

MEMORANDUM

TO: **ALPINE** Ski Championship Teams & Individuals

FROM: MPA Ski Committee
TJ Plourde, Committee Chair

DATE: February 7, 2019

SUBJECT: State Alpine Ski Championships

Congratulations and welcome to the schools and individuals that will be competing in the upcoming Alpine ski championships! Below please find some general information that should help answer some of your questions. Please share this information freely with your coaches, athletes, and parents. If you have any questions, please don't hesitate to contact TJ Plourde (207-897-3428 or tplourde@rsu73.org) or Mike Bisson at the MPA office (207-622-0217, ext. 141 or mbisson@mpa.cc).

2019 ALPINE SKI SCHEDULES: Attached to this memo you will find updated championship schedules for the Alpine meets. This memo is specifically for the Alpine events.

QUALIFYING FOR INDIVIDUAL EVENTS: For the 2019 Alpine championships, athletes competing in the championship races must 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.

ENTRY FEES: Fees this year remain at \$375 per team and \$125 per individual if you don't have a full team. Lift fees at the Alpine venues on the days before the events are determined at each site.

COACHES' ELIGIBILITY: Any coach that is working with athletes must be listed on the MPA coaches' eligibility form submitted by the school. Any coach listed as an eligible coach may be issued a coaches' lift ticket.

COACHES' MEETINGS: The coaches' meetings each day are extremely 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 7, 2019 for Class A and February 11, 2019 for Class B. 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. In the transition to separate championships, the entry process will still utilize the same software and process for this year.

RULES: All championship meets are governed by the Maine Interscholastic Skiing Rules and the MPA Ski Bulletin. Copies of the 2019 Alpine Ski Rulebook and the 2019 Ski Bulletin may be found on the MPA website - <http://www.mpa.cc/index.php/interscholastic-activities-and-committees/skiing>.

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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 and to lose any points earned during the meet. Sportsmanship voting will be open as of February 4, 2019 through February 8, 2019.

LODGE SPACE / CONCESSIONS: Space is limited at all of the ski lodges. Each venue has their own concession stand where food will be 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 in the lodge. 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.

WAXING: Only those ski coaches meeting MPA Coaches' Eligibility Standards and parents of athletes listed on the ski team roster may wax skis at the ski meet.

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.

DIRECTIONS:

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

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11. Turn Right onto Glover Road
Go 300 feet to Black Mountain of Maine

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:

1. 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
Go 300 feet to Black Mountain of Maine

SHAWNEE PEAK

119 Mountain Road, Bridgton

1. **US-302 W/Roosevelt Trail - West**
2. Turn **left** onto **ME-117 S/Sandy Creek Rd** - 0.6 mi
3. Take the 1st **right** to stay on **ME-117 S/Sandy Creek Rd**- 62 ft
4. Turn **right** onto **S High St** - 2.0 mi
5. Turn **left** onto **US-302 W/N High St** - 5.6 mi
6. Turn **left** onto **Mountain Rd** - Destination will be on the right

**2019 MAINE PRINCIPALS' ASSOCIATION
SKIING CHAMPIONSHIPS SCHEDULE
"CLASS A ALPINE"**

Shawnee Peak, Bridgton

*Start times may be altered only by the Jury.
All coaches will be notified as events are changed or updated.*

DAY ONE:

Thursday, February 14 – Giant Slalom Competition

7:00 a.m.	Coaches' meeting at Shawnee Peak
8:00 a.m. – 8:45 a.m.	Joint Giant Slalom Course Inspection (run 1)
9:00 a.m.	Girls Giant Slalom Competition (run 1)
	Boys Giant Slalom Competition (run 1)
12:00 - 12:45 p.m.	Joint Giant Slalom Course Inspection (run 2)
1:00 p.m.	Girls Giant Slalom Competition (run 2)
	Boys Giant Slalom Competition (run 2)

DAY TWO:

Friday, February 15 - - Slalom

7:00 a.m.	Coaches' meeting at Shawnee Peak
8:00 a.m. – 8:45 a.m.	Joint Slalom Course Inspection (run 1)
9:00 a.m.	Girls Slalom Competition (run 1)
	Boys Slalom Competition (run 1)
12:00 p.m. – 12:45 p.m.	Joint Slalom Course Inspection (run 2)
1:00 p.m.	Girls Slalom Competition (run 2)
	Boys Slalom Competition (run 2)

Alpine Awards will be presented after the Final Boys' races.

