

# NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

## POLICY AND PROCEDURES

FOR

SKIING

2009-10



### NHIAA SKI COMMITTEE

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## POINTS OF EMPHASIS

- All schools **should** schedule in their own division before scheduling in another division.
- “If a school does not attend a meet that is on their ski schedule, the athletic director must submit a letter to the NHIAA.”
- Athletes are required to wear approved helmets for slalom, giant slalom and jumping events during regular season and tournament competitions.
- Cold Weather Policy  
“If the temperature is below –4 degrees F, for cross country, and –10 degrees F, for alpine and jumping, measured at the coldest point of the course, a competition will be modified, postponed or cancelled by the Jury. During regular season meets a decision to postpone or modify, as a result to wind chill, will be made by a collaboration of all the coaches involved in the meet. **At the State Championship** with difficult weather conditions (e.g., strong wind, high air humidity, heavy snowfall, or high temperature) the Jury may, in consultation with the coaches of the participating teams, modify, postpone or cancel the competition.”
- NHIAA member ski schools will be required to purchase numerical racing bibs beginning with the 2005-06 season. This is a mandatory policy.
- In Alpine skiing the top ten high school slalom competitors (9-12) and the top ten high school giant slalom competitors (9-12) will qualify for the Meet of Champions for both boys and girls. In cross country skiing the top ten competitors in classical and the top ten competitors in freestyle will qualify for the Meet of Champions for both boys and girls. No alternates will be allowed.
- In addition to displaying appropriate sportsmanship while competing, student athletes and coaches are reminded that we are guests while participating in meets. All people involved need to be sensitive to this issue and respect the property and people of the host site. Inappropriate or disrespectful behavior anywhere on the property gives everyone a bad name and can result in the loss of a meet site. Failure to display proper behavior, even when not actually competing, will be considered unsportsmanlike and may result in disqualification and removal from the existing or future meets. Coaches or other responsible adults are expected to provide adequate supervision for their student athletes at all times.
- Beginning with the 2007-08 season, alpine skis will not be used on any hill larger than a K25 facility.

- Starting with the 2008-09 season a cash protest fee of \$75 to be paid upfront will be instituted. If a school wins the protest they get a refund, otherwise the NHIAA keeps the money. The protest must be filed within 30 min of the results being posted.
- TIE-BREAKING PROCEDURE: In the event of a tie, the total of the top four times per discipline for alpine and cross country will be used. For jumping the top four point totals shall be used to break the tie
- In order to provide a good experience and quality event, the NHIAA strongly encourages participating schools to bring two adult gate keepers and two distance markers to assist in meet management.
- Concussions: Any athlete that is rendered unconscious or apparently unconscious during a meet shall not be allowed to compete that day without the written authorization from a physician.
- TRAINERS – Schools requesting medical services are to provide the necessary supplies for the trainer at all regular season and tournament events.
- **Regular season meet results may be forwarded via email to [kwilmarth@nhiaa.org](mailto:kwilmarth@nhiaa.org) for posting on the NHIAA website.**

➤ **FORMS TO BE SUBMITTED:**

1. 2009-10 Ski Championship Entry Form (Boys and Girls – 1 Form each including both Nordic and Alpine team information) **DUE MONDAY FEBRUARY 1, 2010**
2. 2009-10 Ski Roster Form (Boys and Girls – 1 Form each including both Nordic and Alpine team information) **DUE MONDAY FEBRUARY 1, 2010**

➤ Please do not forget to list those team members who are eligible for the Skimeister Award.

➤ **DO NOT** mail your entry form to the **Meet Directors**, as our office will forward the entries to the Meet Directors according to their Division.

*All forms can be accessed through a “Forms” link in the athletic directors’ administration area of the NHIAA website. Once accessed and filled out, please email the forms to [kwilmarth@nhiaa.org](mailto:kwilmarth@nhiaa.org).*

**DO NOT FOLLOW UP WITH HARD COPIES!**

*You will receive confirmation of receipt of your forms. If you do not receive confirmation please contact the NHIAA.*

## SKI INFORMATION FOR COACHES

### 1. CLASSIFICATION OF SKIING

The classification has been divided into four divisions of approximate size with school enrollment as the basis.

<b>2009-10 Alpine Ski Classification</b>							
<b>Division I (1200+)</b> <b>17 Schools</b>		<b>Division II (701-1199)</b> <b>14 Schools</b>		<b>Division III (451-700)</b> <b>13 Schools</b>		<b>Division IV (1-450)</b> <b>11 Schools</b>	
Pinkerton	3331	Bedford	1172	Windham	692	Inter-Lakes	441
Nashua – South	2287	Con-Val	1087	Bow	669	Hopkinton	355
Man. Memorial	2165	Souhegan	970	Kearsarge	665	Littleton	293
Man. Central	2159	Hollis/Brook.	952	Prospect Mtn.	573	Woodsville	273
Nashua – North	2054	Kingswood	947	Gilford	572	Derryfield	246
Concord	1877	Kennett	945	Hillsboro-Deering	493	Moultonborough	239
Londonderry	1827	John Stark	890	White Mtn.	482	Profile	188
Man. West	1809	Milford	872	Trinity	470	Gorham	187
Spaulding	1768	Laconia	822	Newfound	465	Sunapee	169
Keene	1762	Plymouth	817	Newport	461	Lin-Wood	139
Dover	1671	Lebanon	761	Belmont	461	Sant Bani	54
Exeter	1654	Hanover	746	Mascenic	453		
Merrimack	1593	St. Thomas	721	*Bishop Brady	443		
Timberlane	1590	Oyster River	710				
Goffstown	1289						
*Pembroke	1045						
*Bishop Guertin	885			<b>* By Petition</b>			

