

MAINE

PRINCIPALS'

ASSOCIATION



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*MPA is an Equal
Opportunity Organization.*

MEMORANDUM

TO: Ski Championship Teams & Individuals

FROM: MPA Ski Committee
David Wakana, Chair

DATE: February 10, 2009

SUBJECT: State Ski Championships

Congratulations and welcome to the schools and individuals that will be competing in the upcoming ski championships! With the abundance of snow, we should have outstanding conditions for this year's races. 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 Dave Wakana at Caribou High School (493-4260) or Mike Burnham at the MPA office (622-0217).

QUALIFYING FOR INDIVIDUAL EVENTS: For the 2009 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 must be submitted to the MPA office. Skiers may be entered as competitors for skimeister only if they are entered in two other events.

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

ENTRY FORMS: These must be submitted to the MPA office on or before February 10, 2009. 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 2008-2009 ski rules and the 2008-2009 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.

GATE KEEPERS: Any school that has three or more individuals competing must provide a volunteer gate keeper 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.

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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 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.

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.

DIRECTIONS:

SUNDAY RIVER (Bethel, ME)

Follow Rt. 2 East for 2.6 miles. Take a left onto Sunday River Road, marked by the large Sunday River Brewery (big building with red roof). Follow Sunday River Road to a fork with a "Sunday River Ski Resort" sign. Fork left and follow signs for the Grand Summit Resort Hotel, base lodges, and amenities (1 mile). Fork right and follow signs for the Jordan Grand Resort Hotel (5 miles).

Portland Jetport / Portland, ME

Exit the Jetport and follow signs to I-95, the Main Turnpike. Take I-95 North to Exit 63 / Gray for Route 26. Take Route 26 North to Bethel. Refer to Bethel directions above.

Bangor, ME

Take I-95 South to Exit 157/ Newport for Route 2. Follow Route 2 West to Sunday River Road, marked by the large Sunday River Brewery (big building with red roof), a few miles before reaching Bethel. Follow directions above.

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BLACK MOUNTAIN

From Portland and Points South

1. Take 95 N to Lewiston/Augusta (tolls).
Go 0.45 miles
2. Take the US-202/ME-4/ME-100 exit, exit number 75 (Auburn), towards FARMINGTON/RUMFORD/RANGELEY/MECHANIC FALLS.
Go 0.04 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

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/

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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

Go 300 feet to Black Mountain of Maine

BIG ROCK

From Interstate 95 – Bangor North 108.5 mi

1. At exit 302, take ramp right for US-1 toward Houlton / Presque Isle 0.3 mi

2. Turn left onto US-1 North / North St 26.5 mi Pass CITGO in 7.1 mi

3. Keep straight onto US-1A / Main St 0.2 mi

4. Bear right onto Church St 0.5 mi

5. Turn right onto Boynton Rd 1.0 mi

6. Turn right onto E Blaine Rd 0.2 mi

7. Arrive at Graves Rd

THE HERITAGE CENTER

From Interstate 95 – Bangor North 108.5 mi

1. Depart I St 0.3 mi

2. Turn right onto G St 0.1 mi

3. Turn right onto Bomarc Rd 0.3 mi

4. Turn left onto Burleigh Rd 0.2 mi

5. Turn left onto Essex St 2.8 mi

6. Turn right onto Forest Ave 4.3 mi

7. Bear left onto Stillwater Ave 0.9 mi

8. Take ramp left for I-95 North 108.5 mi

9. At exit 302, take ramp right for US-1 toward Houlton / Presque Isle 0.3 mi

10. Turn left onto US-1 North / North St 26.5 mi Pass CITGO in 7.1 mi

11. Keep straight onto US-1A / Main St

12. Arrive at Mars Hill, ME The last intersection is US-1 / Main St If you reach Mill St, you've gone too far