

# Middle School – High School Kick-in Sprints Hosted by Chisholm Ski Club

DECEMBER 27, 2016  
BLACK MOUNTAIN OF MAINE  
39 GLOVER ROAD  
RUMFORD, MAINE 04276

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- START TIME:** 10:00 AM
- EVENT:** Kick-in Sprint format  
.8km **FREESTYLE** Qualifier - 15 second interval start  
3 rounds of 6 person heats  
Starts at 10:00 with a 15 second interval qualifier race.  
Heats of 6 athletes will then be announced based on the results of the qualifier. Everyone qualifies. The qualifier just groups them by similar time. The heat format is called "Kick-in". The groups of six will be based on their qualifying times. All athletes continue on to each heat. In each heat, skiers will compete against other skiers of similar ability. Top two finisher of a heat move up a heat for the next round. Bottom two move down and middle two stay in the same heat.  
There will be three rounds total.  
The interesting/fun part of this race is that girls, boys, middle school & high school can compete against each other.  
Final results will be broken back out by gender and class.  
So for all three rounds of heats, the athletes should be skiing with athletes of similar speed.
- SEEDING:** Racers to be seeded from fastest to slowest.
- WAXING:** Wax rooms available (for a fee) in the wax building on a first come first serve basis.
- COURSE MOVEMENT:** All spectators and coaches are welcome out on the course during race. Skiers must travel in the direction of the race course at all times.
- ENTRY DEADLINE:** **December 25, 2015 by 5 PM.**  
No change to start order on race day.  
E-mail entries to [chisholmski@gmail.com](mailto:chisholmski@gmail.com)  
For questions, Cell: 207-357-8844 (ask for Bob)
- REGISTRATION:** Entry fee **\$6.00 per athlete**. Two coaches comp passes per team.  
Make checks payable to: **CHISHOLM SKI CLUB**  
**P.O. BOX 616**  
**RUMFORD, MAINE 04276**
- BIB PICK-UP:** Bib pick-up will be in race headquarters upon arrival at Black Mountain. Race headquarters opens at 8:00 AM. Please return unused bibs prior to the start of the race. \$50.00 fee charged for any lost bib.
- RESULTS:** Copies of the official results will be made available in race headquarters shortly after the race protest period. Visit our web site [www.chisholmskiclub.org](http://www.chisholmskiclub.org) for race results as well.