<b>2009-10 Nordic Ski Classification</b>							
<b>Div. I (1200+)</b> <b>6 Schools</b>		<b>Div. II (701-1199)</b> <b>9 Schools</b>		<b>Div. III (451-700)</b> <b>8 Schools</b>		<b>Div. IV (1-450)</b> <b>8 Schools</b>	
Man. Memorial	2165	Bedford	1172	Bow	669	Inter-Lakes	441
Man. Central	2159	Con-Val	1087	Stevens	667	Hopkinton	355
Concord	1877	Souhegan	970	Kearsarge	665	Derryfield	246
Man. West	1809	Kingswood	947	Fall Mountain	656	Moultonborough	239
Keene	1762	Kennett	945	Gilford	572	Profile	188
Merrimack	1593	John Stark	890	White Mtn.	482	Gorham	187
		Plymouth	817	Belmont	461	Sunapee	169
		Lebanon	761	Newport	461	Sant Bani	54
<b>* By Petition</b>		Hanover	746				

2. **SKI SCHEDULE:** Each member school is required to submit a completed ski schedule to the NHIAA Office no later than **the first Monday of December** each year. **Rescheduling of meets (for reasons other than weather conditions) will not be allowed once the schedules have been approved. The Executive Director may make exceptions to this policy after receiving a written request from the Principal or Athletic Director for a change in schedule.**
  
3. **SPORTSMANSHIP:** In addition to displaying appropriate sportsmanship while competing, student athletes and coaches are reminded that we are guests while participating in meets. All people involved need to be sensitive to this issue and respect the property and people of the host site. Inappropriate or disrespectful behavior anywhere on the property gives everyone a bad name and can result in the loss of a meet site. Failure to display proper behavior, even when not actually competing, will be considered unsportsmanlike and may

result in disqualification and removal from the existing or future meets. Coaches or other responsible adults are expected to provide adequate supervision for their student athletes at all times. Any unsportsmanlike act on the part of a competitor is subject to disqualification of that competitor from the remainder of the meet with no substitutes permitted. The Technical Delegate alone makes the final judgment. The Finish Timer, Chief Starter, Meet Director or Head Gatekeeper, shall reprimand the competitor and may make a recommendation for disqualification.

4. **TEAM ELIGIBILITY:** Ski teams competing in NHIAA State Meets shall be required to have participated in at least FOUR meets\* (4 alpine, 4 cross country, 4 jumping) in the events in which they will be competing at the State Championships.

\* One day of ski competition within a discipline constitutes a meet.

5. **INDIVIDUAL ELIGIBILITY:** Any competitor in any State Ski Meet conducted by the NHIAA must have participated as a member of a team in that sport that season in at least 50% of that team's recognized competitions. A record of his/her competition in meets and/or waiver of the non-school competition rule must be available upon request.

**NOTE: \*\* If the requirements for team or individual eligibility cannot be satisfied, a request for a waiver must be submitted by the Principal to the Ski Committee (through the Executive Director), no later than 7 days prior to the Championships. ONLY EMERGENCY SITUATIONS will be reviewed for potential waivers.**

6. **EASTERN HIGH SCHOOL SKI CHAMPIONSHIPS-** Ski coaches are permitted to have contact with their team members to train and accompany them to the Eastern High School Ski Championships. Schools, however, cannot schedule ski meets amongst themselves after the NHIAA State Ski Championships have been completed. (See By-Law Article I Policy Sec.8 Extra School Contests in the NHIAA Handbook.)

### **REGULAR SEASON MEET INFORMATION**

1. **INJURED SKIER:** All participants in any NHIAA ski meet, after sustaining an injury while training, or competing in a ski event must be examined by a qualified ski patrol member or a medical doctor before re-entry into the competition of the meet.
2. **CLARIFICATION OF RULES:** *(It is not the intent of this section to eliminate the FIS rulebook, but rather to amplify certain sections of it. Interscholastic ski meets are not FIS meets. In the past, ambiguities have occurred regarding rules interpretation and it is the intent of this section to clarify recurring problems within the rules.)*
3. **PENALTY FOR MISSING THE START:** Coaches are responsible for having competitors at starting positions for events. Violators in alpine events will race after the last competitor. Racers missing their start in the first run shall not be unduly punished and therefore will be inserted in the second run as soon as they are ready to start, not to precede their original start.
4. **MEET OFFICIALS:** It is recommended by the Ski Committee that appropriate meet officials be designated prior to the start of any regular season meet. (See Meet Officials Under State Meet Information)
5. **RACER'S RESPONSIBILITY:** Racers are responsible for the following:
  - To have all equipment in a functioning manner prior to the start and to wear proper approved head protection.
  - Racing bib must be readily available during the pre-race inspection and displayed during the run on the course.

- It is the racer's responsibility to pass through all gates on the course, in order, on two skis and to finish the last two gates on at least one ski and to cross the finish line on both skis or on one ski or both feet in the case of a fall in the immediate finish area.
- It is the racer's responsibility to recognize that an obstruction on the course has impeded his performance and initiate the action of skiing out of the course. The racer must immediately contact a course official, explain the phenomena and request a rerun.
- In the event of a binding release during the race, or if a competitor falls on the course, it will be his/her decision to finish the course. If a racer decides to stop, he/she must clear him/her self of the course as soon as possible.
- Athletes are required to wear approved helmets for slalom, giant slalom and jumping events during regular season and tournament competitions beginning with the 2004-05 season.
  - Use of approved helmets as required and defined by the governing body for US Skiing, the United States Ski Association (USSA), is mandated in order to participate in all NHIAA regular season and tournament events. Such equipment is the responsibility of the producer and athlete. It is the athlete's duty to ensure compliance with USSA standards.

