



KVAC Nordic Ski Schedule 2009-2010



Date	Race Venue	Place	Time	Technique
Dec. 19	Mt. Abram/Sugarloaf Opener	Sugarloaf	11:00 Girls • 12:30 Boys	5K Freestyle
Dec. 31	Rangeley Lakes Opener	Rangeley	11:00 Girls • 11:30 Boys	5K Freestyle
Jan. 2	Leavitt Hornet Classic	Leavitt	10:00 Girls • 11:30 Boys	5K Classical
Jan. 6	Camden Classic	Camden Hills	3:30pm	5K Classical
Jan. 9	Telstar Relays	Telstar	10:00 am ???	5K Freestyle
Jan. 13	Mt. Blue Classic	Titcomb Mtn	3:15 Girls • 3:30 Boys	7.5K Classical
Jan. 16	Maranacook Waves	Maranacook	1:00 Girls • Boys TBA	5K Freestyle
Jan. 23	Oxford Hills Sprints	Sunny Croft Farm	10:00am	1K/3K Freestyle
Jan. 27	Maranacook Classic	Maranacook	3:30pm	5K Classical
Jan. 30	Sassi Memorial	Black Mtn	10:00 Girls • 12:00 Boys	5K Classical
Feb. 3	KVAC Championships Day 1	Black Mtn	2:00 Girls • 3:00 Boys	5K Freestyle
Feb. 6	KVAC Championships Day 2	Titcomb Mtn	TBA	5K Classical Pursuit
Feb. 10	Coastal Freestyle	Camden Hills	3:30pm	5K Freestyle
March 3	Leavitt Duathlon	Leavitt	3:30pm	2.5K Classical/2.5K Freestyle

State meet at Black Mtn. in Rumford and Mt. Abram in Greenwood – Feb. 16, 17, 18

Alpine competes on the 16th (GS) and the 17th (SL) at Mt. Abram.

Nordic competes on the 16th (Freestyle) and the 18th (Classical) at Black Mtn.

Important Dates : Black Mtn Sprints on Dec. 29th 10:00am • 5K Freestyle at Black Mtn. on Jan. 6th

Jan. 30th J2 Qualifier (Sassi), Feb. 27th EHSC Selection Race @ Sugarloaf, March 5th-7th J2s @ Jackson, NH

March 12th - 14th EHSC at Gunstock Nordic in Gilford, NH

WEBSITE: www.mainehighschoolskiing.com (refer to often)