



# Friday Night Lights

## High School Race Series

### 2010

For the 2009–'10 season, Mt. Abram will host a race series for high school ski racers. The **Mt. Abram Cup Race Series** will be comprised of two giant slaloms, and two slaloms. An awards ceremony will follow each event.

#### Goals:

The goals of the **Mt. Abram Cup Race Series** are:

- To provide quality race opportunities for aspiring high school ski athletes.
- To provide the best preparation opportunities possible for the high school ski athlete in advance of conference and state championships events at the end of the season.
- To provide full-length slalom and giant slalom courses that meet USSA specifications to achieve the first two goals.
- To provide athletes an understanding of the relationship between team skiing and individual performance based skiing.
- To provide a physical, social, and emotional environment that is healthy and enjoyable in a competitive environment.

#### Mt. Abram Cup Race Series

##### Schedule:

Date	Day	Event	Other Information
January 08, 2010	Friday	Night Giant Slalom	Awards
January 22, 2010	Friday	Night Slalom	Awards
February 10, 2010	Wednesday	Night Giant Slalom	Awards
February 12, 2010	Friday	Night Slalom	Awards

#### Start Time:

5:00 pm

#### Special Event Rules:

The slaloms will be single pole slaloms per FIS rules (2009-'10). The first and last gates will have turning as well as “outside” poles. Combinations, hairpins, verticals, and blind gates will have “outside” poles. In the case of a missed gate or straddle, the skier must circle the missed gate 360 degrees.

The giant slaloms will also be single gate events (no outside pole) the exceptions of delay gates which will incorporate an “outside” gate. This is an exception to FIS or USSA rules.

#### Team Captain's Meeting (1 hour before scheduled start time)

Each athlete must have a coach representative in attendance and signed in at the Team Captain's Meeting. The Team Captain's Meeting will be held in the Race Room in the basement of the lodge one (1) hour before the scheduled start time.

**Scoring:**

**Team Scoring: (Michigan Scoring System)**

Teams will count four for scoring. The best four results from a team count for their team score. The best time is awarded one (1) point, second place 2 points, etc. DQ/DNS or DNF are given (1) + number of entrants. For a tie of times for a position, the positions will be averaged and given to both/all. The fifth place finisher’s score is used to break a tie.

A school with less than four skiers may enter those athletes into the series. Athletes will be awarded their individual place points and their place points will be calculated into a team score.

**Individual Scoring:**

In addition to the team scoring, the **Mt. Abram Cup Race Series** will use an individual scoring system similar to World Cup skiing to rank individuals throughout the season and crown the overall individual champions at the conclusion of the series. The top 30 finishers in each race will earn points, with 100 for the winner, 80 for second, 60 for third, and then decreasing by smaller increments for each lower place.

**World Cup Scoring System**

Place	Points	Place	Points
1st	100	16	15
2	80	17	14
3	60	18	13
4	50	19	12
5	45	20	11
6	40	21	10
7	36	22	9
8	32	23	8
9	29	24	7
10	26	25	6
11	24	26	5
12	22	27	4
13	20	28	3
14	18	29	2
15	16	30	1

**Entry & Registration:**

Entries (Race run orders) need to be e-mailed to Mark Thibodeau four days prior to the race (no exceptions). Entry fees must be paid at the time of registration.

**Mark Thibodeau**  
**Director Of Competition Services**  
**Mt. Abram Resort**  
[mthibodeau@msad52.org](mailto:mthibodeau@msad52.org)  
**207-577-2551**

**Costs:**

Race entry includes lift ticket and awards:  
\$17.00/athlete

### **Liability & Medical Forms:**

Each athlete and their parent(s) must complete and sign Mt. Abram Liability and Medical Forms before they are issued a lift ticket or allowed to race in the event, **no exceptions**. Coaches are not allowed to sign the form in lieu of the athlete's parent(s). You can request a form when you enter or register by contacting Mark Thibodeau above. Forms may be turned in at registration.

### **General Rules:**

#### **Inspection (4:00pm – 4:45pm)**

Inspection is by sliding in and out from outside the line only – Absolutely no side slipping the course or race line unless otherwise directed by the race organizer.

#### **Race bibs**

Athletes must have their bibs visible at all times when on the mountain. This includes inspection time.

#### **NO Skiing on the race hill at any time**

**There is to be no athlete skiing on the race hill at any time.** Skiing on the race hill between the race start and the bottom of the hill will be limited to coaches, and course crew. Coat carriers should use Dudley to exit the hill.

#### **Lifts:**

Athletes will ride the T-Bar. We ask that athletes ride the T-bar all the way to the top unloading area. Do not exit the lift before reaching the top. Athletes are asked to stay in the tracks while on the T-Bar. **If the T-bar derails, the race event is over.**

#### **Ski Pole Baskets**

Athletes must have serviceable baskets on their ski poles.

#### **Official Notice Board**

There will be an Official Notice Board on the east side of the timing building.

#### **Protests:**

Protests against a disqualification must be in writing within 15 minutes following the posting of DSQ's on the Official Notice Board. A protest must be accompanied by \$50.00 deposit which will be returned if the protest is upheld; otherwise it goes into the account of the race organizer.

Please review the attached Mt. Abram Policies & Procedures for additional pertinent information and expectations.

#### **Awards:**

Awards will be presented at the conclusion of each series race to the top three individuals, boys and girls. Awards will be in the Race Room in the basement of the lodge.

At the conclusion of the series, awards will be presented to the top three teams based on the overall series team standings and to the top ten individuals, boys and girls based on accumulated World Cup race series points.

#### **Your consideration will be appreciated:**

We ask that the utmost consideration be given in extending courtesy to the guests and staff of Mt. Abram Family Resort. Your safety and that of our skiing public is of utmost concern. Please ski safely in, and around, the guests of Mt. Abram. We ask that each

athlete agree to abide by “Your Responsibility Code”, obey Mt. Abram Slow Zones, avoid fast skiing around Mt. Abram’s retail guests by “going with the flow”, and show your lift passes to lift attendants on every ride up the lift. In addition, we ask that athlete’s store their bags and packs the basement room on the east end of the building and out of the main flow of traffic. Please do not leave skis, poles, bags, water bottles, etc., around where they might create congestion. Coaches and athletes are reminded that there is no cutting of lift lines.

We hope you have fun and wish you the best of luck.