6. **BELOW GRADE 9 ATHLETIC PARTICIPATION** – Skiers in grades 9-12 shall be given the first opportunity to participate in any regular season and/or State Tournament event before any below grade 9 student athletes are entered. A below grade 9 student athlete cannot displace a high school student athlete.
7. **RACE RUNNING ORDERS:** Any team changes will be allowed up to one half-hour before the race start. In the State Meet, changes made will not involve any change in the pre-submitted running order except that slot that is directly affected by the substitution. *Once a skier is removed from his/her position in the running order, he/she MAY NOT be placed in a different position in that running order.*
8. **COURSE INSPECTION:** Competitors are allowed to study the course after final setting, either by walking up through the gates, or side slipping down through the gates slowly. Fast skiing, which in any way resembles shadowing or actually skiing the course, is strictly prohibited. The fully set course must be open for inspection at least one (1) hour prior to the start of that event.
9. **USE OF VIDEO:** Video review is not permissible to resolve competitor disputes, either during the regular season or at the NHIAA Championship events. Video shall only be used to resolve sportsmanship issues.
10. **PROTESTS:** Protests shall be brought to the attention of the Chief of Course and the Technical Delegate. Disqualification protests will be considered by the jury except in the case of unsportsmanlike conduct. In that event, the Technical Delegate's decision is final. Protests concerning the timing shall be brought to the attention of the Chief Timer and Technical Delegate. Protests during the race shall be brought to the attention of the Technical Delegate who will decide what course of action is to be taken. Protests concerning false calculations and clerical errors shall be discussed with the Meet Director.
  - \***NOTE:** The Technical Delegate (meet referee) will be identified on the hill and shall be required to wear a red armband.

## PROCEDURES FOR RUNNING EVENTS: ALPINE EVENT SLALOM AND GIANT SLALOM

- **Course Setting:** The trail shall be properly groomed or packed prior to setting the course. The course shall be set with the ability of the competitors in mind. It is recommended that the course avoid sharp turns, and confusing combinations of gates. Try to maintain fluency and rhythm throughout the course if possible. The distance between gates in slalom shall not be less than three-fourths of a meter. The distance between gates in giant slalom shall not be less than ten meters. In slalom, the minimum width of a gate is four meters and not to exceed six meters. The width of a giant slalom gate shall be between four and eight meters.
- **Course Recognition:** The slalom course gates shall be marked with red and blue poles. The course should also be marked with a colored dye. The giant slalom course shall consist of four poles per gate with banners approximately seventy centimeters wide by fifty centimeters high connecting two like poles. The gates should be alternately red and blue. The giant slalom gates must also be marked with dye.
- **Course Length:** Meet directors shall attempt to meet the following minimum standards:  
Slalom: A combined two run winning time of approximately 70 seconds.  
Giant Slalom: A combined two run winning time of approximately 70 seconds.
- **Course Setter:** The course setter shall have prior experience in NHIAA Alpine Meets.
- **Forerunner:** There shall be no more than four (4) nor less than two (2) forerunners per event. The forerunners must successfully complete the course before the race. The forerunner is expected to point out difficulties experienced on the course to the technical delegate and suggest appropriate changes if necessary. Forerunners are not considered to be competitors in these events and their participation will not count toward the minimum requirements.
- **Gatekeeper:** This official shall be so identified and isolated from competitors and spectators. All gatekeepers are instructed to give the same information to all skiers. The gatekeeper shall be provided with and knowledgeable of the Instructions for Gatekeepers. It is recommended that gatekeepers be adults for the State Meet.
- **Starting the Race:** In slalom, the starting order is "Ready, Go". In giant slalom, the starting order is "10 seconds", (pause for 5 seconds) and then the count "5, 4, 3, 2, 1, Go".
- **Course Evaluation:** It is recommended that the slalom and giant slalom courses be designed so that no more than ten to fifteen percent of the racers disqualify or do not finish the course. It is also recommended that if a high percentage of the first seed fail to successfully complete the course, the Technical Delegate shall authorize a restart of the race.
- **Worker Checklist:** A list of appropriate meet personnel has been provided to assist the Meet Director in running a successful meet.

### JUMPING EVENTS:

#### A. **Judges:**

- One judge is needed for a regular season jumping event.
- Two judges are required for a State Tournament jumping event.
- A judge can also be the Chief of the Hill.
- A judge can also be the Technical Delegate.

#### B. **Chief of the Hill:**

- There shall be a Chief of the Hill at every meet.
- The Chief of the Hill needs to oversee the general safety condition of the hill.
- The Chief of the Hill could be the starter. The starter shall be on the knoll with a flag (either red or fluorescent).
- The Chief of the Hill should designate a person for the proper care of the transition.
- The Chief of the Hill needs to communicate with the judges, coaches and skiers (when needed), to run a safe and successful tournament.

- C. **The Jump Hill:** For all jumping events in each class, the jump shall be no greater than 40-meter K jump. The landing hill transition and our-run shall be packed hard and maintained as free from ruts as possible. The track in the in-run should be ½” to ¾” deep and 8” to 12” apart, center to center. The take-off shall be set at the correct height and angle for the hill and the conditions for that particular day. “P” and “K” points shall be marked in blue and red and boughs spread along the landing hill to aid depth perception. The fall line shall be marked with boughs or a painted line approximately 20M past the end of the transition.
- D. **The Trial Jumper:** There shall be no more than four or less than two trial jumpers in each competition. The trial jumper shall be an experienced jumper approved by the Technical Delegate or Chief of Hill. Fore jumpers are not considered to be competitors in these events and their participation will not count toward the minimum requirements.
- E. **Hill Maintenance:** Throughout each competition round, the hill shall be continuously groomed so as to maintain the same conditions for each competitor. Ruts shall be scraped not filled.
- F. **Jumpers:** All jumpers shall:
- Wear approved ski helmets
    - Use of approved helmets as required and defined by the governing body for US Skiing, the United States Ski Association (USSA), is mandated in order to participate in all NHIAA regular season and tournament events. Such equipment is the responsibility of the producer and athlete. It is the athlete’s duty to ensure compliance with USSA standards.
  - Be allowed the use of alpine equipment on K25 hills or smaller for all jumping events. Those competitors using alpine equipment will receive a maximum point deduction of 12 points (maximum score from each judge – 8 points. If using a 10-point judging system, maximum score from each judge – 4 points). This will encourage ability development and use of proper jumping equipment.
- G. A girls jumping competition will precede each round of the team competition.

