

# **2025-2026 MPA CHAMPIONSHIP SKI BULLETIN**

(Updated 2/5/26)

## **SKI SEASON**

November 24, 2025	First Practice
December 11, 2025	First Regular Season Meet (After 3 p.m.)
February 9-13, 2026	Alpine and Nordic Ski Sportsmanship Voting
February 11, 2026	Class A, B, C Nordic Entries Due on MPA Website
February 16, 2026	Class A Alpine Entries Due on MPA Website
February 16, 2026	Class B Alpine Entries Due on MPA Website
February 16/17, 2026	Class A, B, C Nordic – Fort Kent Outdoor Center
February 23/24, 2026	Class A Alpine – Saddleback Mountain, Rangeley
February 23/24, 2026	Class B Alpine – Black Mountain, Rumford
March 7, 2026	End of 2025-2026 Ski Sport Season

## **COACHES' ELIGIBILITY**

\*Each coach must complete the NFHS “*Concussion in Sport*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS “*A Guide to Heat Illness*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS “*Sudden Cardiac Arrest*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS “*Protecting Students from Abuse*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

## **TERMS AND CONDITIONS**

The Terms and Conditions of this bulletin and the MPA Ski Rule Book shall govern all **regular season** and post-season competition.

## **STATE CHAMPIONSHIP**

A Team Champion and Runner-up will be recognized in each class in each event for both Alpine and Nordic Skiing.

## **ENTRY FORMS**

Copies of the Entry Form must be received at the MPA office, ALPINE AND NORDIC SITE, by the day specified for each class. The Athletic Director must submit the run order for all Alpine and Nordic meets one week prior to the race. **Class A, B, and C Nordic entries are all due by 9:00 am on February 11, 2026 and Class A and B Alpine entries Alpine due by 9:00 on February 13, 2026.** All inquiries regarding the management of the meets are to be made to the appropriate Meet Coordinator.

## **WAIVER FORMS**

The following are requirements for participation at each of our venues this championship season. Please arrive prepared with all paperwork complete.

### **Class A Alpine at Saddleback**

**We also need an online waiver signed for Saddleback in order to allow your athletes, coaches and assistant coaches on the hill.** Please follow the following procedures to set up and account or renew your waivers for this year.

IF YOU ARE A SEASON PASS HOLDER - you are all set - no action needs to be taken at this time.

If you have set up an online account with Saddleback in the past.....

- Please log in to your account at Saddlebackmaine.com -
  - usually set up under the parents name.
  - Look for the 3 horizontal lines (hamburger menu) in the top right corner - this brings up the menu, at the bottom will be SIGN IN.
- Once logged in - go back to the top right corner and click on the hamburger menu again, choose YOUR ACCOUNT
- On the left will be a menu in a gray box "Click Here for Account Options."
- Scroll down and choose the Option titled "Waiver"
- Once in this screen - find your athletes name and sign the **25-26 General Ski Waiver**

If you have not set up an online account with Saddleback.....

- Please go to Saddlebackmaine.com
- Maneuver to the top right corner and click on the 3 horizontal lines (hamburger menu) - choose SIGN IN at the bottom.
- Choose "Create an account"
- Once your main account is created, add your athlete and follow instructions listed above to sign the **25-26 General Ski Waiver.**

### **Class B Alpine at Black Mountain**

The waiver only needs to be filled out if the skier has not raced at Black Mountain yet this season (they only need one copy on file).

The coach should turn in all of the forms for the team when picking up their bibs. Do not email them. Click [HERE](#) for the waiver form.

### **Class A, B, C at Fort Kent Outdoor Center**

Click [HERE](#) for the waiver form.

