

NORDIC SKIING

(BOYS AND GIRLS • ALL CLASSIFICATIONS)

A. SEASON 2010-11

First Day of Season: November 1, 2010
Last Regular Season Contest Date: February 19, 2011

B. PRESEASON

No restrictions on students.

C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

E. INDIVIDUAL PARTICIPATION LIMITATION

ASAA has no limitations on students participating on non-school cross country ski teams while they are members of a school cross country ski team.

F. RULES

Ski and Snowboard Association (USSA) and International Ski Federation (FIS) Rules, along with ASAA State adopted rules printed in the Nordic Ski Manual.

H. STATE CHAMPIONSHIPS

1. DATE: February 24-25-26, 2011
2. SITE: Birch Hill (Fairbanks)
Hosted by: ASAA, West Valley High School, and Fairbanks Nordic Ski Club.
3. RACE FORMAT
The state championships are held over a three (3) day period with one race for boys and girls teams each day. The races include two individual competitions and one relay competition. The style of races (classic or free) will alternate each year. First day races, regardless of style will be longer than the second day races. Girls will start first on freestyle days and boys will start first on classical days.

Race Order for Odd Years: (2011)

- Day 1—Individual Classic Race (7.5k boys followed by 5k girls)
- Day 2—Mass Start Freestyle Race (7.5k girls followed by 10k boys)
- Day 3—Team Relays (4x3k girls followed by 4x5k boys)

Race Order for Even Years: (2012)

- Day 1—Individual Freestyle Race (5k girls followed by 7.5k boys)
- Day 2—Mass Start Classic Race (10k boys followed by 7.5k girls)

- Day 3—Team Relays (4x3k girls followed by 4x5k boys)

4. STATE MEET BERTHS

All ASAA member schools are invited to send two (2) teams (one boys and one girls) to the state meet. Each team is limited to a maximum of six (6) persons.

5. SEEDING PROCEDURE

There will be six (6) seed groups for each individual race. Only one skier per team may be placed in each group. The head coach will assign each skier to a group. The start order for the groups will be in numerical order. (i.e. group #1 will depart first, group #2 second, etc.) *NOTE: The group number does not indicate a skier's ability level. If the coach prefers the best skier to ski last, then that skier should be entered in group #5.*

Once seeding entries are submitted, there will be no changes except in case of injury. Start positions for the mass starts will be determined by the results of the individual races. Start positions for the relay will be assigned based upon the team rankings after the first two days' events of the championships. Mixed teams may not be entered into the relay.

6. AWARDS

- a. First and second place team trophies for both boys and girls overall.
- b. First place plaque for highest scoring 2A/3A team for boys and girls.
- c. Individual Medallions for the first ten (10) finishers for both boys and girls in each event overall; for the first three (3) finishers for the boys and girls 2A and 3A teams; one medal for each member (4) of the first and second place relay teams; six (6) individual medallions for the first and second place teams for both divisions.
- d. GOOD SPORT TEAM — one selection from each team of 4-6 students for both boys and girls are recognized for outstanding citizenship and sportsmanship demonstrated throughout the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each team member.
- e. ACADEMIC AWARD for highest team GPA for both boys and girls (*Teams must have at least five (5) members to the eligible*).
- f. SKIMEISTER AWARD for boys and girls.
- g. Certificates for All-State Team