Revised: 2/7/19

**2019 MAINE PRINCIPALS' ASSOCIATION
SKIING CHAMPIONSHIPS SCHEDULE
"CLASS B ALPINE"**

Black Mountain, Rumford

*Start times may be altered only by the Jury.
All coaches will be notified as events are changed or updated.*

DAY ONE:

Wednesday, February 20 – Slalom Competition

7:00 a.m.	Coaches' meeting at Black Mountain
8:00 a.m. – 8:45 a.m.	Joint Slalom Course Inspection (run 1)
9:00 a.m.	Girls Slalom Competition (run 1)
	Boys Slalom Competition (run 1)
12:00 - 12:45 p.m.	Joint Slalom Course Inspection (run 2)
1:00 p.m.	Girls Slalom Competition (run 2)
	Boys Slalom Competition (run 2)

DAY TWO:

Thursday, February 21 - Giant Slalom

7:00 a.m.	Coaches' meeting at Black Mountain
8:00 a.m. – 8:45 a.m.	Joint Giant Slalom Course Inspection (run 1)
9:00 a.m.	Girls Giant Slalom Competition (run 1)
	Boys Giant Slalom Competition (run 1)
12:00 p.m. – 12:45 p.m.	Joint Giant Slalom Course Inspection (run 2)
1:00 p.m.	Girls Giant Slalom Competition (run 2)
	Boys Giant Slalom Competition (run 2)

Alpine Awards will be presented after the Final Boys' races.

Revised: 2/7/19

Guidelines for Competition in the Cold

BY CARY S. KELLER, M.D.

Cold weather is not usually a barrier to athletic activity, but team and individual sports played in the late fall, winter and early spring place a large number of athletes at risk for cold injury. Environmental changes as simple as sunset, a rainstorm or an increase in wind speed can shift the body's thermal balance suddenly. As part or all of the body cools, there can be diminished exercise performance, frostbite, hypothermia and even death. Frostbite and hypothermia represent 20 percent of all injuries in Nordic skiers.

Physiological Response to Cold

Cold exposure produces peripheral vasoconstriction, decreasing peripheral blood flow, and decreasing convective heat loss from the body's core to its shell. Cold exposure also elicits increased heat production through skeletal muscle activity. This occurs through involuntary shivering (which can increase heat production six-fold) and through voluntary increased activity.

Athletes exposed to cold repeatedly can exhibit cold acclimatization, in which both cold-induced vasoconstriction and shivering are blunted. Compared to heat acclimatization, cold acclimatization is less pronounced, slower to develop and less effective in defending normal body temperature and preventing thermal injury.

Cold Injury

Frostbite occurs when tissue freezes. Frostbite can be in exposed skin, e.g. nose, ears, cheeks, but also occurs in hands and feet, because vasoconstriction lowers peripheral tissue temperature significantly. Numbness or a "wooden" feeling is usually the first symptom of frostbite in the hands and feet. With frostbite to exposed facial skin, however, there can be a burning feeling. Freezing of the tissue is often relatively painless. Re-warming is accompanied by sharp, aching pain and persistent loss of light touch sensation.

The risk of frostbite increases as temperature decreases. With appropriate precautions, the risk of frostbite can be less than five percent when ambient temperature is above 5 degrees F. But increased surveillance of athletes is appropriate when the wind chill falls below minus 18 degrees F, since exposed facial skin then freezes in 30 minutes or less. At these temperatures, consideration should be given to postponing or shortening athletic events. Predetermined school policies bring neutrality to that decision and help the public to anticipate

it. Several apps are available for calculation of wind chill.