## **COLD WEATHER GUIDELINES**

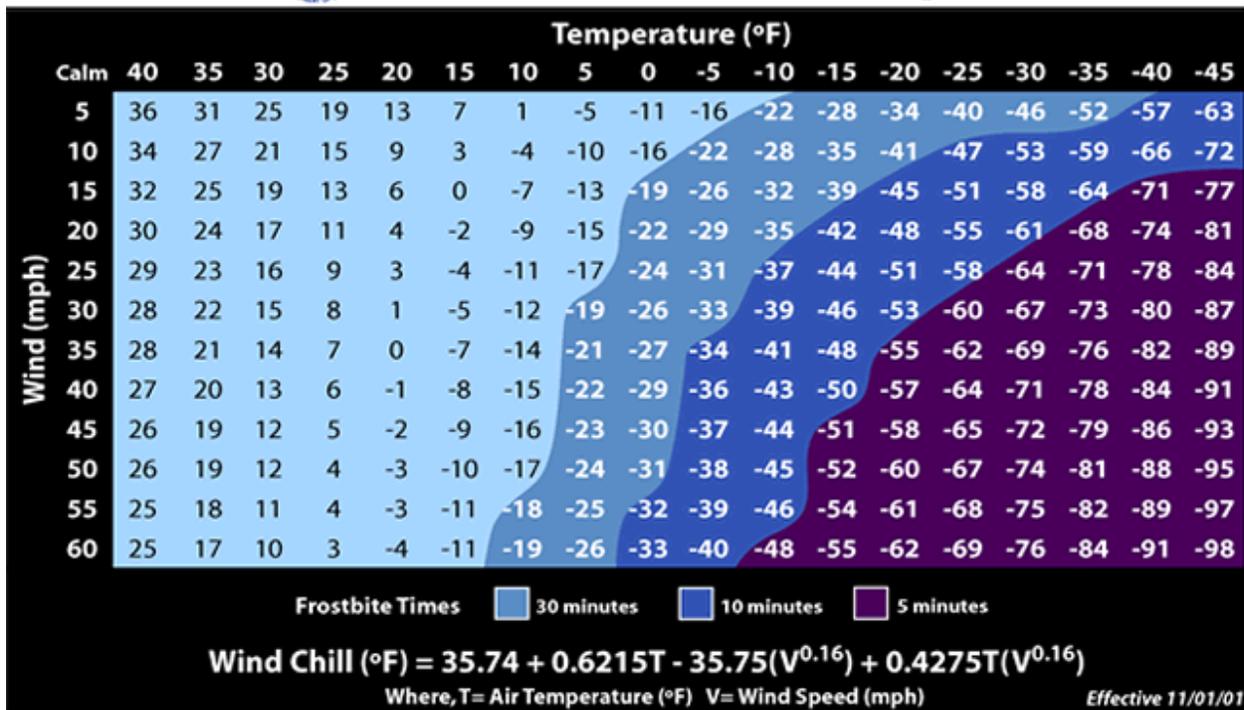
The MPA Ski Committee recommends the following with cold weather:

Prior to the start of a race, the host school, the TD and/or organizing committee is responsible for determining whether the conditions present a threat to the safety of participants and spectators and will determine the status of the event.