**CROSS COUNTRY EVENTS:**  
**CLASSICAL AND FREESTYLE**

- A. **The Cross Country Trail:** This trail shall be as free as possible of intersections and make sure the course is properly groomed and well-marked with regard to danger areas. The Finish shall be clear of spectators and checkers shall be placed on the trail prior to the start of the race. Trail maps shall be available to all teams as well as running orders with the start time of each racer.
- B. **Cross Country Trail Length:** The course shall be four (4) kilometers in both classical and freestyle for boys and girls.  
The cross-country State Championship Meet will be a four (4) K classical race and a four (4) K freestyle race. There will be approximately three (3) hours between the end of the first race and the beginning of the second race.
- C. **Cross Country Forerunners and Postrunners:** The Forerunner is responsible to alert the checkers of the soon to follow competitors and to correct any obvious problems on the course. The forerunner shall clear the trail of any unauthorized skiers. There shall be no more than two forerunners. The postrunner shall sweep the course aiding competitors having difficulties. There shall be at least two postrunners.  
Forerunners and postrunners are not considered to be competitors in these events and their participation will not count toward the minimum requirements.

- D. **Cross Country Skis:** The skis may be of any length. The poles shall not exceed the height of the skier.
- E. **Personnel:** The following people are needed to make sure the races are run smoothly:
1. Two people are needed at the starting line. One person to give the countdown to the racers and one to line up the upcoming racers. At least four (4) watches shall be started at the beginning of the race.
  2. Six (6) people are needed at the finish line. They shall be broken up into two groups of three people each. From each group, one person shall have a stopwatch and read off the times as the racers cross the finish line; one person shall record the BIB order of finish, while the third person records each racer's time. Both groups are doing these tasks and they can serve as a back-up to each other.
  3. Two people are needed to sort and calculate the results so they can be distributed to the teams and returned to the NHIAA as soon as possible.
- F. **Course Checkers:** Two or three individuals are needed at various points on the course to make sure the racers ski the entire course and go in the proper direction on the trail.

### State Meet Championships Information

1. **Rosters and Entry Forms:**  
Official rosters and entry forms are located on the NHIAA Website under the Athletic Director's administrative section. The Athletic Director will be sent the Championship dates as soon as we have them. The rosters and entry forms are to be submitted to the NHIAA on or before **Monday, February 1, 2010**.
2. **Travel:** Athletes participating in NHIAA Ski Championship Meets must have a school designated adult supervisor in attendance at the event throughout the athletes' participation in such event. The Principal must authorize the adult supervisor and the athlete must present such authorization to the Meet Director prior to participation.
3. **Meet Officials:**

**Alpine**

  - **Technical Delegate:** Shall be assigned prior to the State Championships.
  - **Chief of Course:** Is responsible for course inspection and course changes.
  - **Timers:** There shall be no more than four or less than two-timers. There shall be a hand held back-up watch, or an electronic timing system. One timer shall be designated as chief timer and act as spokesperson for the group and record all times.
  - **Starter:** Responsible for starts on all competitors and is also responsible for overseeing the running order.
  - **Chief Gatekeeper:** The Chief Gatekeeper is responsible for overseeing the competence of each gatekeeper and insuring that proper passage and/or infractions are documented.

**Nordic**

  - **Meet Director:** Official representative of the hosting school who is responsible for collecting team scores and presenting the NHIAA awards.

**Jumping:**

  - **Chief of Hill:** Shall be responsible for opening and closing the jump, maintaining safety on the hill, and preparation of the jumping hill by overseeing the Hill Maintenance Crew.
  - **Chief Distance Marker:** Shall be responsible for overseeing all distance markers and explaining marking procedures to all competitors and distance markers, as well as reporting distances jumped to the judges.
  - **Judges:** There shall be two (2) jump judges at each State Meet and **at least** one (1) judge for each interscholastic meet. **Recorder:** Shall aid judges in recording scores and calculating results.
  - **Technical Delegate (TD):** Shall be responsible for inspection of hill prior to competition, communication between officials during competition and overseeing preparation of results.

### Cross Country:

- **Chief of Course:** Shall be responsible for the condition and the safety of the course.
- **Timers and Recorders:** Shall be responsible for recording the out time and recording the in time.
- **Course Checkers:** Shall be responsible for seeing that all competitors complete the entire course.

4. **Medical Coverage:** Every high school in New Hampshire must make provisions for **licensed** medical personnel at all practices and contests. The types of provisions that are acceptable are referred to in the NHIAA Handbook By-Law Section 17, Medical Coverage at Athletic Events.
5. **The Meet Referee:** This person will be a technical delegate. He/she will be appointed prior to the State Meet. When possible, the technical delegate shall be a USSA technical director or a level three (3) official.
6. **PROTEST PROCEDURES AT STATE TOURNAMENTS:**  
During State Tournament play, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest.

Protests shall be brought to the attention of the Chief of Course and the Technical Delegate.

Disqualification protests will be considered by the jury except in the case of unsportsmanlike conduct. In that event, the Technical Delegate's decision is final. Protests concerning the timing shall be brought to the attention of the Chief Timer and Technical Delegate. Protests during the race shall be brought to the attention of the Technical Delegate who will decide what course of action is to be taken. Protests concerning false calculations and clerical errors shall be discussed with the Meet Director.

**\*NOTE:** The Technical Delegate (meet referee) will be identified on the hill and shall be required to wear a red armband.

7. **The Jury:** The Jury shall consist of the Technical Delegate, Chief of Race, and three (3) coaches. The Jury's scope of responsibility is to supervise the competition. The technical delegate from the NHIAA Ski Committee will act as Meet Referee and he/she will be chairperson of the jury and approve all scores before they are announced. No more than one jury member may be selected from any one school.
8. **Skimeister:** The Skimeister award is presented annually at the NHIAA State Meet to the skier who demonstrates proficiency in all disciplines of skiing. The philosophy of the award is to encourage competitors to compete in more than one event, therefore, possibly strengthening the team.  
**\*Skimeister candidates must adhere to the NHIAA policy of participation in fifty percent (50%) of their team's recognized competition. In any two (2) events they shall be among the six-team skiers.**
  - Division level- a skimeister candidate must compete in Slalom, Giant Slalom, freestyle and classical for both boys and girls. **To be eligible for the Skimeister award a competitor must be among the six-team skiers in two (2) events. In the remaining events the skimeister may compete as an individual, and it is mandatory that he or she has participated in that event at least one time prior to State Meet, during his/her teams regular season schedule.** In those events that a candidate is not one of the six-team competitors, the results may not be counted in the team score and he/she will be placed in the running order after the general field of competition for Slalom, Giant Slalom and Cross Country.
9. **Meet of Champions:** In Alpine skiing the top ten slalom competitors and the top ten giant slalom competitors will qualify for the Meet of Champions for both boys and girls. In cross country skiing the top ten competitors in classical and the top ten competitors in freestyle will qualify for the Meet of Champions for both boys and girls.

