

TD Banknorth Eastern High School Nordic Championships Maine Nordic Team Selection Race

Dear Coach(es) and/or Athletic Director.

One or several of your athletes may want to race in the Maine Nordic Team Selection Race to be picked for the Eastern High School Nordic Championships to be held at Trapp Family Lodge in Stowe, Vt. The Maine Nordic Team Selection Race will be held at Black Mountain of Maine on March 1st starting at 11:30AM. The sole purpose of the Maine Nordic Team Selection Race is to pick the 24 Male and 24 Female Athletes who will represent Maine at the TD Banknorth Eastern High School Nordic Championships. This is not an All Star race.

2008 Eastern High School Nordic Championships Maine Team Selection Race Schedule

Any and all start times may be altered due to weather conditions, or for any other reason.

Please stay informed as events are changed or updated.

Check www.chisholmskiclub.org for more info.

The Maine Nordic Team Selection Race will be held at Black Mountain of Maine in Rumford on March 2nd.

Sunday, March 2nd

8:00 a.m. ->9:30 am	Registration
8:00 a.m. ->9:45 am	Course open for inspection
8:30 a.m.	Coaches' meeting
10:00 a.m.	Girls' Classical 15 second intervals
10:30 a.m.	Boys' Classical 15 second intervals
11:00 a.m. -> 12:00 p.m.	Course closed for grooming
12:00 p.m. -> 1:15 p.m.	Course open for inspection
12:30 p.m.	Coaches Meeting
1:30 p.m.	Girl's Freestyle Pursuit
2:15 p.m.	Boy's Freestyle Pursuit
3:00 p.m. approx.	Team Announcement (location TBA)
3:15 p.m. approx.	Team Member signup in Conference room 15 minutes after announcements

The competition will consist of two races. The first is a 5k Classical technique followed by a 5k Free Technique Pursuit Race.

Women first followed by the Men each race.

The entry fee will be \$16 per athlete.

Rules: The Selection Race will be run under USSA rules.

This race is for athletes that want to compete at the EHSC. This is not an All Star race.

Selection: The first 25 racers to finish the Pursuit will be selected for the team, with exception of the USA Junior Olympic Qualifiers. See Rule #6 below for more details.

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MAINE NORDIC TEAM SELECTION PROCEDURES AND RULES

- 1) The purpose of these rules is to select the Eastern High School Championship Teams.
- 2) These rules will govern the Selection Races and may be amended or changed only by majority vote of coaches at the Fall Meeting of the MSCA.
- 3) Dates and locations of the Selection Races will be solicited by President of the MSCA, or the Nordic Liaison. They will be approved by majority vote at the Fall Meeting.
- 4) A committee will be selected to oversee the races and teams. It will be composed of the following members: Team Leader, Head Coach, Head Wax Coach, and two additional coaches. If possible, the President and/or Nordic Liaison will be included but this is optional. This committee may, by majority vote, handle any exceptional situations not covered by these rules that arise concerning race site, date, start time, format, etc.
- 5) The Race Jury, appointed by the host site, will ensure that the race is run under FIS/USSA rules.
- 6) If necessary, any athlete who qualifies for the USSA Junior Olympics as part of the NENSA quota will be automatically selected to the Maine Nordic Team. The remaining slots and five alternates will be filled by the top finishers in the Selection Race, in race order. Alternates will fill any open slots on the team.
- 7) The EHSC Selection Race will be Pursuit Format, with Classical technique first.
- 8) Once named, athletes will make a nonrefundable deposit with the Team Leader. This deposit will be refunded, in exceptional circumstances, only if the slot can be filled.
- 9) Athletes are responsible for any and all damage that they may cause to happen. Any athlete, who in the opinion of the Team Coaches, is acting inappropriately, will be removed from the team and sent home. Parents will be responsible for transportation, if necessary.
- 10) Athletes are responsible for room and meal expenses of the coaches. In addition, the Trip Leader will receive a stipend of \$150.00 from the MSCA to cover additional expenses.

EHSC Info:

The TD Banknorth Eastern High School Nordic Championships are at the Trapp Family Lodge in Stowe, Vt. on March 14,15 & 16th.

Friday, 3:00PM: 5K Freestyle.

Saturday, 9AM: Classical

2:30PM: 4 x 3K relay.

Sunday, 10:15AM: 7.5K Classic.

Entry fee to be determined

For more info: www.nensa.net