



Eastern High School Championship

Hosted by:

Chisholm Ski Club

At

Black Mountain of Maine

March 14, 15, 16

2025

Team Leaders Information



L.L.Bean



Eastern High School

Championship

Schedule of Events

Friday:	9:00am	Course open for inspection
	9:00am	Race Headquarters open for packet and bib pick up
	12:00pm	Coaches Meeting in old base lodge second floor- lunch provided
	3:00pm	Men 5km Free Technique- 15 sec interval
	4:00pm	Women 5km Free Technique- 15 sec interval
Saturday:	8:00am	Course open for inspection
	8:00am	Race Headquarters open for bib pick up
	10:00am	Men 7.5km Classic- Mass Start
	11:00am	Women 7.5km Classic-Mass Start
	1:00pm	Sprint Course open for inspection
	1:30pm	Men 1.1km Free Technique Sprint
	3:15pm	Women 1.1km Free Technique Sprint
	5:00pm	Running orders due for Mix Medley Relay
	6:00pm	Banquet (Mountain Valley High School)
6:30pm	Awards	
Sunday:	7:30am	Bib pickup in Race Headquarters
	8:00am	Course open for inspection
	9:30am	4 x 3km Mixed Medley Relay (Men's Classic, Women's Classic, Men's Free Technique, Women's Free Technique)
	11:30am-TBA	Relay Team and Overall Team Awards immediately following completion of team scoring in the stadium

Event Website

Please refer to the <https://nensa.net/eastern-hs-championships/> or <https://chisholmskiclub.org/> for all updates and full championship rules.

Food at the Venue

Black Mountain of Maine has a complete snack bar with the best pizza in town. There is seating in the Last Run lounge with families welcomed. Tailgating is not allowed in the main lodge, but welcomed in the Old Base Lodge with plenty of tables and chairs and a great viewing area. To access Old Base Lodge, cross the walking bridge to alpine and take a left. For those wishing to tailgate outdoors, we recommend our spillover parking lot to the right and over the bridge from our main parking lot. Parking attendant will help direct you. No power available, so bring your own grill or generator.

Awards and scoring:

The top 10 finishers in each individual race, and the top 3 relay teams shall be recognized with medals. The top 5 relay teams will be recognized as well. The top 3 skiers (those with the highest combined points for the weekend) in the three individual events on Friday and Saturday shall be recognized at the banquet on Saturday. The overall team winner for the weekend will be recognized with the Graham Taylor Cup. That award, as well as the relay awards, will be presented in the stadium at the final awards ceremony on Sunday. Guest skiers will be recognized at the awards ceremonies and included in the individual awards. Scoring and full event rules here: <https://nensa.net/ehsc-rules>

Photos:

Our club photographer will be on hand and will have pictures of athletes for purchase at <https://www.rvgphotos.com/Skiing>

Warm-up area:

Designated warm up area will be on groomed trails. Course will remain open up until 15 minutes prior to the start. Skiers and coaches must travel in the direction of the race course at all times. THIS WILL BE STRICTLY ENFORCED AND VIOLATORS MAY BE SUBJECT TO DISQUALIFICATION.

Cool down is also allowed on the course with the same rules applied.

This will be all subject to snow conditions and will be posted with any changes.

Course Access:

Please see the schedule above for course preview times. Bibbed coaches are allowed on the course, but only in the direction of travel at all times, except during sprint heats.

Course Maps:

Please see attached course maps. Notification will be posted should snow conditions force a change.

Restrooms:

Adequate bathroom facilities are located in the spill over parking area, old lodge outside, start/finish area and in the main lodge.

Dogs:

Dogs are allowed at our venue but must on a leash at all times and must be responsible to clean up after them. This will be strictly enforced.

Parking:

This is an alpine ski area as well and will more than likely be a very busy weekend. Please park as tightly as possible. Parking attendants, in yellow vest, will help direct you. We strongly recommend the spill over parking lot to the right of the main lodge with best access to viewing and access to the race course. For those of you travelling in busses, please use the dedicated bus parking area.

Banquet:

A sit-down dinner banquet will be held at Mountain Valley High School gymnasium at 5:30. Address is 799 Hancock St, Rumford. The High School is 7 miles from the ski area. Leaving the Mountain, take your left on the Isthmus Road and at the bottom of the hill, turn right on Rt 120, Hancock Street. Take your first entrance on your right into Mountain Valley High School.

Wax Policy:

All NENSA events are fluoro free (which includes kick wax).

Base structures will be allowed.

