

SPRINT FREESTYLE • CLASSIC • RELAY

US Ski & Snowboard

# SUPERTOUR FINALS

MARCH 29-31  
APRIL 2,  
2019



**NORDIC HERITAGE CENTER, PRESQUE ISLE, MAINE**  
[www.nordicheritagesupertour.com](http://www.nordicheritagesupertour.com)  Nordic Heritage SuperTour Finals 2019



L.L.Bean



# INVITATION

## General Information

The Nordic Heritage Sport Club, in conjunction with L.L. Bean and the United States Ski and Snowboard Association, is pleased to host the 2019 USSA Supertour Finals. On behalf of the organizing committee, we wish to warmly welcome athletes, coaches, support staff and family members to our year-round outdoor sports complex.

### A1 Competition Venue

Nordic Heritage Center is located 7 km outside of Presque Isle  
Altitude of Stadium is 267 Meters above sea level  
Altitude in Presque Isle is 139 meters above sea level

### A2 Contact Information – Nordic Heritage Sports Center

Mailing Address: P. O. Box 4015  
Presque Isle, ME 04769

Physical Address: 450 Fort Fairfield Road  
Presque Isle, ME 04769

Web Site Address: [www.nordicheritagecenter.org](http://www.nordicheritagecenter.org)  
Event web site: [www.nordicheritagesupertour.com](http://www.nordicheritagesupertour.com)

### A3 Contact Information Organizing Committee

Event Director

Mark Shea

Nordic Heritage Center

PO Box 4015

Presque Isle, ME 04769

Email: [mshea@pinelandfarms.org](mailto:mshea@pinelandfarms.org)

Phone: 207-498-9952

Competition Office:

27 March to 2 April 2019

Nordic heritage Center

Phone: 207-540-6578

Competition Chiefs:

Chief of Competition:

Gene Cronin Phone: 574-370-5198

[gene.cronin@nordicheritagecenter.org](mailto:gene.cronin@nordicheritagecenter.org)

Chief of Stadium:

David Belyea

Chief of Timing:

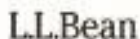
Jason Ennis, Chris Miller

Chief of Course:

Joey Bard, Dave Cambridge

Competition Sec:

Robert White [rwhite03@maine.rr.com](mailto:rwhite03@maine.rr.com)



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Jury

TD Scott Wilson  
ATD Ollie Burrus  
Allan Serrano  
Nick Kline  
Gene Cronin

**A4 Event Registration**

Event Registration is accomplished ahead of the event at:  
[www.skireg.com/ussasupertourfinals](http://www.skireg.com/ussasupertourfinals)

Registration deadline is 5:00 PM, March 27, 2019.

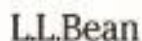
All registrants must possess a FIS and/or A US Ski and Snowboard license or USS & S general membership (non-scoring) to participate.

**A5 Reporting in – Competition Office**

Please report to the competition office upon arrival to complete any registration details and receive further information about the event. Wax room assignments and keys may be picked up at the Competition office upon your arrival. Mail boxes will contain weather reports, start lists, results and other pertinent information. The Competition Office will be open from 0800 – 1700 hours from Wednesday 27 March until Tuesday 2 April. The Competition Office is located at the center of the waxing complex.

**A6 Liability/Insurance**

The divisions/regions registering competitors shall be responsible for adequate insurance of participants. All participants must be appropriately insured against injuries, illness or possible damage of material.



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## Logistics

### B1 Transportation – Directions to Venue

#### Driving Directions

##### i. From the South

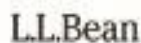
From Bangor (2.5 hours) take Interstate route 95 north until you come to exit number 302, Houlton, Route 1. Follow Route 1 all the way to Presque Isle. The Nordic heritage venue is located about 4 miles east of Presque Isle.

##### ii. From the North

From Quebec City take TransCanada 2 to Perth-Andover, NB (exit 115). Follow Fort Road (NB 190) to the border crossing at Fort Fairfield, Maine. Proceed on Maine Route 161 to the center of Fort Fairfield. Take a left onto US Route 1A (south). After about 2 miles, take a right onto Maine Route 167. After about 5 miles, you will see a large sign on your right for the Nordic Heritage Center.

##### iii. From Presque Isle

Take Route US route #1 (Main Street) north to Maysville Road, just after a KFC and just before the Mall. Follow Maysville Road, which will become Fort Fairfield Road, about 4 miles. As you crest a hill after the Quoggy Joe Ski Center, there will be a road to the left with a large sign for the Nordic Heritage Center.



