



2023 ASAA/First National Bank Alaska Nordic Ski State Championships State Policies & Procedures

Date: Thursday, Feb. 23 - Saturday, Feb. 25

Location: Kincaid Park - Anchorage, AK

Qualifying Process: All schools that have Nordic ski programs are invited to send one boys team of 6 individuals and one girls team of 6 individuals. Schools can send less than a complete team if they wish. Team members are to be selected by the head coach with no specific ASAA qualifying criteria other than normal eligibility rules.

Race Format: The state championships are held over a three-day period with one race for boys and one race for girls each day. The races include two individual competitions and one relay competition. The style of races will alternate each year. Girls will start first on freestyle days and boys will start first on classical days. Mass Starts will use a chevron start system to provide a better and safer opportunity for the best skiers to advance to the front.

Race order for ODD years:

Day 1: Individual Classic Race (7.5k boys / 5k girls)

Day 2: Mass Start Freestyle Race (7.5k girls / 10k boys)

Day 3: Team Relays (4x3k girls / 4x5k boys)

Roster: ASAA is using Big Teams (planeths) for its School Activities Reporting System (SARS). Schools will need to indicate which students have qualified for state. This can be done by accessing the Nordic Ski roster and indicating the student is a state qualifier. In addition, Entry-Roster form must be submitted online at <http://asaa.org/handbook-forms/online-forms/nordic-ski-state-championship-entry-form/> **by 2pm on Sunday February 19**

Seeding:

Individual Races. There will be six seed groups for each individual race. Only one skier per team may be placed in each group. Please note with the entry form that coaches should seed the skiers for the interval start classic technique race and that seeding for the mass-start freestyle race will be based upon the freestyle technique result, so they SHOULD NOT seed based on the skiers' freestyle technique skills.

Mass Start Races: The results of the individual races held on Thursday will be used to seed the Mass Start Race on Friday using the chevron start format. There will be no manipulation of the Thursday results by the Race Committee to accommodate any issue that might occur with an individual (illness, breaking a pole, etc.).



Nordic Ski State Championships

February 23-25

Kincaid Trails - Anchorage

SUNDAY, FEB. 19 - 2:00 PM

- [Eligibility Roster Finalized](#)
- [State Entry Form](#)
- [Code of Conduct Form](#)
- [Photo Upload Form](#)
- [Good Sport Selection Form](#)

TUESDAY, FEB. 21 - 5:00 PM

- [Academic Award](#)

WEDNESDAY, FEB. 22 - 5:00 PM

- Virtual Mandatory Coaches Meeting

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- Virtual Mandatory Coaches Meeting

Any Questions, please contact ASAA

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Individuals own their positions, not the team. Therefore, skiers performing poorly in the individual races cannot replace teammates positions in the mass race.

Relay Races: Relays involve four skiers. To qualify as a Girls team, all four participants must be female. The first two legs of the relay will be using the classic technique, and the last two legs will be using the freestyle technique. The number of lanes set at the start shall be equal to the number of schools entering teams in the relay. Teams will submit their order of racers at the Friday coaches meeting. Race day changes in start order must be submitted to the race secretary no later than one hour prior to the start of the first relay event of the day. Start positions for the relay will be assigned based upon the team rankings after the first two day's events. Mixed teams of different schools may not be entered in the relays.

Substitutions: In the event an entered contestant is unable to compete due to extenuating circumstances (illness, injury, ineligibility), a substitute may be entered at the coaches meeting prior to the first day of competition. Once that meeting has ended, teams cannot add substitutes.

Rules: The USSA/FIS rules will be utilized with some modifications/additions as noted in the Alaska Nordic Skiing Manual.

Timing and Start Formats: In all interval start events, electronic timing with start wands and finish beam will be used. For individual races, intervals between skiers are normally 15 seconds. However, if race conditions warrant, the Competition Jury may approve shorter or longer intervals. This decision shall be communicated at the coaches meeting prior to that day's race. Coaches are responsible for getting their athletes to the start line on time.

Scoring: Scoring is based on time. The time for each racer's individual race is combined to determine the skimeister, the top ten in each event and the All-State Team. The team scores are based on the times of the top four finishers in each race. That score is added to the relay score to determine the final place finish.

Competition Jury: The Jury will be comprised of a minimum of 3 of the following (or their replacements):

- 1) Technical Delegate
- 2) Asst. Technical Delegate
- 3) ASAA Representative
- 4) Chief of Competition
- 5) Host School Administrator

Course Maps and Facilities: Course maps for each race will be posted on the Nordic Ski page of the asaa.org website when available to us, and reviewed at each coaches meeting where further instructions regarding warmup areas, spectator areas, etc. will be announced. ASAA will work with the Meet Director to ensure that the courses used for state competition meet all safety and technical requirements as specified in the USSA rules.

Results: Interim results will be posted on the official notice board during each event as soon as available. Unofficial results will be posted for each gender within 20 minutes of the completion of each competition. The time period during which protests may be filed begins at the moment that the results are posted. Hard copies of results will be available at each coaches meeting.

Coaches Meeting: There are 2 coaches meeting that will be held vis zoom. Wednesday's is mandatory. The course and procedures for the next day races will be reviewed.

- Wednesday February 22 at 5:00 PM - zoom link sent once you register your team.

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- Thursday February 23 5:00 PM via zoom

Protests: A head coach may file a protest against the results or against some sanction taken by the jury. This must be done in writing within 15 minutes following the posting of unofficial results. The jury will hear the protest, discuss the issue and make its ruling. Decisions by the jury are final and cannot be appealed. Once official results are posted, there can be no protests and the only changes to the results will be for clerical errors that are discovered.

State Merchandise: Northwest Designs is the Official State Merchandise Vendor. NWD will have a large variety of apparel and feature on-site printing with customized made to order commemorative items. A web store is also available online at the Northwest Designs website.

Event Supervision: Each participating school will be requested to identify an Administrator or other person approved in advance by the Principal who is responsible for the conduct of its coaches, participants and fans throughout the contest, as defined in the ASAA bylaws Article 6, Section 4. Please have the designees check in with ASAA staff upon arrival at the event.

Awards: Awards may be handed out at the end of each day races based on weather. There will be 2 award ceremonies. One on Friday at Dimond High School Auditorium, where medals for the Thursday & Friday races will be presented as well as the Academic Awards, Skimeister, All-State Teams. Following the final day's competition, Relay Race and team awards will be presented at Kincaid Park.

Participation Fee: The Board of Directors has authorized the assessment of a participation fee for all state championships and festivals. The fee for Nordic Ski teams will be \$10 per student participant. Once the deadline for withdrawals and substitutions has passed the state meet, the roster will be considered final and schools will be invoiced that amount following the event.