## 10. Alpine Awards:

**Divisional:** Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams in each division for boys and girls. The competition shall include slalom and giant slalom events.

**Medal Awards:** Official NHIAA medals shall be awarded to the top three (3) competitors for boys and girls in each Division I, II, III and IV in slalom and giant slalom.

**Divisional Skimeister Awards:** Individual skimeister medals shall be awarded to the top three (3) competitors for boys and girls in Division I, II, III and IV who compete in the two Alpine disciplines of slalom and Giant slalom and the two cross-country disciplines of freestyle and classical

### **Nordic Awards:**

**Divisional:** Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams in each division for boys and girls. The competition shall include classical and freestyle events.

**Medal Awards:** Official NHIAA medals shall be awarded to the top three (3) competitors (boys and girls) in Division I, II, III and IV in classical and freestyle.

**Divisional Skimeister Awards:** Individual skimeister medals shall be awarded to the top three (3) competitors for boys and girls in Division I, II, III and IV who compete in the two Alpine disciplines of slalom and Giant slaloms and the two cross country disciplines of freestyle and classical.

**Jumping:** Official NHIAA championship and runner up plaques shall be awarded to the championship and runner-up teams.

**Medal Awards:** Official NHIAA medals will be awarded to the top three (3) competitors for boys and girls.

## 11. Responsibility Code:

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or emerging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

### **Gate Keeper Responsibilities**

- It is recommended that Gatekeepers be adults and at the very least the Head Gatekeeper be an adult. The primary responsibility of all Gatekeepers is to observe correct passage through the course and to maintain that section of the course to which he is assigned.
- All Gatekeepers are instructed to give the same information to all racers. A Gatekeeper's mistake carries with it serious consequences for the racer and team. The decision taken by a Gatekeeper must be clear and impartial. In case of doubt, Gatekeepers must be guided by the following principle: *"It is better that a mistake go unpunished than be wrongfully punished."*

### **NOTE: INSTRUCTIONS FOR GATEKEEPERS (ALPINE)**

1. Recognize all disqualifications:
  - a. Mark all disqualification's or passes immediately. In keeping more than one gate, indicate which gate was the source of disqualification.
  - b. Be prepared to explain reasoning to the Technical Delegate (diagram required).
  - c. Do not reveal a disqualification before the end of the race.
  - d. If you have reported a disqualification you shall be available until an hour after posting of unofficial results.
  - e. Do not report a disqualification if you are in doubt, until consulting referee.
  - f. Give racer benefit of doubt.
  - g. Hand this card to Chief Gatekeeper at end of race whether or not it shows disqualifications. -- SIGN

**YOUR NAME AND GATE.**

2. Gatekeepers are encouraged to give instructions to racers limited to the following:
  - a. If racer has correctly passed through the gate, say "Go on".
  - b. If racer has not correctly passed, say, "Back".
  - c. No other reply or signal shall be given.
3. Avoid conversations and other distractions. Concentrate on your job!
4. Avoid interference of any kind with a competitor.
5. Maintain course in equal condition for all racers.
  - a. Replace poles in exact position and keep straight.
  - b. Keep course surface scraped or packed.
  - c. Keep spectators clear of course.
6. Remain in position until notified that race is over.

**REASONS FOR DISQUALIFICATION BY GATEKEEPER**

(Disqualification in Downhill, Giant Slalom and Slalom races)

A competitor shall be disqualified when the following rules are violated:

- a. Trains on a course or slope which is closed to competitors or (slalom) if he/she examines the course in a way not allowed by FIS Rules or (downhill and giant slalom) if he/she alters the course or uses a short cut in a way which is forbidden by FIS Rules.
- b. Fails to complete the course on two skis with the exception of:
  - The last two gates can be completed on one ski
  - The finish line can be crossed on both skis or on one ski or with both feet in the case of a fall in the immediate finish area.
- c. Receives assistance in any form.
- d. Fails to give way to an overtaking competitor at the first demand.
- e. Fails to pass through all controls by crossing the line between the inner poles of the flags with both feet and both ski tips.
- f. Does not observe the safety regulations.

**SCORING**

1. **TEAM SCORING:** Team scoring will be determined by the best four (4) out of six (6) competitors for each team. Team scoring will be a reversed place point system. First place points will be equal to 100 points. Only the first four (4) finishers per team will be awarded points. The fifth (5<sup>th</sup>) and sixth (6<sup>th</sup>) place finisher from each team will not receive points, nor will they displace points for competitors for other teams. Below are examples for scoring each event:
2. **JUMPING SCORING:** NHIAA Ski Jumping Judging will continue to use USSA/FIS Standards with the following exceptions:

**20-40 K METER HILLS:**

Style Points: 0 - 20 Points

(10-20 Points for Standing Jumps, except alpine equipment, maximum is 8 points.)

2 Judges (1 judge score shall be doubled.)

**Distance Points:** 1 Point per Meter

(33 Meters = 33 Points)

**UNDER 20K METER HILLS:**

Style Points: 0 - 20 Points

(10-20 Points for Standing Jumps, except alpine equipment, maximum is 8 points.)