Hypothermia is core temperature below 35C (95F). In mild hypothermia, an athlete feels cold, shivers, is apathetic and withdrawn, and demonstrates impaired athletic and mental performance. Coaches and athletes must recognize and respond to these early symptoms so as to avoid more severe hypothermia. The symptoms can be confused with concussion, hypoglycemia or drug use. As core temperature continues to fall, there is confusion, sleepiness, slurred speech and irrational thinking and behavior. Severe hypothermia causes cardiac arrhythmia and arrest. Efforts to resuscitate must persist until re-warming has been achieved.

Risk factors for Frostbite and Hypothermia

- 1) Exercising in water, rain and wind. Evaporation from wet clothing in a cold environment increases heat loss four-fold.
- 2) Lean athletes lack the insulation provided by fat and muscle mass and have more difficulty maintaining core temperature.
- 3) Fatigue, energy depletion, sleep deprivation and many endocrine disorders produce hypoglycemia. Hypoglycemia impairs muscular activity and shivering, decreasing heat production.
- 4) Physical fitness and strength training allow longer exercise at high intensity with prolonged heat production and maintenance of core temperature. Poor fitness thereby predisposes to cold injury.
- 5) Altitude greater than 8,000 feet decreases shivering and vasoconstriction response to cold.
- 6) Cessation of Exercise. Exercising, athletes produce heat by muscular activity and are at less risk for cold exposure injury. At the end of an event, or when exercise stops due to injury, heat is no longer being generated by exercise, but heat loss continues, and rapid cooling may result. Training alone, in remote places and at unusual hours, increases the length of exposure likely to occur before an injured athlete can be removed from the cold.

Preventing Cold Injury

- 1) Risk and Event Management
 - a. Assess environmental heat loss risk: temperature, wind, rain, solar load, immersion, altitude. Be alert to changes



in these factors. Athletes can then be advised to modify clothing or seek shelter. And event managers can consider shortening, moving or cancelling an event. Wind chill temperature index (WCT) integrates temperature and wind to estimate cooling power. The WCT predicts the risk of frostbite to exposed facial skin in a person moving at walking speed. The wind effect of the athlete moving at higher speed (run, ski, bike, skate) is not considered in calculating WCT. The risk of frostbite in the extremities is not predicted by WCT.

- b. Assess athletes' risk factors: exercise demands, fitness, fatigue, health, body fat, hydration and nutritional status.
 - c. Prepare appropriately: adequate training, clothing, water and food; scheduled clothing changes; provision of shelter and re-warming; planned monitoring of weather conditions and of athlete tolerance of the cold; and action plans to care for athletes, staff and spectators who are having difficulty staying warm.
- 2) **Clothing:** Exercise intensity and ambient temperature determine clothing (insulation) requirements during exercise. Hats are useful, as up to 50 percent of heat loss at rest is from the head. Layering is dressing with an inner layer that wicks perspiration to the outer layers for evaporation, a middle insulating layer that allows moisture transfer, and an outer layer, worn when necessary, to repel wind and rain but capable of transfer of perspiration to the air. Layering allows adjustment in insulation to prevent overheating and sweating, while remaining dry in wet conditions. Glove liners provide wicking and insulation for the hands. Mittens provide significantly more insulation than gloves. Clothing that constricts fingers or toes predisposes to peripheral cold injury. Wet clothing should be removed quickly and replaced, including socks and gloves.

- 3) **Food and Fluid Intake:** Exercise in cold environments increases energy expenditure and fluid loss. Insufficient carbohydrate reserves to maintain core temperature risks cold injury. Dehydration affects neither shivering nor vasoconstriction, but significant loss in circulating volume decreases perfusion. In cold as well as other temperatures, carbohydrate availability and dehydration are limiting factors in performance. Athletes can sustain exercise in cold by ingesting 6-12 percent carbohydrate beverages. Carbohydrate-rich foods are appropriate for prolonged exercise in the cold.