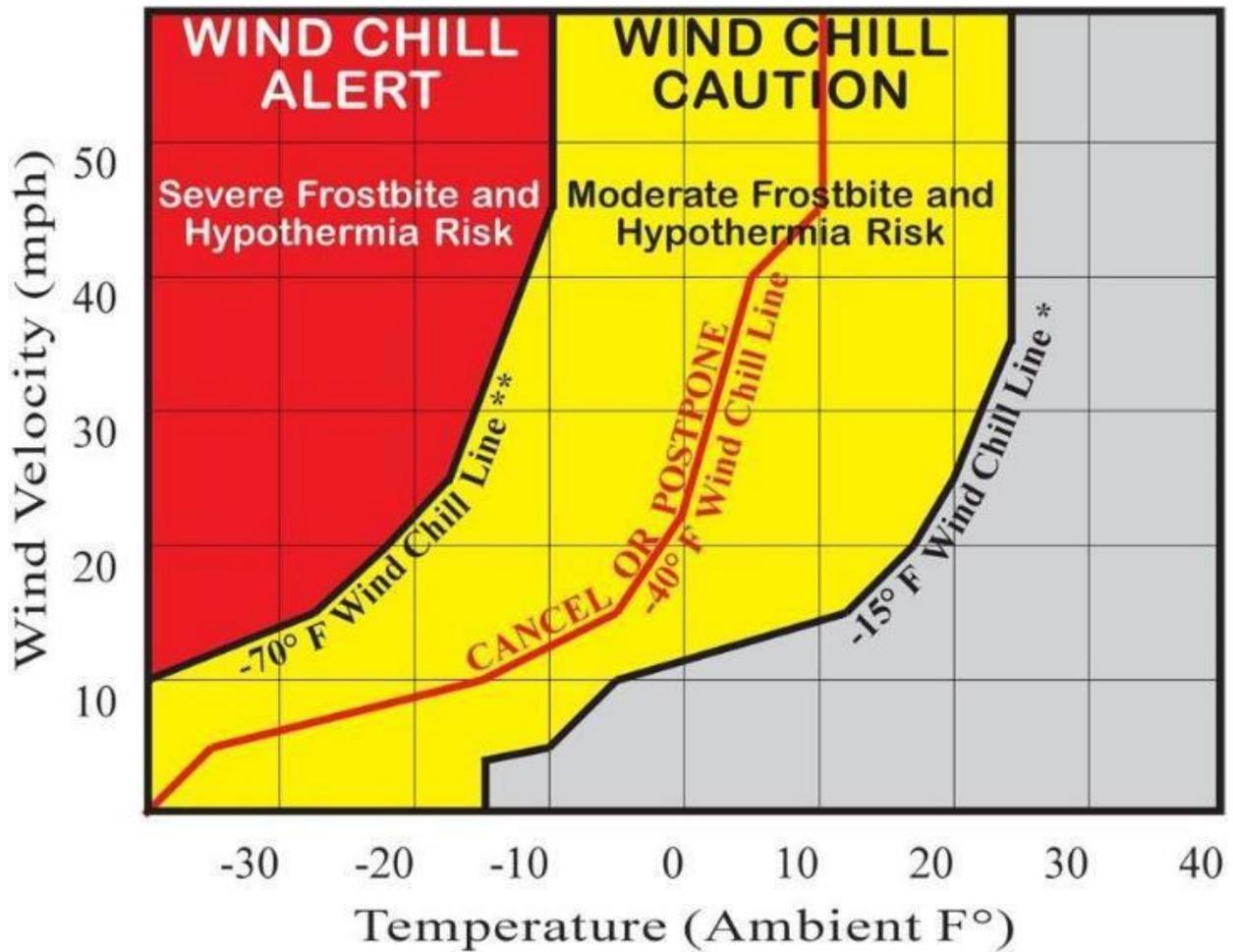
- If the air temperature is below 0° F, measured at the venue, a competition should be postponed, cancelled, or start times delayed until the air temperature is above 0° F by the TD and/or race organizer.
- If the wind chill is colder than -15 F with strong winds during race time, a competition should be postponed, cancelled, or start times delayed by the TD and/or race organizer.
- Other considerations:
  - Nordic: change start format to speed up and limit time in the elements
  - Warming areas for athletes, coaches, and spectators should be provided by the venue
  - Venue: exposure to wind in the start/finish area, on course, and on chair lift should also be taken into consideration



## Wind Chill Chart



If wind chill is in the yellow zone, a cancellation, postponement, or start time delay shall be considered. If wind chill is in the red zone, a cancellation shall occur.



The NFHS published Cold Weather Guidelines in their publication High School Today. The link to the guidelines is [Guidelines for Competition in Cold Weather](#).

### **MEET INFORMATION**

1. All championship skiing competitions shall be governed by the Maine Interscholastic Skiing Rules, as amended, and this bulletin. (Rules can be found on the MPA web site at [www.mpa.cc](http://www.mpa.cc).)
2. The **2025-2026** Nordic championships will be a pursuit. Day one for the classical race will begin with an interval start. Day 2 will be a pursuit start skate based on times from Day 1. Team scores will be determined solely by the order of finish in the pursuit on day 2 and an individual pursuit category will be added with the top 10 in this category being recognized. Class A, B, and C will run separate boys and girls races but score by class for the pursuit on Day 2.

Based on the availability of venues at this year's championships, the schedule this year is as follows:

**NORDIC CLASSES A, B, and C**

Monday, February 16, 2026 Fort Kent Outdoor Center  
Coaches Meeting Zoom – Sunday, February 15 7:00 p.m.  
Girls Interval Start Classical 11:00 a.m.  
Boys Interval Start Classical 1:30 p.m.

\*Awards for the Classical Race will be presented following the boys' race.

Tuesday, February 17, 2026 Fort Kent Outdoor Center  
Coaches Meeting Zoom – Monday, February 16 7:00 p.m.  
Girls Freestyle Pursuit 9:30 a.m.  
Boys Freestyle Pursuit 11:00 a.m.

\*Awards for Freestyle, Pursuit, and Team will be presented following the boys' race at Fort Kent Community High School.