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**Distances from Airports**

Presque Isle	15 minutes
Bangor	2.5 hours
Boston	7.5 hours
Quebec City	4.0 hours

**Rental Vehicles:**

**Presque Isle:**

Presque isle International Airport - PQI  
 Ace Rent A Car – 866-834-6709  
 Avis – 207-768-6761  
 Budget – 207-764-1397  
 E Z Auto Rental – 207-498-3494

**B2 Accommodations**

Divisions/regions will be responsible for their own accommodation arrangements. See Appendix A.

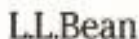
**B3 Restaurants**

Check with the lodging management where you decide to stay. They may refer you to a local restaurant that will offer meals plans upon demand. A representative list of area restaurants is attached in Appendix B.

**B4 Location of Meetings/Other Services**

OFFICE	LOCATION	27 March to 2 April
Competition Office and OC Office	Saenger Center Wax Complex	0800-1700
Team Captain's Meeting	Nordic Heritage Center Lodge	TBA
TD & Jury Office	Lodge Lower Level	
Timing	Lodge and Timing Tower	
PA Announcer	Lodge Main Level	
Flower Ceremony	Stadium	Immediately after competitions
Anti-doping	Saenger Center Wax Complex	TBA

**B5 Banquet** – A banquet is planned for Sunday evening, March 31. Athletes and coaches are invited, along with event organizers and officials. Tickets are required, and may be purchased at the time of registration, on SkiReg. The banquet venue is at Stoneridge, across from the Aroostook Center Mall on the Maysville Connector.



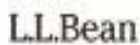
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Starting time



On course



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**Competition Information**

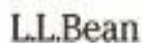
**C1. Competition Program**



Close finish!

**Please see the Website for the latest competition scheduling information.**

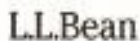
[www.nordicheritagesupertour.com](http://www.nordicheritagesupertour.com)



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**Here is a brief overview of Competitions by date and Course:**

<b>Date</b>	<b>Competition</b>	<b>Course</b>	<b>Homologation Number</b>
29 March	Sprint	Sprint 1.4	PN 18/86.01/1.4
30 March	15 km CL Mass Men	4 x Combo 3.75	PN 18/86.05/3.75
30 March	10 km CL Mass Women	3 x Presque Isle 3.3	PN 18/86.04.3.3
30 March	10 km CL Mass Jun Boys	3 x Presque Isle 3.3	PN 18/86.04/3.3
30 March	5 km CL Mass Jun Girls	2 x Presque Isle 2.5	PN 18/86.03/2.5
31 March	Relay CL Leg	2 x Presque Isle 2.5	PN 18/86.03/2.5
31 March	Relay FS Leg	2 x Fort Fairfield 2.5	N/A
2 April	20 km FS Mass Jun Girls	4 x Combo 5	PN 18/86.05/5
2 April	30 km FS Mass Jun Boys	6 x Combo 5	PN 18/86.05/5
2 April	30 km FS Mass Women	6 x Combo 5	PN 18/86.05/5
2 April	50 km FS Mass Men	10 x Combo 5	PN 18/86.05/5





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**C2. Prize Money**

Regardless of event, all athletes are expected to meet the following requirements to claim prize money:

**Athletes must complete a 1099 form in order to claim prize money.**

**Athletes must be present at awards ceremony to claim prize money**

**Athletes must have current FIS license to claim prize money**

**U.S. Ski & Snowboard SuperTour Finals Prize Money, Mass Start and Classic Sprint:**

1<sup>st</sup> - \$750

2<sup>nd</sup> - \$500

3<sup>rd</sup> - \$250

4<sup>th</sup> - \$200

5<sup>th</sup> - \$150

6<sup>th</sup> - \$100

Fastest sprint qualifier - \$100

Paid to both genders.

**U.S. Ski & Snowboard Mixed Relay National Championship Prize Money:**

1<sup>st</sup> - \$750

2<sup>nd</sup> - \$500

3<sup>rd</sup> - \$300

Paid to top 3 U.S. Ski & Snowboard registered clubs (2 women, 2 men, same club).

**U.S. National Championship Prize Money:**

1<sup>st</sup> - \$1200

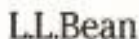
2<sup>nd</sup> - \$600

3<sup>rd</sup> - \$300

Paid to both genders. Athletes must be present at official awards ceremony to receive prize money

**US Championship event Prize list**

U.S. Ski & Snowboard or FIS license is required to start the 30/50k U.S. Championship event. U.S. Ski & Snowboard will provide prize money certificates for the US Championships (mixed relay and mass start classic). Certificate must be filled out by the winners and sent back to U.S. Ski & Snowboard for processing.