Wind-Chill Chart

		ACTUAL THERMOMETER READING F										
		CALM	50	40	30	20	10	0	-10	-20	-30	-40
ESTIMATED WIND SPEED MPH	5	48	37	27	16	6	5	-15	-26	-36	-47	-57
	10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83
	15	36	22	9	-5	-13	-26	-40	-54	-67	-81	-95
	20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110
	25	30	16	0	-15	-29	-44	-59	-74	-89	-104	-118
	30	28	13	-2	-13	-33	-48	-63	-78	-94	-109	-125
	35	27	11	-4	-20	-35	-49	-67	-83	-98	-113	-129
	40	26	10	-6	-21	-37	-53	-69	-85	-101	-118	-134
		LITTLE DANGER - OR PROPERLY CLOTHED PERSON				INCREASING DANGER				GREAT DANGER		

*Wind speed greater than 40 MPH does not include wind effect

DANGER FROM FREEZING OF EXPOSED FLESH

Field Treatment of Cold Injury

Frostbite: Seek shelter and insulation to maintain core temperature. Reverse vasoconstriction by re-warming. Re-warming is best accomplished with 1) body heat – the victim's or someone else's body heat (e.g., placing the cold hand into the axilla) or 2) warm water 104-109 degrees F (40-43 degrees C). Warmer water produces greater injury, swelling and tissue death. Once re-warming begins, avoid additional freezing. It is better to tolerate some additional time with frozen tissue during extrication from the cold than to re-warm and then suffer refreezing during extrication. Rubbing the injured

part tends to add mechanical damage to thermal damage, and is to be avoided.

Hypothermia: a) Conscious, hypothermic persons should have wet clothing removed and should be insulated with whatever warming material is available. If possible, evacuate to a warm building/car/shower. Encourage the drinking of large volumes of warm, sweet liquids to improve circulating volume and available energy for exercise. Encourage exercise to promote heat production by muscular activity. Such athletes usually respond to peripheral re-warming, but transport to medical care as a precaution against deterioration. b) Comatose, hypothermic athletes should be insulated and transported emergently. Field re-warming and field CPR are usually ineffective and only delay transport to a medical facility for rapid core re-warming and comprehensive care.

Cold-induced Bronchoconstriction

Exercise-induced bronchoconstriction (EIB) is a transient narrowing of the airways that is provoked by exercise. Cold weather athletes have an increased prevalence of EIB: Twenty-three percent of Olympic winter athletes and 33-50 percent of cross country skiers. High intensity exercise, high ventilation rate and exercise in indoor rinks predisposes. The EIB with cold exposure is believed to be due

to a combination of breathing dry air and reflex response to facial cooling. Impaired air quality in indoor rinks is implicated as an additional factor.

Cold Environment Modifies Trauma Protocols

The assessment and management of the injured athlete in a cold environment follows Basic Trauma Life Support protocols. Depending on the severity of the cold, the risk it represents to the injured athlete and to the rescuers, and the availability of warm shelter, evaluation and resuscitation may be delayed in order to extricate the athlete from the cold. Evacuation of the winter athlete from the scene of injury can be a challenge requiring special equipment, training and protocols, such as those developed by the National Ski Patrol.

As seasons change, extra beauty, exhilaration and challenge are brought to the excitement of athletic competition in the cold. Despite the serious risks of cold injury, thoughtful planning and preparation can ensure that safe outcomes accompany athletic success. ☺

Cary S. Keller, M.D., FACSM is the medical director at Sportsmedicine and Orthopaedics Fairbanks in Fairbanks, Alaska. He is team physician for the University of Alaska, Fairbanks and Fairbanks North Star Borough School District. He chairs the Alaska School Activities Association Sports Medicine Advisory Committee and is a former member of the NFHS Sports Medicine Advisory Committee.

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2018-2019 MPA CHAMPIONSHIP SKI BULLETIN

(updated 01/02/19)

SKI SEASON

November 26, 2018	First Practice
December 14, 2018	First Regular Season Meet (After 3 p.m.)
February 4-8, 2019	Alpine and Nordic Ski Sportsmanship Voting
February 7, 2019	Class A and B Alpine Entries Due on MPA Website
February 11, 2019	Class A and B Nordic Entries Due on MPA Website
February 14-15, 2019	Class A Alpine – Shawnee Peak
February 20-21, 2019	Class B Alpine – Black Mountain
February 18-19, 2019	Class A Nordic – Stark’s Hill
February 18-19, 2019	Class B Nordic – Titcomb Mountain
February 18-19, 2019	Class C Nordic – Titcomb Mountain
March 8, 2019	End of 2018-2019 Ski Sport Season

TERMS AND CONDITIONS

The Terms and Conditions of this bulletin and the MPA Ski Rule Book shall govern all **regular season** and tournament competition.