2 Judges (1 judge score shall be doubled.)

**Distance Points:** 1 Point per meter + 10 Points

23 Meters = 23 + 10 = 33 Points

3. Slalom, Giant Slalom, Cross Country and Jumping Team Scoring

**NAME                      TEAM                      POINTS**

1. Skier #1	A	100	Team A	100
2. Skier #1	B	99		95
3. Skier #1	C	98		92
4. Skier #2	C	97		<u>91</u>
5. Skier #2	B	96	<b>Total Team A:</b>	<b>378</b>
6. Skier #2	A	95		
7. Skier #3	C	94		
8. Skier #4	C	93	Team B	99
9. Skier #3	A	92		96
10. Skier #4	A	91		90
11. Skier #5	C			<u>89</u>
12. Skier #6	C		<b>Total Team B:</b>	<b>374</b>
13. Skier #5	A			
14. Skier #3	B	90	Team C	98
15. Skier #6	A			97
16. Skier #4	B	89		94
17. Skier #5	B			<u>93</u>
18. Skier #6	B		<b>Total Team C:</b>	<b>382</b>

6 Teams Team Championships will be determined by the team with the greatest total points.

In the event of a tie, place points available shall be added up and divided by the number of skiers tying.  
Example:

<u>Skier</u>	<u>Score</u>	<u>Place Points</u>
Skier 1	138.0	48
Skier 2	137.0	46.5
Skier 3	137.0	46.5
Skier 4	136.0	45

4. **SKIMEISTER SCORING: All scoring is done in seconds.**

	<b>Winner</b>	<b>Candidate A</b>	<b>Candidate B</b>
<b>Slalom</b>	53.00	54.00	53.00
<b>Giant Slalom</b>	46.00	48.00	50.00
<b>Cross Country</b>			
Freestyle	1240.00	1258.00	1325.00
Classical	1350.00	1359.00	1420.00
<b>Jumping</b>	130.00	127.00	129.00

The percentage for each event will be calculated and then added together to reach a Skimeister candidate's total. (See following information)

	<u>Candidate A</u>	<u>Candidate B</u>
<b>Slalom</b>	53.0 by 54.0 = .981 = 98.1%	53.0 by 53.0 = 1.00 = 100%
<b>Giant Slalom</b>	46.0 by 48.0 = .958 = 95.8%	46.0 by 50.0 = .920 = 92%
<b>Cross Country</b>		
Freestyle	1240.0 by 1258.0 = .986 = 98.6%	1240.0 by 1325.0 = .936 = 93.6%
Classical	1350.0 by 1359.0 = .993 = 99.3%	1350.0 by 1420.0 = .9507 = 95.1%
<b>Jumping</b>	127.0 by 130.0 = .977 = <u>97.7%</u>	129.0 by 130.0 = .992 = <u>99.2%</u>

**TOTAL: 489-.5%**  
**(winner)**

**479.9%**

Divisional Skimeister scoring will consist of 4 events at the divisional level, giant slalom, slalom, freestyle and classical.

## **Safety**

### **A. BLOOD SPILLAGE AND BODY FLUIDS:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

#### **Housekeeping Procedures for Blood and Body Fluids**

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

### **B. INTERPRETATION OF EXCESSIVE BLEEDING**

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

### **C. OUTDOOR ENVIRONMENTAL SAFETY LIGHTNING:**

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are recommended:

1. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff). An emergency plan should include planned instructions for participants as well as spectators.
2. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should be the National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are

favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.

3. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.  
Safe structure or location is defined as:
  - a. Any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.
  - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**
4. WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. **“IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).”** WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.
5. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head.

Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

- D. **COLD WEATHER POLICY:** If the temperature is below –4 degrees F, for cross country, and –10 degrees F, for alpine and jumping, measured at the coldest point of the course, a competition will be modified, postponed or cancelled by the Jury. With difficult weather conditions (e.g., strong wind, high air humidity, heavy snowfall, or high temperature) the Jury may, in consultation with the coaches of the participating teams, modify, postpone or cancel the competition.

### MISCELLANEOUS

- A sit ski chart outlining the use of a multiplier is provided for you in this Policy and Procedures Manual. (See appendix A &B)
- NHIAA member schools shall be allowed to participate in regular season jumping meets with non-member schools, but non-member schools' scores will not be recorded. Non-member schools shall not be allowed to participate in the State Championships.
- Once the results have been compiled, a jury (selected by the Meet Director) shall validate all scores. All coaches will be asked to participate in this activity. If there is confusion, scores missing, etc. teams shall be sent home without an awards presentation and the awards mailed out to the schools at a later time.
- No State Ski Championship Meet shall be run without a Technical Delegate. No race will be allowed to start without an adequate amount of time for the racers to study the course; USSA Rules state a

minimum of one (1) hour.

- At all NHIAA Ski State Tournaments, below grade 9 students may not participate as forerunners/fore jumpers unless the Below Grade 9 Athletic Participation Committee has granted a waiver.

Revised:  
2001-02

Appendix A

## US FACTORS BY DISABILITY MEN

<b>Disability Class</b>	<b>Downhill</b>	<b>Slalom</b>	<b>Giant Slalom</b>	<b>Super Giant</b>
B1	0.5588	0.5531	0.5819	0.5751
B2	0.8540	0.8185	0.8569	0.8630
B3	0.8984	0.8476	0.8894	0.8880
L1	0.9051	0.7999	0.7905	0.8009
L2	0.9465	1.000	0.9352	0.9222
L3/1	0.9370	0.8219	0.8911	0.8975
L3/2	0.9383	0.9198	0.9314	0.9127
L4	1.000	0.9866	0.9935	0.9909
L5	0.9832	0.9924	0.9937	0.9903
L6	1.000	0.9934	1.000	1.000
L9/1	0.8580	0.8055	0.8175	0.8341
L9/2	0.9512	0.8879	0.9273	0.9244
L10	0.8127	0.6877	0.7952	0.7986
L11	0.8277	0.7531	0.8296	0.8326
L12/1	0.8390	0.7715	0.8306	0.8526
L12/2	0.8550	0.8088	0.8771	0.8673

The above listed factors are to be multiplied by a competitor's finishing times.

The results are to be multiplied by .80 in Giant Slalom and .75 in Slalom.

Example: 59.2 seconds (disabled skier's actual time in Giant Slalom) disability class L3/1 factor .8911.

$$59.2 \times .8911 = 52.753 \times .80 = 42.20$$

42.20 is the competitor's factored time that would be the time used for race and team results.