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### SuperTour Points

All events will include double SuperTour points, otherwise awarded per the normal methods to be applied to the Overall SuperTour, Sprint and Distance Standings. See U.S. Ski & Snowboard handbook for details.

### Relay Team Submission

Please fill out an entry form for *each* relay team you intend to enter by 3:30 pm on Sstursday, March 30. Forms will be available at the Competition Office.

### C3. Course Maps

All course maps, warm up/wax testing and stadium maps are to be found on the website [www.nordicheritagesupertour.com](http://www.nordicheritagesupertour.com)

### C4. Team and Individual Waxing Rooms

Team rooms will be assigned (FOR TEAMS WITH MORE THAN 4 PARTICIPANTS) on a first-come, first-served basis. Wax cabin rentals fees are \$50.00 per day, or \$300.00 for the entire event (March 27 to April 2). A \$20.00 refundable key deposit will be collected on registration of your cabin. We will be able to accept credit cards for all but the key deposits.

There are restroom facilities in the wax complex that the athletes and teams may use. The lower level area will be open for individuals and teams with less than 4 participants. Key deposits will apply. There will be one keyholder for all occupants of a single wax room.

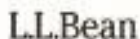
There is somewhat limited parking available at the waxing complex. For loading and unloading, teams may park their vehicles directly in front of their wax room doors. Please do not leave trucks and vans in those spaces after loading is complete. Teams bringing trailers should contact the Competition Secretary at least two weeks prior to arrival, so that we may stake out space. Electrical power outside of the was rooms is extremely limited; it is recommended that teams with trailers bring their own generators. The Nordic Center is not equipped to rent out generators directly.

### C5. Special Regulations

The US Ski and Snowboard Event and Competition Rules will be in effect for this event.

### Bib Distribution

Bibs will be available in the Competition office at the times listed in the event schedule, unless otherwise noted. Bibs are arranged by team unless otherwise specified.



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We will be using ankle transponders for all races except the sprint heats. They will be handed out at the entrance to the start pen. Athletes will be assisted with the proper placement. Transponders will be collected at the Finish. \$20 penalty will be assessed per chip not returned. Thanks for your help with this!

### **Coaches' Bibs**

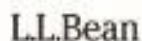
Each licensed and registered US S&S coach will receive a coach's bib. Bibs are to be used all week and returned after the culmination of the final race. Non-returned bibs will be subject to a \$100 penalty. All on-course movement by coaches will be subject to decisions by the OC and the jury. The number of official bibs to be issued to each team will be determined after participation levels are known. Coaches, wax techs, or suppliers skiing on course without an official bib are subject to sanction, including athlete penalties.

### **Stadium/Start Access**

Please only enter/exit the course via officially marked zones.  
Athletes or coaches found violating these rules are subject to sanction.

### **Course Marking and Rules**

Course maps are included on the race website and in the appendix of this info packet. Courses will be marked by fencing, v-board, signs, and pin flags where necessary. Skiing in the wrong direction on the course is prohibited unless otherwise noted. Violators will be subject to sanction, including disqualification or bib pulling. ***This includes wax testing in the stadium.*** Courses close 10 minutes prior to published start time (subject to change if necessary).



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### **Grooming and Track setting**

#### *General guidelines:*

Courses are groomed at the time decided upon by the chief of course, with jury input. Courses are closed at 5:00 pm the night before the race and reopen at the published time. Note: any athlete, coach, or wax tech found skiing after course closure will be subject to sanction, including disqualification or bib pulling. Courses are not regroomed between races unless called for by jury decision.

### **Wax Testing and Warm Up**

#### *General Rules:*

A wax test and warmup area will be provided and all athletes are encouraged to warm up on this trail.

### **Definition of Classic Technique**

Classical technique includes the Diagonal Stride techniques, the double poling with or without diagonal kick, herringbone without a gliding phase and turning techniques. Diagonal Stride technique is comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time. Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked. Where there are one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed. Single or double-skating is not allowed.

For all further clarifications, consult the FIS Classic Technique Guidelines.

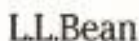
### **Awards**

Athletes must be present after the awards in order to receive their prize money.