STATE CHAMPIONSHIP

A Team Champion will be recognized in each class in each event for both Alpine and Nordic Skiing.

ENTRY FORMS

Copies of the Entry Form must be received at the MPA office, ALPINE AND NORDIC SITE, by the day specified for each class. The Athletic Director must submit the run order for all Alpine and Nordic meets one week prior to the race. Class A and B Alpine entries are due on February 7, 2019, Class A and B Nordic entries are due on February 11, 2019. All inquiries regarding the management of the meets are to be made to the appropriate Meet Coordinator.

MEET INFORMATION

1. All championship skiing competitions shall be governed by the Maine Interscholastic Skiing Rules, as amended, and this bulletin. (Rules can be found on the MPA web site at www.mpa.cc.)
2. The 2018-2019 Nordic championships will be a pursuit. Day one for the classical will begin with an interval start. Day 2 will be a pursuit start skate based on times from Day 1. Team scores will be determined solely by the order of finish in the pursuit on day 2 and an individual pursuit category will be added with the top 10 in this category being recognized. Because of this change, on Day 2 Classes B and C will run separate races.

3. Based on the availability of venues at this year's championships, the schedule this year is as follows:

CLASS A

Thursday, February 14, 2019

Coaches Meeting	7:00 am	Shawnee Peak
Course Inspection Run 1	8:00-8:45 am	
Girls Giant Slalom	9:00 am	
Boys Giant Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Giant Slalom	1:00 pm	
Boys Giant Slalom		
Awards	Following the Boys Race	

Friday, February 15, 2019

Coaches Meeting	7:00 am	Shawnee Peak
Course Inspection Run 1	8:00-8:45 am	
Girls Slalom	9:00 am	
Boys Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Slalom	1:00 pm	
Boys Slalom		
Awards	Following the Boys Race	

Monday, February 18, 2019

Coaches Meeting	12:30 pm	Stark's Hill
Boys Interval Start Classical	2:00 pm	
Girls Interval Start Classical	3:30 pm	
Classical Awards	Following the Girls Race	

Friday, February 19, 2019

Coaches Meeting	9:00 am	Stark's Hill
Boys Freestyle Pursuit	10:00 am	
Girls Freestyle Pursuit	11:00 am	
Pursuit and Team Awards	Following the Girls Race	

CLASS B

Monday, February 18, 2019

Coaches Meeting	11:30 am	Titcomb Mountain
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Boys Interval Start Classical	1:00 pm	
Girls Interval Start Classical	2:30 pm	
Classical Awards	Following the Girls Race	

Tuesday, February 19, 2019

Coaches Meeting	9:00 am	Titcomb Mountain
Boys Freestyle Pursuit	10:20 am	
Girls Freestyle Pursuit	11:20 am	
Pursuit and Team Awards	Following the Girls Race	

Wednesday, February 20, 2019

Coaches Meeting	7:00 am	Black Mountain
Course Inspection Run 1	8:00-8:45 am	
Girls Slalom	9:00 am	
Boys Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Slalom	1:00 pm	
Boys Slalom		
Awards	Following the Boys Race	

Thursday, February 21, 2018

Coaches Meeting	7:00 am	Black Mountain
Course Inspection Run 1	8:00-8:45 am	
Girls Giant Slalom	9:00 am	
Boys Giant Slalom		
Course Inspection Run 2	12:00-12:45	
Girls Giant Slalom	1:00 pm	
Boys Giant Slalom		
Awards	Following the Boys Race	

CLASS C

Monday, February 18, 2019

Coaches Meeting	11:30 am	Titcomb Mountain
Boys Interval Start Classical	1:00 pm	
Girls Interval Start Classical	2:30 pm	
Classical Awards	Following the Girls Race	

