

MEMORANDUM

TO: Ski Championship Teams & Individuals

FROM: MPA Ski Committee
Ted Hall, Chair

DATE: February 8, 2010

SUBJECT: State Ski Championships

Congratulations and welcome to the schools and individuals that will be competing in the upcoming ski championships! Below please find some general information that should help answer some of the general questions. Please share this information with your coaches and parents and if you have any questions, please don't hesitate to contact Ted Hall at Yarmouth High School (846-5535 or ted_hall@yarmouth.k12.me.us) or Mike Burnham at the MPA office (622-0217).

QUALIFYING FOR INDIVIDUAL EVENTS: For the 2010 championships, athletes competing in the championship races will need to have competed in at least one meet in the event during the regular season. Waiver requests for skiers who were NOT able to ski in one meet must be submitted to the MPA office. Skiers may be entered as competitors for skimeister only if they are entered in two other events.

ENTRY FEES: Fees will remain at \$300 per team (Alpine and Nordic) and \$100 per individual if you don't have a team. There will not be an additional lift fee from any of the mountains.

COACHES' ELIGIBILITY: Any coach that is working with athletes must be listed on the MPA coaches' eligibility form submitted by the school.

COACHES' MEETINGS: The coaches' meetings each morning (or early afternoon for the first Nordic race) are very 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 9, 2010. 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.

RULES: All championship meets are governed by the Maine Interscholastic Skiing Rules and the MPA Ski Bulletin. Copies of the 2009-2010 ski rules and the 2009-2010 Ski Bulletin may be found on the MPA website.

SPORTSMANSHIP: All competitors and coaches are expected to conduct themselves in a respectful and sportsmanlike manner. Swearing or other unsportsmanlike behavior will cause a competitor to be disqualified.

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GATE KEEPERS: Any school that has three or more individuals competing must provide two volunteer gate keepers for each alpine race or pay a \$100.00 fee

LODGE SPACE / CONCESSIONS: Space is limited in all of the ski lodges. Each lodge has their own concession stand in which they will have food 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. 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.

HELMETS: Undamaged downhill or super GS helmets must be worn for all slalom and giant slalom races.

WAXING: Only eligible coaches, parents and athletes may wax skis at the ski meet. A competitor may wax his/her skis during the race without assistance from another person.

INSPECTING THE COURSE: Training (skiing the course) is not allowed under penalty of disqualification. Athletes may inspect the course by side-stepping down the outside of the course. Specific instructions regarding slipping the course will be provided at the coaches meeting each morning.

LIFT PASSES: Only those athletes that will be competing in the races will be issued lift passes. Should an alternate be entered into an event than that person shall receive a pass.

T-SHIRTS: Action Screen Printing t-shirts and sweatshirts will be on sale at the state championship site.

VIDEO: No video evidence will be allowed during a protest.

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DIRECTIONS:

MT. ABRAM SKI RESORT (308 Howe Hill Road, Greenwood)

From the South - Take the Maine Turnpike to Exit 63 at Gray. Go north from Gray on Route 26 for 45 miles. Mt. Abram is on your left in Greenwood/Locke Mills.

From the North - Take I95 to Exit 157 at Newport. Go west on Route 2 through Rumford to Route 232 south. Turn right and travel north on Route 26 to Greenwood. Mt. Abram is on your left.

From the West - Take Route 2 east to Route 26 south to Greenwood. Mt. Abram is on your right.

From the East - From Augusta, take Route 202 west to Route 133 to Route 219 to Route 26 North to Greenwood. Mt. Abram is on your left.

BLACK MOUNTAIN (39 Glover Road, Rumford)

From Portland and Points South

1. Take 95 N to Lewiston/Augusta (tolls).
2. Take the US-202/ME-4/ME-100 exit, exit number 75 (Auburn), towards FARMINGTON/RUMFORD/RANGELEY/MECHANIC FALLS.
Go 0.45 miles
3. Keep LEFT at the fork in the ramp.
Go 0.04 miles
4. Turn LEFT onto US-202 E.
Go 4.73 miles
5. US-202 E becomes ME-4 N.
Go 20.21 miles
6. Turn SLIGHT LEFT onto ME-108.
Go 16.55 miles
7. Turn RIGHT onto N. MAIN ST. in West Peru.
Go 0.38 miles (Across bridge spanning the Androscoggin River)
8. Turn SLIGHT LEFT onto US-2 W.
Go 5.03 miles through Mexico.
9. Turn SHARP RIGHT onto ME-120 (Hancock St.) in Rumford.
Go 2.01 miles (You will pass Mountain Valley High School)
10. Turn SHARP LEFT onto Isthmus Road.
Go 2.4 miles
11. Turn Right onto Glover Road
Go 300 feet to Black Mountain of Maine

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Points West

1. From Bethel, Maine, go East on US-2 toward Rumford.
Go 22 miles
2. At the bottom of Falls Hill, turn sharp left onto Spruce St. by the Food Trend store in Rumford.
Go .4 mile
3. Continue straight onto Swain Road.
Go 1.8 miles
4. Turn sharp Right onto Isthmus Road.
Go 1.9 miles
5. Turn sharp Left onto Glover Road
Go 300 feet to Black Mountain of Maine.

From Bangor and Points East

1. From Bangor, take I-95 S towards Newport.to the ME-11/ME-100 exit, exit number 157, towards US-2/NEWPORT/

From Skowhegan:

- Go 30 miles.
2. Take the ME-11/ME-100 exit, exit number 39, towards US-2/NEWPORT/SKOWHEGAN
Go 0.2 mile. Keep RIGHT at the fork in the ramp.
3. Turn RIGHT onto ME-100.
Go 0.2 mile.
4. Turn LEFT onto US-2
Go 81 miles to Rumford
5. Turn SHARP RIGHT onto ME-120 (Hancock St.) in Rumford.
Go 2.01 miles (You will pass Mountain Valley High School)
6. Turn SHARP LEFT onto Isthmus Road.
Go 2.4 miles
7. Turn Right onto Glover Road
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SADDLEBACK MOUNTAIN (976 Saddleback Mountain Road, Sandy River, Plt)

From Points South: Take I-95 (Maine Turnpike) to Exit 75 in Auburn. Take Route 4 North through Farmington to Rangeley. Then follow the signs to Saddleback. OR

Take I-95 to Exit 44 in Portland. Follow I-295 to the Gardiner Toll. Merge on I-95 and proceed to Exit 112B in Augusta. Take Route 27 North to US 2 West. In Farmington, take Route 4 North to Rangeley. Then follow the signs to Saddleback.

From Bangor (2.5 hours): Take I-95 South to Exit 157. Take US 2 West to Skowhegan and Farmington, then follow Route 4 North to Rangeley. Then follow the signs to Saddleback.

LONESOME PINES/10TH MOUNTAIN SKI CENTER (Forest Street, Fort Kent)

Take I-95 N toward Waterville/Newport
Take the exit toward Main St/ME-158 W
Turn left at Main St/ME-158 W
Continue straight onto ME-11 N/Station Rd
Continue to follow ME-11 N
Turn left at ME-11 N/Station Street
Turn right at ME-11 N/Portage Road
Continue to follow ME-11 N
Turn right at W Main Street/US-1 S
Turn right at Highland Avenue