**CLASS A ALPINE**

(Schedule may be altered by the TD pending venue availability)

Monday, February 23, 2026 Saddleback Mountain, Rangeley

Coaches Meeting Zoom for both nights:  
<https://us02web.zoom.us/j/83019957971?pwd=nuAt4lvk9D1QUhvXi8i9Ms852Dx5kl.1>  
Meeting ID: 830 1995 7971 Passcode: 205830

Coaches Meeting	Zoom - 7:00 pm on Sunday, February 22
Registration (1 <sup>st</sup> Floor)	8:00 am
Lift for Course Setters/Crew	7:30 am
Chair Opens	7:45 am
Course Inspection Run 1	8:00 am – 9:00 am
Girls Giant Slalom	9:15 am
Boys Giant Slalom	Following Girls Run
Course Inspection Run 2	11:45 am - 12:45 pm (Estimated)
Girls Giant Slalom	1:00 pm
Boys Giant Slalom	Following Girls Run
Awards	Following the Boys' Race

Tuesday, February 24, 2026 Saddleback Mountain, Rangeley

Two courses will be set with Girls on Left and Boys on Right.  
Course inspections will happen for Girls and Boys at the same time.

Coaches Meeting	Zoom - 7:00 pm on Monday, February 23
Registration (1 <sup>st</sup> Floor)	7:00 am
Lift for Course Setters/Crew	7:30 am

Chair Opens	7:45 am
Course Inspection Run 1	8:00 am – 9:00 am
Girls Slalom	9:15 am
Boys Slalom	Following Girls Run
Course Inspection Run 2	11:45 am -12:45 pm
Girls Slalom	1:00 pm
Boys Slalom	Following Girls Run
Awards	Following the Boys' Race

**CLASS B**

(Schedule may be altered by the TD pending venue availability)

Monday, February 23, 2026

Black Mountain, Rumford

Coaches Meeting	Zoom - 7:00 pm on Sunday, February 22
Registration (Old Lodge)	7:00 am
Lift for Course Setters	7:30 am
Chair Opens	7:45 am
Course Inspection Run 1	8:00 am – 9:00 am
Girls Giant Slalom	9:15 am
Boys Giant Slalom	Following Girls Run
Course Inspection Run 2	11:45 am -12:45 pm (Estimated)
Girls Giant Slalom	1:00 pm
Boys Giant Slalom	Following Girls Run
Awards	Following the Boys' Race

\*Awards will be presented near the T-Bar Building.

Tuesday, February 24, 2026

Black Mountain, Rumford

Two courses will be set with Girls on Left and Boys on Right.  
Course inspections will happen for Girls and Boys at the same time.

Coaches Meeting	Zoom - 7:00 pm on Monday, February 23
Registration (Old Lodge)	7:00 am
Lift for Course Setters	7:15 am
T-Bar Opens	7:30 am
Course Inspection Run 1	7:45 am - 8:45 am
Girls Slalom	9:00 am
Boys Slalom	Following Girls Run
Course Inspection Run 2	11:45 am -12:45 pm
Girls Slalom	1:00 pm
Boys Slalom	Following Girls Run
Awards	Following the Boys' Race

\*Awards will be presented near the T-Bar Building.

3. In order for a competitor to participate in the state meet, a competitor must have competed in a minimum of FOUR high school races regardless of discipline for Alpine and Nordic. A medical appeal must be submitted to the committee chair two weeks in advance of the state meet.
4. An individual competitor from a school not sponsoring a ski team may be entered providing the entrant's school has established a cooperative team agreement with another school; he/she must participate on a daily basis with the cooperative team. Individual entrants must use the standard entry form and entry application which must include a coach who meets the MPA coaches' eligibility standards and accompanies the athlete to the meet.
5. No school team may be entered in the team competition unless the school has sponsored a school team, been attached to a cooperative team, or attached cooperative individuals and has competed in interscholastic meets during the current season.
6. Teams/skiers entered in the Giant Slalom and Slalom races are REQUIRED to wear undamaged hard-shell helmets following the USSA/FIS Helmet Regulations. Equipment is the responsibility of the athlete and in the case of a minor, their parents or guardians. Equipment must be maintained and utilized in accordance with manufacturer's instruction.

Helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and forerunners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. The CE mark (pictured here) shall be affixed in a non-removable way on the back of the helmet in a visible location not covered by the goggle strap.



All participants in MPA races must use helmets that meet the new FIS standards for all MPA GS competitions.

Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL. **This rule should be enforced throughout the regular season.**

Helmet mounted cameras are not allowed on helmets in official training or competition. The MPA does not wish for officials to disqualify or deny entry or starts to an athlete because the athlete has personalized his/her helmet with stickers, glitter, helmet cam mounts or other applications.

The MPA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. MPA undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Anyone with questions regarding their helmet should contact the manufacturer for any specific guidelines regarding its safety or use.

