

Section 9 Nordic Ski Guidelines 2008-2009

Sectional Meet Qualifying Standards:

Minimum of 3 completed varsity races regardless of technique.

2 races (state individual technique) and 1 race (state relay technique) are required, prior to sectionals, in order to advance to states without finishing in top 3 at sections or through coaches' selection (only applies in seasons with a minimum of 3 state individual and 2 relay technique races. In other years 3 races regardless of discipline are necessary).

Point Standings Calculation (Regular Season):

Finish place of top 2 races (state individual technique) and top 1 race (state relay technique).

(*Only applies in seasons with a minimum of 3 state individual and 2 relay technique races. In other years top 3 races regardless of discipline will count).

Sprint and relay races will not count in point calculations, but may be counted toward the required minimum number of races.

State Team Selection:

12 skiers will represent the section at states.

Top 4 skiers from the sectional championship high school automatically qualify for states.

Top 3 skiers at sectionals automatically qualify for states.

Up to 3 qualified skiers may be selected by unanimous coaches' selection

Remaining skiers will be determined using the following formula:

Regular season points x 0.60 + Sectional finish place x 0.40

Sectional Race:

All Sectional titles will be determined at this race which will be scored as an invitational (see below).

The Sectional Race will consist of a 10k boys race and 7.5k girls race consistent with the state individual technique if conditions permit.

Meet Scoring:

Invitational scoring will be used at any meet that includes all section teams as follows:

The top 3 athletes will score with the 4th and 5th acting as displacers. Athletes will be awarded points based on their finish and the total number of points determined by the following formula. Number of teams racing x 5 racers per team (Ex. 5 teams x 5 racers = 25 points). 1st place will be awarded 25 points, 2nd place 24, etc. down to the last racer who will be awarded 1 point. All athletes finishing in 6th or lower on their respective teams will not score points. The sum of the total points from the top 3 athletes from each team will determine each team's score with the highest total being the best score.

Dual scoring will be used at any meet that does not include all teams as follows:

The same method will be used as an invitational except that only 2 teams will be involved. All possible combinations of teams will be scored.

Waxing:

No waxes higher than CH bought or applied by team until sectionals

Results:

Results for all meets can be found by going to www.newpaltz.k12.ny.us, select New Paltz High School, then Teachers, then Jonathan Stern, then Nordic Ski Team