NHIAA disabled athletes wishing to compete in skiing must notify the NHIAA of their intent. The US Ski Association will assign athletes a disability class prior to Competition.

## US FACTORS BY DISABILITY WOMEN

<b>Disability Class</b>	<b>Downhill</b>	<b>Slalom</b>	<b>Giant Slalom</b>	<b>Super Giant</b>
B1	0.5644	0.5547	0.5780	0.5972
B2	0.8729	0.8662	0.9171	0.9179
B3	0.9036	0.9347	0.9319	0.9221
L1	0.8967	0.7995	0.7895	0.7928
L2	0.9108	0.9978	0.9150	0.9217
L3/1	0.9370	0.8885	0.9304	0.9172
L3/2	0.9382	0.8895	0.9314	0.9215
L4	0.9950	0.9929	0.9978	0.9873
L5	0.9622	0.9544	0.9555	0.9705
L6	1.000	1.000	1.000	1.000
L9/1	0.8110	0.8037	0.7717	0.8025
L9/2	0.9234	0.8505	0.8758	0.8917
L10	0.7914	0.6620	0.7549	0.7952
L11	0.8155	0.7538	0.8362	0.8379
L12/1	0.8372	0.7598	0.8477	0.8538
L12/2	0.8550	0.7656	0.8771	0.8673

The above listed factors are to be multiplied by a competitor' finishing times.

The results are to be multiplied by .80 in Giant Slalom and .75 in Slalom.

Example: 59.2 seconds (disabled skier's actual time in Giant Slalom) disability class L3/1 factor .9304.

$$59.2 \times .9304 = 55.079 \times .80 = 44.06$$

44.06 is the competitor's factored time that would be the time used for race and team results.

NHIAA disabled athletes wishing to compete in skiing must notify the NHIAA of their intent. The US Ski Association will assign athletes a disability class prior to any NHIAA Competition.



# BRAIN INJURY IN ATHLETICS

**Brain injury is the most frequent direct cause of death in athletics.**

## GENERAL INFORMATION

- An estimated 300,000 sports related traumatic head injuries occur each year.
- Some athletes with a traumatic brain injury will never have suffered unconsciousness or have signs of neurological deficit.
- Football, gymnastics, wrestling and ice hockey have the greatest risk per 100,000 participants of catastrophic head injury.
- Those who sustain one concussion are at a sixfold risk of suffering another.

## FOOTBALL

- In any given season, 10% of all college players and 20% of high school football players sustain brain injuries.
- 70% of football players who are "knocked out" return to play that same day.
- From 1985 to 1994 there were 26 reported head related fatalities in organized high school football in the United States.
- From 1984 to 1995 there were 43 cases of high school football players with permanent cerebral injuries.
- Yearly, in the US, there are at least 250,000 cases of mild brain injury reported in football alone -many more go unreported.

## OTHER SPORTS

- Soccer players can receive a brain injury from head-to-head contact, falls or being struck on the head with a ball.
- Heading the ball repeatedly in soccer can cause a concussion, especially when a small child uses too large a ball.
- Brain injury accounts for 46% of all winter sports injuries including skiing, ice hockey, sledding, and ice-skating.
- The head is involved in more baseball injuries than any other part of the body.
- Collisions, being hit with the ball, and sliding head first in baseball can cause serious brain injury.

## SECOND IMPACT SYNDROME (SIS)

- Second Impact Syndrome occurs when a second brain injury is sustained before the initial injury has had time to heal.
- This second blow may be extremely minor, a light head tapping or even a blow to the body that causes the head to jerk.
- One half of those with SIS die as a result of the injury.
- The time from second impact to brainstem failure may be rapid, taking as little as two to five minutes-
- Between 1980 and 1993, there were 17 confirmed and 18 probable cases of SIS among American football players.
- Ice hockey, downhill skiing, and boxing have also reported cases of SIS.

## RECOMMENDATIONS FOR PREVENTION

- Encourage athletes to report any and all head injury no matter how minor they think it might be. Emphasize the potential seriousness of head trauma.
- Refer to a physician if concussion is greater than a grade 1 or if symptoms persist (see attached concussion guidelines).
- Strictly follow the recommendations outlined for concussion management.
- Be conservative when evaluating "when to return to play".
- Adhere to proper equipment, conditioning, and fundamental skills training guidelines.
- National Federation of State High School Associations require written physician releases before a football player who has suffered loss of consciousness is allowed to resume practice or competition.

Note: All of the above information was taken from published medical literature. A reference list is available upon request from the Injury Prevention Center at Dartmouth Medical School, 603/653-1135. **Permission to copy is granted**

## **RECOGNIZING POSSIBLE BRAIN INJURY**

### **A guide for parents, coaches, and athlete**

Head injuries can have permanent consequences or can be fatal especially if they go undetected. Therefore, recognition of the injury is crucial. Any individual that has suffered a head injury and continues to exhibit any of the signs and symptoms listed below may suffer a severe life-threatening brain injury if a subsequent blow to the head (or body) is sustained. This is referred to as Second Impact Syndrome.

Second Impact Syndrome can occur even with mild head injuries, therefore it is essential to identify when an individual has received any type of brain injury so that further, more serious injury can be avoided.

It is crucial that athletes, parents and coaches be aware of signs and symptoms of a head injury. Ignoring a head injury, no matter how mild it might appear, can be dangerous. Please refer to the guidelines listed below for signs of possible brain injury.

**SIGNS OF TROUBLE -contact your physician or go to the Emergency Department if you see any of these following a head injury. Sometimes signs might not appear for several days or weeks.**

- Slurred or incoherent speech
- Vacant stare or befuddled facial expression
- Delayed verbal or motor response
- Difficulty focusing attention
- Observable lack of coordination (stumbling, inability to walk a straight line)
- Disorientation (walking in the wrong direction, unaware of time, date, or place.)
- Memory deficits
- Any loss of consciousness
- Persistent or severe headache
- Dizziness or vertigo
- Nausea and vomiting
- Easily fatigued or drowsy
- Irritability or anxiety
- Intolerance of bright lights and loud noises, possible vision difficulty and ringing in the ear
- Seizures or convulsions
- Bleeding or clear fluid from the nose or ears

\*\*\*It is okay to sleep following a brain injury as long as the injured person is awakened every two to four hours. If the person is difficult to wake or is confused, contact a doctor immediately.

