



2025 ASAA/FIRST NATIONAL BANK ALASKA NORDIC SKI STATE CHAMPIONSHIPS

February 20 - 22, 2025 at Birch Hill

POLICIES AND PROCEDURES

Schedule:

Wednesday, Feb 19

6:00 PM - mandatory coaches meeting, West Valley Library

Thursday, Feb 20

9:30 AM - Bib pick-up

11:00 AM - races begin

6:00 PM-Coaches/Captains Meeting via Zoom if needed

Friday, Feb 21

9:30 AM - Bib pick-up

11:00 AM - races begin

6:00 PM-Coaches/Captains Meeting via Zoom if needed

Saturday, Feb 22

8:30 AM - Bib pick-up

10:00 AM - races begin

Qualifying Process: All schools that have Nordic ski programs are invited to send one team of 6 individuals and one girls team of 6 female athletes. 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 two races 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 second 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: Interval Start Classic Race (5k) followed by Girls Interval Start Classic Race (5K)

Day 2: Girls Mass Start Freestyle Race (7.5k) followed by Mass Start Freestyle Race (7.5K)

Day 3: Team Relays Girls (4x3k) followed by (4x3K)

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. Due by **2pm on Sunday February 16.**

Forms: All other forms will also be accessed through Bigteams. When you are logged into your account click on Document Management, click the form and then Start a New Submission. Complete the Nordic Ski Entry, Photo Upload, Code of Conduct and Good Sport Selection forms **by 2pm on Sunday February 16.**

IMPORTANT DATES

SUNDAY, FEB 16 - 2:00PM

Nordic Ski Forms Due

- Roster
- State Entry Form
- Photo Upload Form
- Code of Conduct Form
- Good Sport Nomination Form

TUESDAY, FEB 18 - 5:00PM

- Academic Award

WEDNESDAY, FEB 19 - 6:00PM

- Mandatory Coaches Meeting
West Valley High Library

REMINDER

Please refrain from using Fluoro
Waxes

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 classic 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.). 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. 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.

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

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.

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.

Event Supervision: Each school is 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*. Upon arrival at the event please let ASAA staff know they are there.

Spectator Etiquette: All spectators are restricted to the spectators areas. The tournament/meet director and ASAA officials are empowered to remove anyone displaying unacceptable conduct from the area and may temporarily suspend the meet, if necessary.