No power will be provided. Please bring generator

See NENSA's wax policy <https://nensa.net/wax-policy/>

Registration:

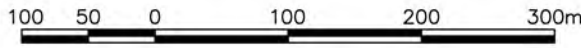
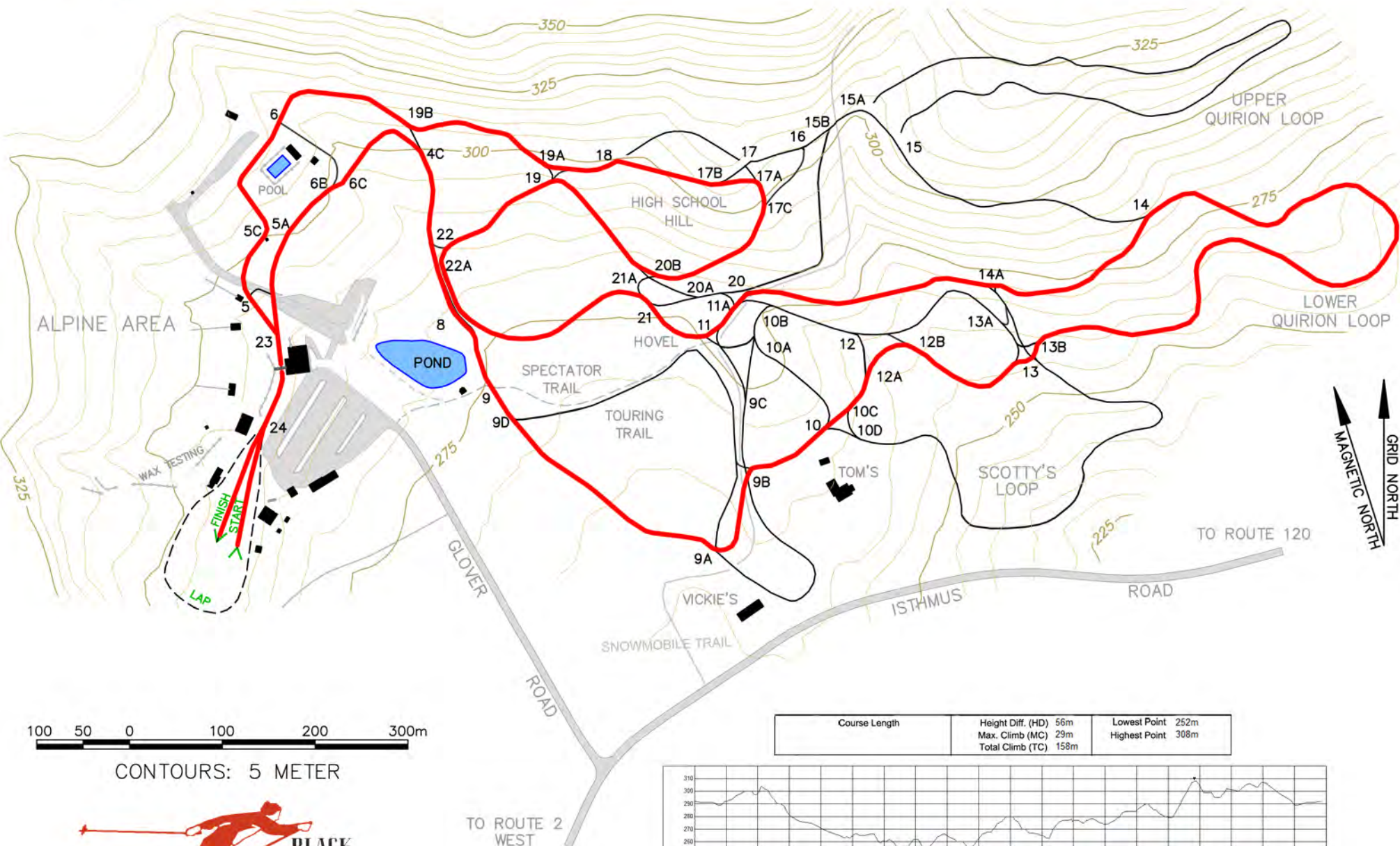
Please see the Google Doc provided by NENSA and note the following:

- Racers are seeded from fastest to slowest (Seed # 1 will be your fastest skier). All racers must be active NENSA members in order to participate in this event. Member sign-up at <https://nensa.net/membership/>. Please send your athlete shirt sizes for your racers as soon as you can.
- Please send your coaches names from your state.
- Relay entries are to be submitted on this form on a separate tab.
- Forms are due Tuesday March 4th, 2025.
- Final relay teams must be entered into your google form by 5pm on Saturday, March 15.
(At which point the Chief of Timing will block all editing capabilities in the document so he can make start list).