7. All coaches, including volunteers, must meet MPA Coaches' Eligibility Standards to be working with athletes at all MPA ski meets. \*Each coach must complete the NFHS “*Concussion in Sport – What You Need to Know*”, “*Heat Acclimatization*”, and the “*Sudden Cardiac Arrest*” videos that are available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).
8. In Alpine and Nordic Skiing ALL wax will be restricted to fluoro-free wax.
9. In Nordic the following are the approved waxes for 2026.  
List of Approved Waxes  
<https://docs.google.com/document/d/1N5TvX9HdTzNSQaZz6wdwOoneC--HgUXfxO9ZeUlj-ag/edit?tab=t.0#heading=h.jqjedvhmgckb>
10. Coaches meeting eligibility standards, parents, and athletes may wax skis at meets.

### Future State Meet Sites (Subject to change due to venue availability)

#### 2026-2027 State Sites

Feb. 15/16 - Class A, B, and C Nordic– Titcomb Mountain, Farmington  
TBA - Class B Alpine – Lonesome Pine, FK / Big Rock, Mars Hill  
TBA - Class A Alpine – Black Mountain, Rumford

#### 2027-2028 State Sites

Class A, B, and C Nordic– Black Mountain, Rumford  
Class B Alpine– Date and Location TBA  
Class A Alpine – Date and Location TBA

#### 2028-2029 State Sites

Class A, B, and C Nordic– Fort Kent Outdoor Center  
Class B Alpine– Date and Location TBA  
Class A Alpine – Date and Location TBA

ALL REGULATIONS AS DETERMINED BY THE MPA SKI COMMITTEE RELATED TO SAFETY AND SPORTSMANSHIP SHALL BE ENFORCED IN ALL REGULAR SEASON SKI MEETS INVOLVING MPA MEMBER SCHOOLS.

### **FEES**

Entry fees for the 2026 state meets will be **\$375 per Alpine team/\$125 per individual and \$200 per Nordic team/\$100 per individual**. Each mountain may also charge a separate lift fee.

### **BONA FIDE TEAM RULE**

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

\* Two waivers per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a request to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)

\*\* This policy is not intended to restrict dual sport participation in schools that allow dual participation.

\*\*\* Penalty for violation of this policy:

1 <sup>st</sup> Violation	Suspension from play for one game/contest
2 <sup>nd</sup> Violation	Removal from team for remainder of season

(Effective Date: 2019 Fall Sport Season)

\*The ski committee understands that outside competition from the high school season occurs in many MPA sponsored activities, but in skiing that outside competition occurs during the high school season due to snow conditions. Alpine and Nordic skiers may access elite ski events (i.e. Eastern Cup Series and Jr. National Biathlon) without use of a Bona Fide Team Waiver. Skiers must receive permission from their athletic department to miss a scheduled team meet prior to their absence. Skiers must compete in **four** regular season meets in their discipline to be eligible to ski in the MPA Alpine or Nordic Championships.

### **APPROVED OUTSIDE ELITE COMPETITIONS**

Any **USSA** sanctioned races above the **MARA U16/U19** level will also be approved.

### **Alpine MARA Events 2025-2026**

*High school athletes attending these events do not need an MPA Bona Fide rule waiver.*

<b>DATE</b>	<b>LOCATION</b>	<b>EVENT TYPE</b>
Jan. 18	Sugarloaf	Slalom
Feb. 1	Sunday River	Giant Slalom
Feb. 2	Sunday River (2)	Giant Slalom
Feb. 8	Sugarloaf	Giant Slalom
Feb. 9	Sugarloaf (2)	Super G
Mar. 1	Pleasant Mountain	Slalom

### **Nordic/Biathlon Elite Events 2025-2026**

*High school athletes attending these events do not need an MPA Bona Fide rule waiver.*

<b>DATE</b>	<b>LOCATION</b>	<b>EVENT</b>	<b>DESCRIPTION</b>	<b>NOR/BIA</b>
Dec 5-6	Craftsbury VT	Eastern Regional Cup #1		Biathlon
DEC 20-21	Holderness, NH	NENSA Eastern Cup Opener	Freestyle/Classical distance	Nordic
Dec 27-31	Lake Placid	Junior World Trials		Biathlon
JAN 4-8	Lake Placid, NY	US Nationals	ALL	Nordic
JAN17-18	Quarry Road, ME	NENSA Roy Varney Eastern Cup	Classical distance/Freestyle	Nordic
Jan 24-25	Fort Kent	Eastern Regional Cup #2		Biathlon
Jan 31-Feb 1	La Patrie Quebec	Eastern Regional Cup #3		Biathlon
FEB 7-8	Craftsbury, VT	NENSA Eastern Cup	Classic sprint/freestyle dist	Nordic
FEB 14-15	Hanover, NH	NENSA Eastern Cup #4	Classic/Freestyle distance	Nordic
Feb 21-22	Valcartier Quebec	Eastern Regional Cup #4		Biathlon
Mar 25-29	Soldier Hollow Utah	Us National Biathlon Championships		Biathlon

