**NENSA Eastern High School Championships**

**March 13th - 15th, 2020**

**Gore Mt. Nordic Center at the North Creek Ski Bowl**

**Team Leader Information Packet**

Hello Coaches! I hope this finds you well. This is the first information packet for the U16 Championships this March. As the race weekend gets closer we will have updates and more specifics to send out. We are excited to host this Championship weekend at the Gore Mt. Nordic Center in North Creek!

**Event Website**

Please visit the following website for race weekend update and other information

<https://nensa.net/eastern-hs-championships/>

**Race Site Location**

North Creek Ski Bowl, Ski Bowl Road, North Creek, NY

**Event Schedule**

**Friday, March 13th**

12:00 PM - 1:30 PM Coaches pick up bibs and racer packets at the Tannery Pond Community Center (228 Main St, North Creek, NY).

12:00 PM Coaches Meeting at the Tannery Pond Community Center

3:00 PM Girls 5K Freestyle Race (Individual Start)

4:00 PM Boys 5K Freestyle Race (Individual Start)

5:00 PM Podium Ceremony for Freestyle Races

**Saturday, March 14th**

9:30 AM Girls 7.5K Classic Race (Mass Start)

10:30 AM Boys 7.5k Classic Race (Mass Start)

Lunch

2:00 PM Girls 1.25K Cross-Country Cross (Wave Start)

3:00 PM Boys 1.25K Cross-Country Cross (Wave Start)

6:30 PM Pasta Banquet at the Gore Mountain Alpine Base Lodge

7:45 PM Individual Awards

**Sunday, March 15th**

8:00 - 9:00 AM Coaches pick up bibs at the Ski Bowl Lodge at the Gore Mt. Nordic Center

10:00 AM 4 X 3.3K Mixed Relay - Girl Classic, Boy Classic, Girl Skate, Boy Skate

12:00 PM Podium Ceremony for Relay Teams - State Overall Awards at Gore Mountain Nordic Center

**Skier Registration**

Please use the following Google Doc for registration. Each state has their own tab for Team Leaders to indicate the following...

1- Racer names seeded from fastest to slowest (Seed #1 being your fastest skier).

2 - Shirt sizes for your racers. Enter sizes in separate column next to racer name. Also indicate the athlete’s NENSA number and hometown. **Important**: to ensure we have the shirts for race weekend, we need to know the sizes from each team no later than **January 30th, 2019**. *If you don’t have your roster prior to this date, you must send us an estimate of shirt sizes.* You can do this by emailing Paul Allison directly at pallison@goremountain.com or by indicating the shirt sizes in yellow box labeled ‘organizer use’.

3 - The names of all coaches from your state. See separate box for this.

[**Registration**](https://docs.google.com/spreadsheets/d/1IldIE0PdZo6ZSyZMKrX7idP1yKwyhDUQEWUCZ2OdSb8/edit#gid=941046145)

**Payment**

Please submit payment ($120.00/racer) to the following address no later than Monday, March 9th.

Gore Mountain

NENSA Eastern High School Event

PO Box 470

North Creek, NY 12853

**Waxing**

Each team will have their own wax space at the Gore Mt. Nordic Center underneath the pavilion. Electrical outlets are available in each waxing space.

***NENSA Waxing Policy:*** New this season for the Eastern High School Championships, pure fluoros including powders, blocks, and liquids are not permitted. A regular high fluoro (HF) paraffin wax is still permitted. More details… <https://nensa.net/2019/11/05/nensa-waxing-policy-2019-2020-ski-season/>

**Parking**

Each team will have passes for three designated parking spaces in front of the Ski Bowl Lodge and Pavilion. Other team vehicles/parents can park at any spot in one of the main lots. See Stadium/Venue map for layout (coming soon).

**Banquet and Award Ceremony**

We are pleased to host the Saturday night banquet at the Gore Mt. Alpine Base Lodge. This is located at the main downhill Ski Center (793 Peaceful Valley Rd., North Creek). The dinner will begin at 6:30 pm. Hopefully we will finish with the awards/raffles by 8:00 pm. For parents and family wishing to attend the dinner ceremony, we have a limited number of tickets available for purchase. Parents and family will be able to purchase banquet tickets off the Gore Mountain website. More information to come!

**Awards and Scoring**

Individual top 10 awards for each event (except the relays) will be held at the dinner banquet Saturday evening. The top 3 for the individual races will be recognized directly after the event at the podium ceremony behind the pavilion. Overall individual top 3 awards (combined for the 3 individual races) will be presented at the Banquet. Recognition for the top 5 relay teams and medals for the top 3 teams, in addition to the overall team awards will be presented in the stadium following the Team Relay event. If more than 3 guest skiers compete, the top 3 guest skiers in each race will be recognized with an award for the guest category. Team and individual overall scoring is per NENSA guidelines.

**Team Leader Contact Information**

**Maine**

Merrit (Buzz) Bean: mbean@tdstelme.net

**New Hampshire**

Kevin Lee: klee@kearsarge.org

**Vermont**

Audrey Mangan: audrey.mangan@craftsbury.com

Tom Strasser: tstrasser@wwsu.org

**Massachusetts**

Susannah Wheelwright: susannah.wheelwright@gmail.com

**New York**

To Be Announced

**Midwest**

Sirri C. Morse: siirimorse@charter.net