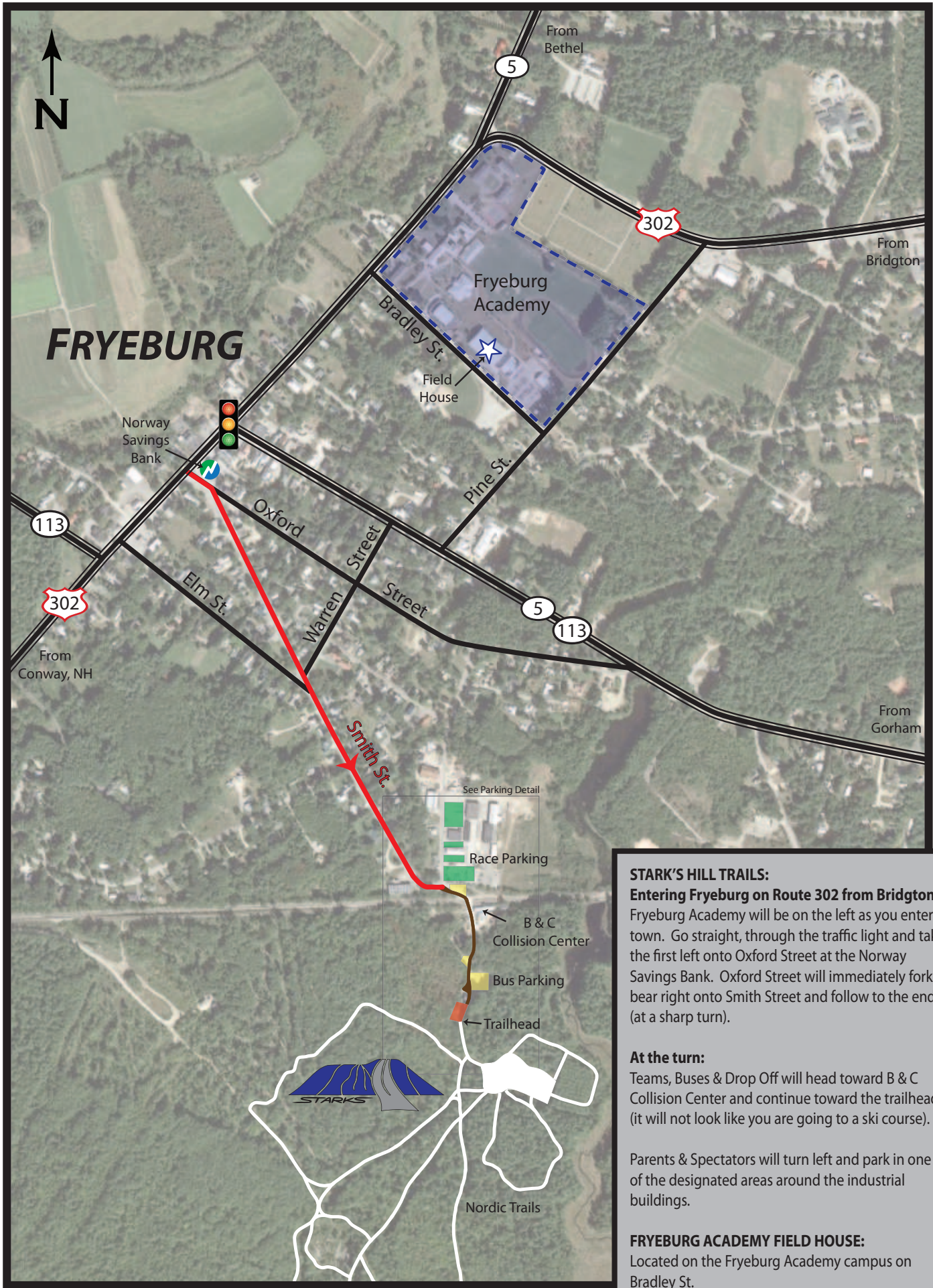




STARK'S
Fryeburg, Maine

Ski Race Parking

From Fryeburg Village



STARK'S HILL TRAILS:

Entering Fryeburg on Route 302 from Bridgton:

Fryeburg Academy will be on the left as you enter town. Go straight, through the traffic light and take the first left onto Oxford Street at the Norway Savings Bank. Oxford Street will immediately fork, bear right onto Smith Street and follow to the end (at a sharp turn).

At the turn:

Teams, Buses & Drop Off will head toward B & C Collision Center and continue toward the trailhead (it will not look like you are going to a ski course).

Parents & Spectators will turn left and park in one of the designated areas around the industrial buildings.

FRYEBURG ACADEMY FIELD HOUSE:

Located on the Fryeburg Academy campus on Bradley St.