**NORDIC SKI CLASSIFICATION**  
**2025-2026 and 2026-2027**

<b><u>CLASS A</u></b>	<b><u>CLASS B</u></b>	<b><u>CLASS C</u></b>
<b><u>625+</u></b>	<b><u>420-624</u></b>	<b>0-419</b>
1. Portland, <b>1,146</b> 2. Edward Little, <b>1,136</b> 3. Bangor (B), <b>1,069</b> 4. Deering, <b>1,033</b> 5. Oxford Hills, <b>1,021</b> 6. Mt. Ararat (G), <b>738</b> 7. Camden Hills, <b>737</b> 8. Brunswick*, <b>717</b> 9. Messalonskee, <b>713</b> 10. Falmouth, <b>695</b> 11. Mt. Blue, <b>694</b> 12. Marshwood* (G), <b>665</b> 13. Fryeburg^^, 587, <b>663</b> 14. Freeport, <b>629</b> 15. Oceanside* (B), <b>498</b> 16. Cheverus^^, <b>388</b>	1. Greely, <b>613</b> 2. Gray-NG (B), <b>591</b> 3. Yarmouth, <b>562</b> 4. Leavitt, 572, <b>552</b> 5. Cape Elizabeth*, <b>511</b> 6. York, <b>503</b> 7. Waterville, <b>484</b> 8. Belfast, <b>471</b> 9. Presque Isle, <b>456</b> 10. Caribou, <b>422</b> 11. Maranacook^^, <b>369</b>	1. Mountain Valley, <b>415</b> 2. Spruce Mountain, <b>407</b> 3. Orono, <b>365</b> 4. Waynflete, <b>254</b> 5. Fort Kent, <b>251</b> 6. Dirigo, <b>228</b> 7. Winthrop* (G), <b>226</b> 8. Mt. Abram, <b>213</b> 9. Telstar, <b>164</b> 10. Madawaska, <b>115</b> 11. Wisdom, <b>70</b> 12. Ashland, <b>63</b> 13. Maine Coast Waldorf, <b>48</b>

\*Individuals

^^Applied to Higher Classification

**ALPINE SKI CLASSIFICATION**  
**2025-2026 and 2026-2027**

<u>CLASS A</u> 625+	<u>CLASS B</u> 0-624
1. Portland* (G), 1,146	1. Greely, 603, 613
2. Bangor*, 1,069	2. Gray-NG, (B), 591
3. Oxford Hills, 1,021	3. Gardiner, 583
4. Bonny Eagle* (B), 1,034	4. Yarmouth, 562
5. Edward Little, 1,136	5. Leavitt, 552
6. Windham, 935	6. Cape Elizabeth, 511
7. Gorham, 813	7. John Bapst, 508
8. Hampden, 749	8. York, 503
9. Camden Hills, 737	9. Lake Region, 500
10. Brunswick, 717	10. Belfast, 471
11. Kennebunk, 701	11. Presque Isle, 456
12. Skowhegan, 696	12. Caribou, 422
13. Falmouth, 695	13. Mountain Valley, 415
14. Mt. Blue, 694	14. Spruce Mountain, 407
15. Brewer* (G), 693	15. Wells, 400
16. Biddeford* (B), 689	16. Maranacook, 369
17. Marshwood, 665	17. Maine Central Institute*, 268
18. Fryeburg^^, 663	18. Waynflete, 254
19. Freeport, 629	19. Fort Kent, 251
20. Oceanside* (B), 498	20. Mt. Abram, 213
21. Poland*, 493	21. Monmouth, 188
22. Cheverus^^, 388	22. Telstar, 164
23. Orono*_(G), 365	23. Madawaska* (B), 115
24. Traip*, (B), 290	24. Central Aroostook (B), 108
25. Islesboro*, (B), 37	25. Wisdom* (B), 70
	26. Greenville, 38
	27. Rangeley, 49
	28. Islesboro* (B), 37

^^Applied Up  
\*Individuals