**Remember that trauma to the brain no matter how mild can have severe consequences. DO NOT IGNORE THE SIGNS OR SYMPTOMS. If there is any question, seek medical assistance immediately.**

**For additional information please contact the  
New Hampshire Brain Injury Association at (603) 225-8400.**

\*\*The above information has been adapted from the American Academy of Pediatricians, American Academy of Neurology, and the DHMC Emergency Department by the Injury Prevention Center, (603) 653-1135.

**Permission to copy is granted.**



NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

# NHIAA SKIING RACE RESULTS

(SCHOOLS SHOULD COMPLETE AND FAX TO MEDIA)

**1. LOCATION**

Mountain: \_\_\_\_\_

Site: \_\_\_\_\_

Trail: \_\_\_\_\_

Town: \_\_\_\_\_

**2. DATE:** \_\_\_\_\_

**3. HOSTING SCHOOL:** \_\_\_\_\_

**4. EVENT:** \_\_\_\_\_

**5. PARTICIPATING SCHOOLS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**6. TOP 10 FINISHERS AND SCORES/TIMES:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**7. TEAM SCORES:**

_____	_____
_____	_____
_____	_____
_____	_____

**8. NUMBER OF PARTICIPANTS:** \_\_\_\_\_

**9. CONDITIONS/WEATHER:** \_\_\_\_\_

**10. NOTES:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## 2009-10 Ski Roster

<b>ALPINE</b>			
1.	First Name	Last Name	Grade SKMSTR
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

**SCHOOL:**

Name (First and Last)

Athletic Director:

Alpine Coach:

Jumping Coach:

Nordic Coach:

**SAMPLE FORM**

**Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.**

<b>CROSS COUNTRY</b>			
1.	First Name	Last Name	Grade SKMSTR
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

<b>JUMPING</b>			
1.	First Name	Last Name	Grade SKMSTR
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

**DO NOT ALTER THIS FORM. IT HAS BEEN DESIGNED WITH THE MAXIMUM NUMBER OF SKIERS ALLOWED PER DISIPLINE.**

This form shall be submitted to the NHIAA Office via email

**By: Monday February 1, 2010**

**2009-10  
SKI CHAMPIONSHIPS ENTRY FORM**

The following athletes are eligible members of our high school team and have participated in 50% of the team's competitions. The members listed below are in the order in which they will run in each event. (If a Skimeister candidate is not one of the top six-team skiers, please list their name(s) on the line below the team competitors.) Potential substitutions must be listed on the eligibility form.

**Place an (\*asterisk) next to all Skimeister candidates.**

<p align="center"><b><u>FREESTYLE</u></b></p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="width:5%;"></th> <th style="width:45%;">First Name</th> <th style="width:45%;">Last Name</th> </tr> </thead> <tbody> <tr><td>1.</td><td></td><td></td></tr> <tr><td>2.</td><td></td><td></td></tr> <tr><td>3.</td><td></td><td></td></tr> <tr><td>4.</td><td></td><td></td></tr> <tr><td>5.</td><td></td><td></td></tr> <tr><td>6.</td><td></td><td></td></tr> </tbody> </table>		First Name	Last Name	1.			2.			3.			4.			5.			6.			<p align="center"><b><u>GIANT SLALOM</u></b></p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="width:5%;"></th> <th style="width:45%;">First Name</th> <th style="width:45%;">Last Name</th> </tr> </thead> <tbody> <tr><td>1.</td><td></td><td></td></tr> <tr><td>2.</td><td></td><td></td></tr> <tr><td>3.</td><td></td><td></td></tr> <tr><td>4.</td><td></td><td></td></tr> <tr><td>5.</td><td></td><td></td></tr> <tr><td>6.</td><td></td><td></td></tr> </tbody> </table>		First Name	Last Name	1.			2.			3.			4.			5.			6.			<p align="center"><b><u>SCHOOL:</u></b></p> <p align="center"><b><u>DIVISION:</u></b></p> <p align="center">Submit ONE form for boys and ONE form for girls. Include ALL event information on ONE form.</p> <p align="center">Boys: _____ Girls: _____ (MARK ONE)</p>																					
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This form shall be submitted to the NHIAA office via email  
**By: Monday, February 1, 2010**

## MEDIA FAX NUMBERS

Company name	Fax
Argus Champion	763-9544
Berlin Reporter	752-2339
Cabinet Press	673-8250
Citizen Newspaper	527-3593
Clear Channel Radio	448-1755
CN8 - New England	617-876-8613
Colebrook Chronicle	246-9918
Concord Monitor	224-8120
Connecticut Valley Spectator	298-8772
Coos County Democrat	788-3022
Courier/Salmon Press	444-3920
Derry News/Eagle Tribune	432-4510
Eagle Tribune	978-687-6045
EXTV Channel 12	775-8983
Fosters Daily Democrat	749-7079
Granite State News	569-4743
Keene Sentinel	352-9700
Lancaster Herald	788-2097
Love Radio Network	743-6444
Lowell Sun	978-970-4600
Manchester Community TV	665-6827
Metrocast Cablevison	335-4106
Monadnock Ledger	924-3681
Monadnock Radio Group	357-3926
Neighborhood News	314-0932
News and Sentinel	237-5060
Northeast Communications Corp.	934-2933
Nutfield Publishing, LLC	668-0866
Peterborough Transcript	924-7946
Puffer Broadcasting, Inc.	757-2774
Rochester Times	330-0718
Seacoast Media Group	433-5760
Somersworld, Inc.	
The Nashua Telegraph	882-2681
The Suncook Valley Sun, Inc.	435-7383
Union Leader	668-0382
Valley News	298-0212
Valley Vision	356-6713

Company Name	Fax
Weirs Times	366-7301
WKXL Radio	224-6404
WLTN	444-3309
WMUR-TV	641-9005
WTPL-FM	545-0781
WTSN	742-0448
WZMY-TV	437-4731