Payment:

The registration fee is \$140.00 per skier. State Teams should mail a check payable to Chisholm Ski Club, P.O. Box 616, Rumford, Maine 04276.

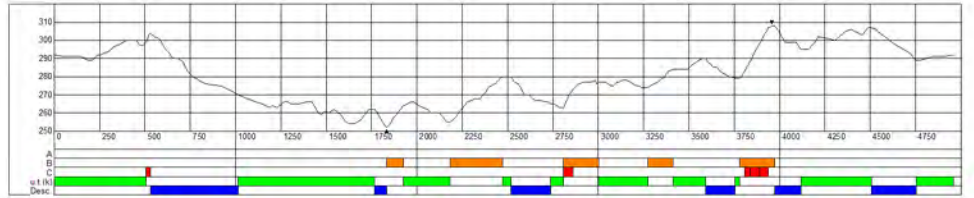
For any other questions, please contact Isabel@nensa.net

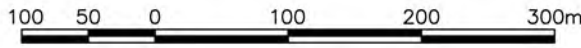
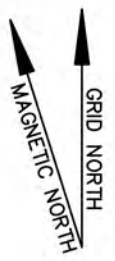
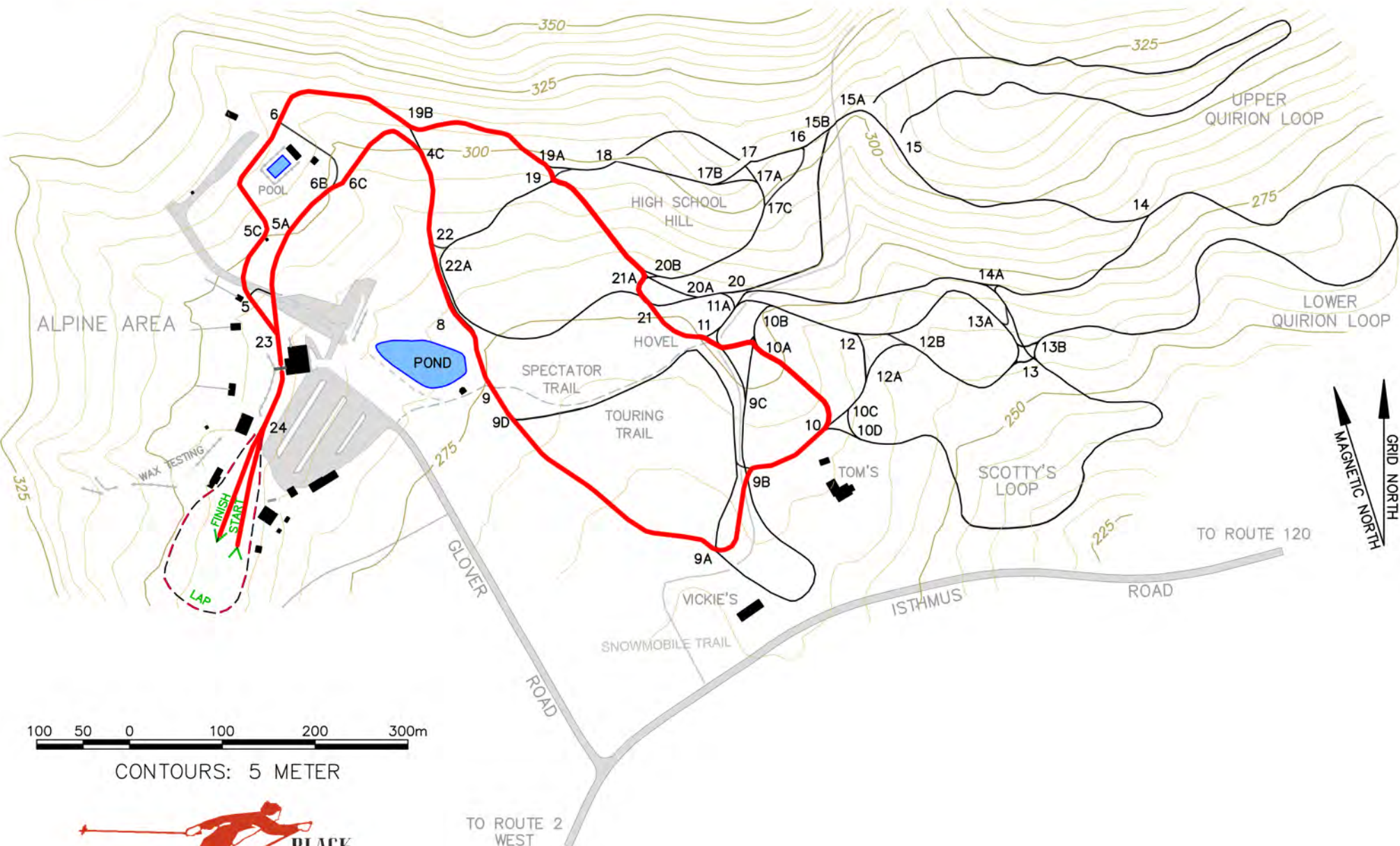