Tuesday, February 19, 2019

Coaches Meeting	9:00 am	Titcomb Mountain
Boys Freestyle Pursuit	10:00 am	

Girls Freestyle Pursuit
Pursuit and Team Awards

11:00 am
Following the Girls Race

3. In order for a competitor to participate in the state meet, a competitor must have competed in a minimum of one event of the discipline he/she is entered. A medical appeal must be submitted to the committee chair two weeks in advance of the state meet.
4. An individual competitor from a school not sponsoring a ski team may be entered providing the entrant's school has established a cooperative team agreement with another school; he/she must participate on a daily basis with the cooperative team. Individual entrants must use the standard entry form and entry application which must include a coach who meets the MPA coaches' eligibility standards and accompanies the athlete to the meet.
5. No school team may be entered in the team competition unless the school has sponsored a school team which has competed in interscholastic meets during the current season.
6. Teams/skiers entered in the Giant Slalom and Slalom races are **REQUIRED** to wear undamaged hardshell helmets. The FIS approved helmet will be required of all racers in both Giant Slalom and Slalom in 2018-2019. The helmet must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F240, SNELL S98 or RS 98. It is the responsibility of the individual coach and school to insure the safety of all of their skiers through the use of the FIS certified helmet.
7. All coaches, including volunteers, must meet MPA Coaches' Eligibility Standards to be working with athletes at all MPA ski meets. *Each coach must complete the NFHS "*Concussion in Sport – What You Need to Know*", "*Heat Acclimatization*", and the "*Sudden Cardiac Arrest*" videos that are available at the NFHS website (www.nfhslern.com).
8. Coaches meeting eligibility standards, parents, and athletes may wax skis at meets.

ALL REGULATIONS AS DETERMINED BY THE MPA SKI COMMITTEE RELATED TO SAFETY AND SPORTSMANSHIP SHALL BE ENFORCED IN ALL REGULAR SEASON SKI MEETS INVOLVING MPA MEMBER SCHOOLS.

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

* A single waiver per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)

** This policy is not intended to restrict dual sport participation in schools that allow dual participation.

*** Penalty for violation of this policy:

1st Violation Report violation to MPA office, suspension from play for one game/contest

2nd Violation Report violation to MPA office, removal from team for remainder of season

(Effective Date: 2011 Fall Sport Season)

FEES

Entry fees for the 2018 state meets will be \$375/team and \$125/individual. Each mountain may also charge a separate lift fee.

ALPINE SKI CLASSIFICATION

<u>CLASS A</u> 550+	<u>CLASS B</u> 0-549
1. Bangor (1129)*	1. Presque Isle (548)
2. Bonny Eagle (1100)* (B)	2. Yarmouth (546)
3. Deering (1086)* (B)	3. Cape Elizabeth (537)
4. Oxford Hills (1050)	4. Gray-NG (532)
5. Windham (1004)	5. John Bapst (513)
6. Massabesic (985)* (B)	6. Lake Region (512)
7. Edward Little (982)	7. Caribou (430)
8. Portland (970)* (G)	8. Spruce Mountain (408)
9. Gorham (823)	9. Mountain Valley (407)
10. Biddeford (784)* (B)	10. Maranacook (390)
11. Marshwood (781)	11. Fort Kent (281)
12. Skowhegan (777)	12. Winthrop (248)* (B)
13. Falmouth/Waynflete (B 780)	13. Mt. Abram (236) (G)
14. Hampden (718)	14. Telstar (212)
15. Freeport/Brunswick (B 680/G 680)	15. Madawaska* (151) (B)
16. Brewer* (693) (G)	16. Central Aroostook (137) (B)
17. Kennebunk (678)	17. Wisdom (95)* (B)
18. Mt. Blue (669)	18. Greenville (78)
19. Camden Hills (667)	19. Rangeley (66)
20. Greely (656)	
21. Gardiner (632)* (G)	
22. York (607)* (B)	
23. Lincoln (579)* (G)	
24. Leavitt (572)	
25. Fryeburg (562)	
26. Oceanside* (488) (B)	
27. ^^Cheverus (467)	
28. Wells* (432) (B)	
29. ^^Traip (257)*	