## **C6. Bib Information**

Racing bibs may be picked up at the Competition Office at the times indicated in the schedule. Volunteers will be deployed to retrieve bibs at the end of each race, and athletes are requested to cooperate in this effort. If there is a scratch, coaches must notify the Competition office as soon as possible, and ensure that the unused bib is returned to the Competition Office promptly.

See comments in Section C3 regarding the issuance of coaches' bibs.

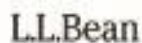


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**C7. Medical**

Medical personnel will be on scene each day and may be identified by bibs marked with medical insignia. There will be a manned first aid station in the lodge, located on the lower level. It will be clearly marked. While in the waxing complex, those in need of medical attention may notify Competition Office personnel, who will then contact the medical team.

**C8. Radios** Teams that bring their own radios are requested to bring them to the Competition Office for a compatibility check, to assure non-interference with the Organizing Committee's radio fleet.



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## Appendix A

### Lodging Options in Presque Isle

#### Presque Isle Inn & Convention Center . . . .

Address 16 Main Street, Presque Isle, ME 04769  
Phone (207) 764-3321  
Toll-Free 1-800-533-3971  
Fax (207) 764-5167  
Website [www.presqueisleinn.com/](http://www.presqueisleinn.com/)

#### Hampton Inn Presque Isle . . . .

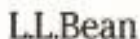
Address 768 Main Street, Presque Isle, ME 04769  
Phone (207) 760-9292  
Fax (207) 760-9293  
Website [http://www.hilton.com/search/hp/us/me/presque\\_isle](http://www.hilton.com/search/hp/us/me/presque_isle)

#### SureStay Hotel by Best Western .

Address 71 Main St, Presque Isle, ME 04769  
Phone (207) 769-0111  
Toll-Free (888) 958-0111  
Fax (207) 769-6836  
Website [www.bestwestern.com](http://www.bestwestern.com)

#### The Northeastland Hotel . . .

Address 436 Main St, Presque Isle, ME 04769  
Phone (207) 768-5321  
Toll-Free 1-800-244-5321  
Fax (207) 764-1720  
Website [www.northeastlandhotel.com/](http://www.northeastlandhotel.com/)



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## Appendix B

### Dining Options in Presque Isle

#### Burger King

Address 795 Main Street, Presque Isle, ME 04769  
Phone 207-769-8231  
Fax (207) 762-3356

#### Bonanza Family Restaurant . . .

Address 725 Main Street, Presque Isle, ME 04769  
Phone 207-764-6301  
Fax (207) 764-3801

#### Cafe Sorpreso . . .

Address 415 Main Street, Presque Isle, ME 04769  
Phone (207) 764-1854  
Website [www.sorpresocafe.net/](http://www.sorpresocafe.net/)

#### Governor's Restaurant & Bakery . . .

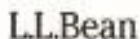
Address 350 Main Street, Presque Isle, ME 04769  
Phone (207) 769-2274  
Fax 207) 769-2283  
Website [governorsrestaurant.com/](http://governorsrestaurant.com/)

#### Gram Russo's Italian Restaurant . . .

Address 116 Main Street, Presque Isle, ME 04769  
Phone (207) 498-3733  
Toll-Free 1-(800)-235-0466  
Fax (207) 498-3149  
Website [www.presqueisleinn.com/gram-russos.html](http://www.presqueisleinn.com/gram-russos.html)

#### Irish Setter Pub . . .

Address 710 Main St., Presque Isle, ME 04769  
Phone (207) 764-5400  
Fax (207) 764-5411  
Website [www.irishsetterpub.com/](http://www.irishsetterpub.com/)



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**KFC/Taco Bell..**

Address 808 Main Street, Presque Isle, ME 04769  
Phone 207-764-0734  
Fax (207) 764-2913

**McDonald's...**

Address 656 Main Street, Presque Isle, ME 04769  
Phone 207-764-1383  
Fax (207) 764-3400  
Website [www.mcdonalds.com/us/en/home.html](http://www.mcdonalds.com/us/en/home.html)

**Pat's Pizza...**

Address 9 North Street, Presque Isle, ME 04769  
Phone 207-764-0367  
Website <http://www.patspizzapi.com/>

**Theresa's Corner Café and Bakery ..**

Address 299 Main Street, Presque Isle, ME 04769  
Phone 207-540-1500

**Ruby Tuesday...**

Address 830 Main Street, Presque Isle, ME 04769 (Aroostook Centre Mall)  
Phone 207-764-2874  
Website [www.rubytuesday.com](http://www.rubytuesday.com)

