



ASAA/First National Bank 2022 Nordic Ski State Championships Policies & Procedures

Date: Thursday, Feb. 24 - Saturday, Feb. 26
Location: Birch Hill Recreation Area, Fairbanks, AK
Jim Whisenant Trails,

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. Schools may also send up to 4 adaptive skiers of each gender. Schools must notify. 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 classic 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.

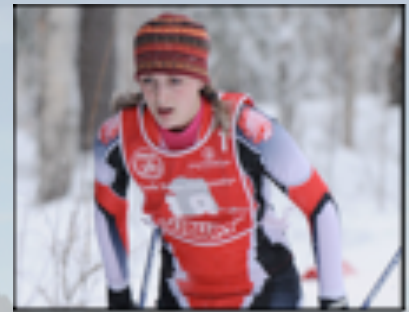
Race order for EVEN years:

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

State Entry Form: Entry-Roster form must be submitted online **by 2pm on Sunday February 20**

Eligibility Rosters: ASAA is using PlanetHS for its School Activities Reporting System (SARS). Schools will need to submit rosters and indicate which students have qualified for state through this system. This can be done by accessing the Nordic Ski eligibility roster. Indicate the student is a state qualifier. Submission is due **by 2pm on Sunday February 20**

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.



Nordic Ski State Championships **February 24-26** **Birch Hill, Fairbanks**

SUNDAY, FEB. 20 - 2:00 PM

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

TUESDAY, FEB. 22 – 5:00 PM

- [Academic Award](#)

WEDNESDAY, FEB. 23 - 6:00 PM

- Mandatory Coaches Meeting at Taiga Lodge/Wedgewood Resort

Any Questions, please contact
ASAA at Email:
championships@asaa.org

2022 Nordic Ski POLICIES & PROCEDURES

Seeding:

Interval Start Races. There will be six seed groups for each interval 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 free technique race only. Seeding for the mass start classic technique race will be based upon the interval start result. There is no seeding by coaches for the mass start event.

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.). 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 classic technique, and the last two legs will be using free 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.

Adaptive Skiers : A school must notify ASAA by February 3, 2022 if they are entering an adaptive skier and indicate if they are Paralympic or Sit Ski athletes.

Rules: The USSA/FIS rules will be utilized with some modifications/additions as noted in the Alaska Nordic Skiing Manual which was last revised in December 2019.

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 or 30 seconds, the decision to be made by the Competition Jury. If 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 – Lin Hinderman, Anchorage
- 2) Chief of Competition – John Estle, Nordic Ski Club of Fairbanks
- 3) Asst. Technical Delegate – Scott Jerome
- 4) ASAA Representative – Sandi Wagner or Billy Strickland ASAA
- 5) Host School Administrator – Steve Zanazzo, Lathrop HS

Course Maps and Facilities: Course maps can be found at asaa.org and nscfairbanks.org by clicking on "Races." At each TCM 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 and FIS rules.

2022 Nordic Ski POLICIES & PROCEDURES

Spectating: Spectating is ON FOOT ONLY. Spectating on skis is NOT PERMITTED. Please communicate this to parents of your skiers via e-mail.

Coach Access to Course and Start/Finish Areas: Coaches will be permitted on the course during testing, warmup and the competition ONLY when wearing coaches' course access bibs. Any coaches on the course who are not wearing proper course access bibs will be treated like any other spectator. This same policy is in effect for the start and finish areas. No one other than bibbed competitors will be allowed into the start or finish areas without the correct coach access bib. Schools will be charged \$50/bib for any coach bibs that are not returned to the Competition Secretariat at the close of the competition.

Athlete Access to Course: During competition, only athletes in the competition and coaches wearing course access bibs will be permitted on the course. The Competition Jury may allow course access to athletes of one sex during competition for the other sex for purposes of warmup and testing. If this is permitted, athletes warming up and testing must wear their competition bibs on the outside of their warmup jackets.

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.

Team Captains/Coaches Meeting: Attendance is mandatory at all Team Captains Meetings (TCM). All pertinent information for the next day's races will be reviewed at each TCM.

- Wednesday February 23 6:00 PM – Wedgewood/Taiga Lodge
- Thursday February 24 5:00 PM Captains and Coaches – Wedgewood/Taiga Lodge
- Friday February 25 6:00 PM – Lathrop High School Hering Auditorium

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 Nordic Ski Championships 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 ASAA.org/store.

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: There will be 2 award ceremonies. The first ceremony is Friday (?), where medals for the Thursday and Friday races will be presented. Following the final day's competition, team awards, skimeister, All-State Team, and the Academic awards will be presented at the Birch Hill Cross Country Ski Center.

2022 Nordic Ski POLICIES & PROCEDURES

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.