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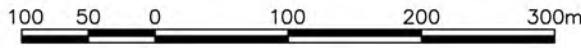
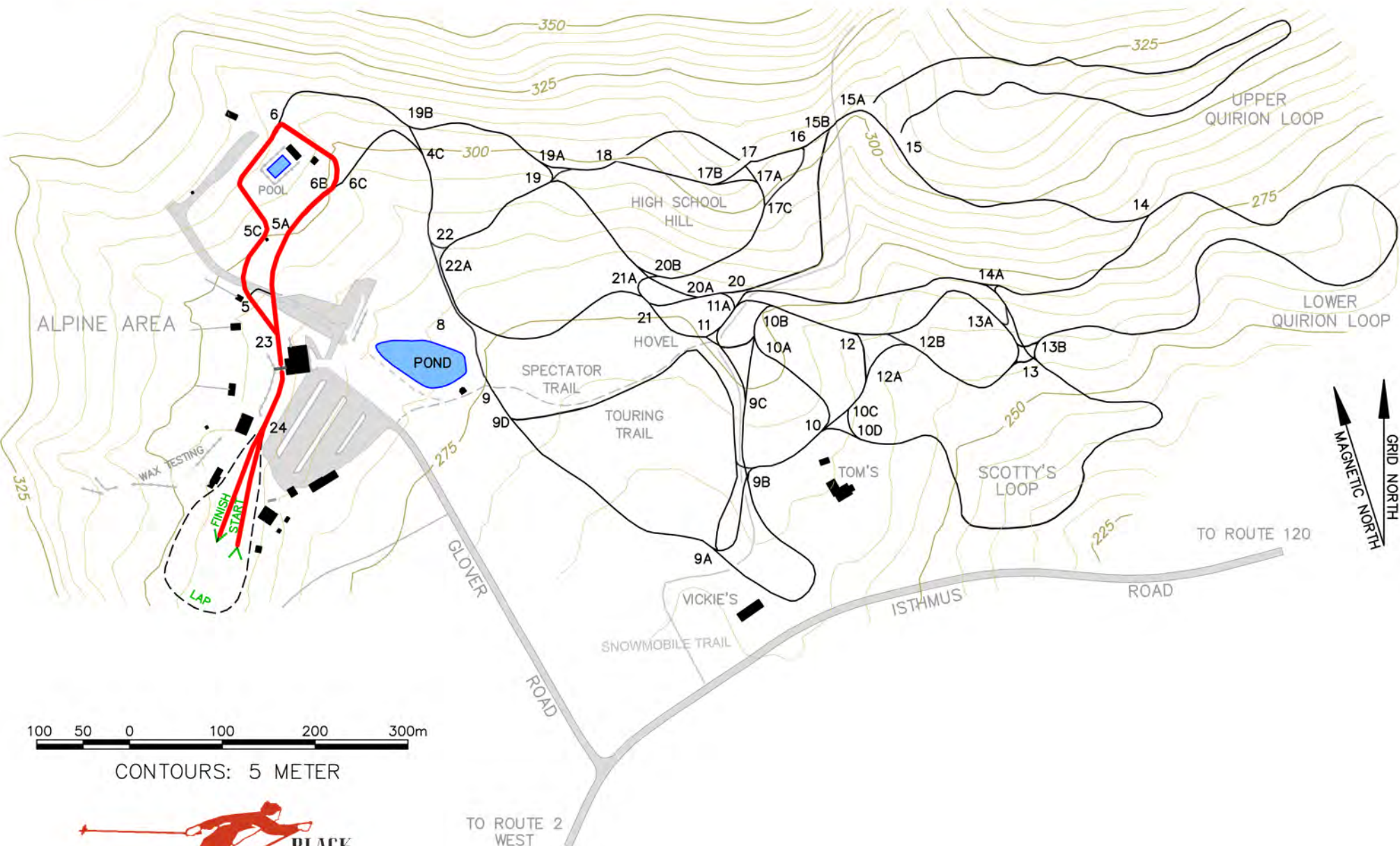
Course Length	Height Diff. (HD) 56m	Lowest Point 252m
	Max. Climb (MC) 29m	Highest Point 308m
	Total Climb (TC) 158m	





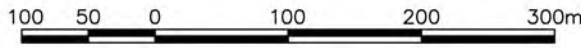
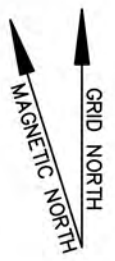
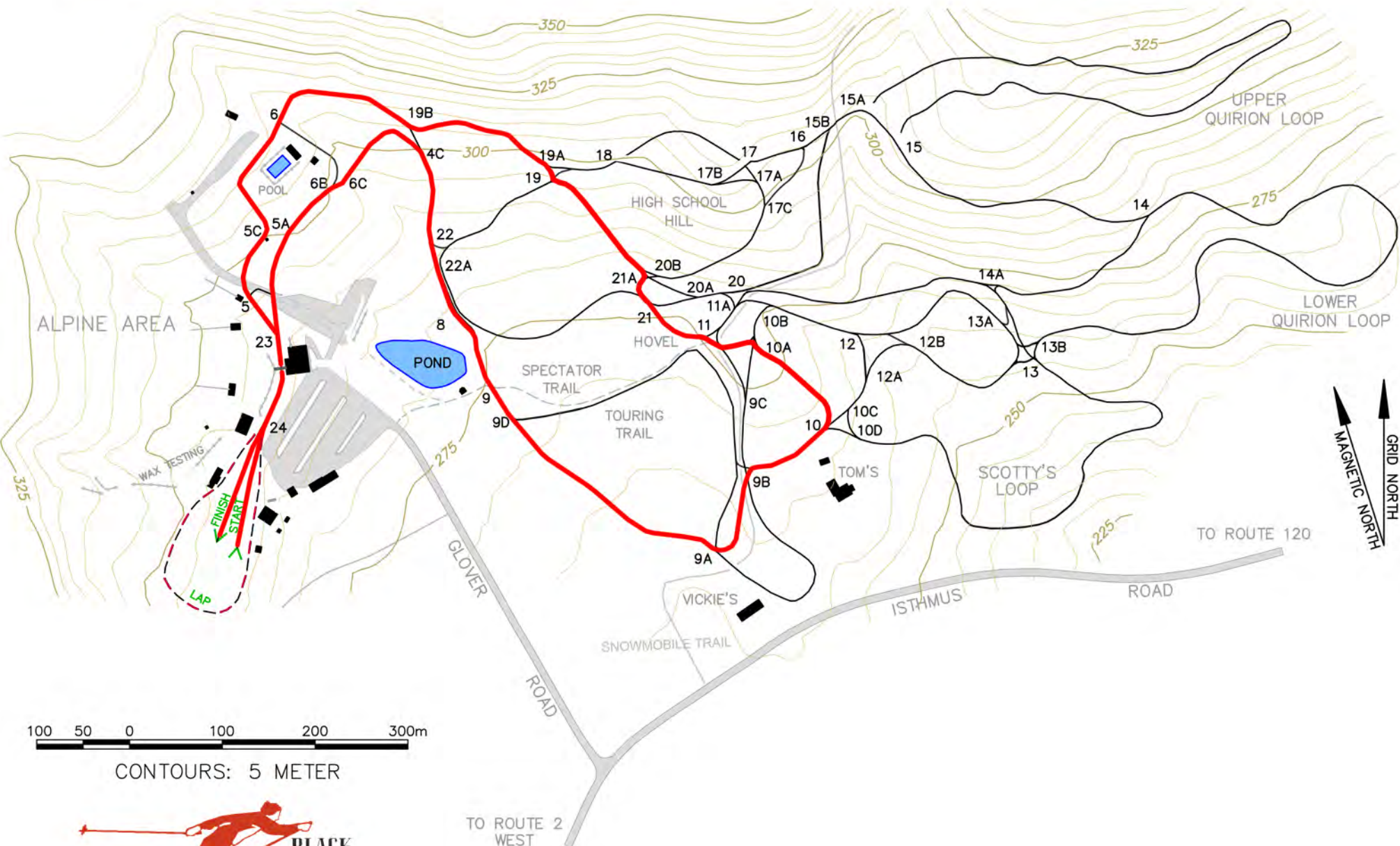
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