

Mass Nordic Cup Invitation

Date: Friday, January 23, 2026

Location:

Leo J Martin Golf & Ski Track
190 Recreation Road
Weston, MA 02493

Schedule:

- 5:30pm Bib Pick Up & U16/EHS Form & Fees Drop off
- 5:30 - 6:30pm Ski drop off opens
- 6:30pm Girls ski drop off **CLOSES**
- 6:45pm Boys ski drop off **CLOSES**
- 7:00pm bib pick up **CLOSES**
- 7:30 Race start, girls first followed by boys

Start Lists: We hope to have those out by Thursday night for coaches to review.

Course Information:

- **Race Distance:** 5.5-6km
- **Laps:** 4
- **Race Format:** Classic interval start, skiers going off every 15 seconds. There will NOT be a gap between the girls and boys race.
- **Wax testing:** We will have a designated area for wax testing and warmup.
- **Course Map:** see Appendix A
- The course will be open for preview before the start of the race, but will be closed to racers once the race starts.

Coaches & Parents: Please bring your wax benches and ski holders! We are still short on volunteers for waxing and race support.

<https://www.skireg.com/massachusetts-nordic-program-u16-eastern-high-school-qualifier#Register>

Race Wax Policy: All athletes participating in the Mass Nordic Cup will have the same wax applied to their skis as the other racers. Athletes will drop off their classic race skis to a designated wax palace for the skis to be race prepped. If skiers need additional kick for their classic skis, there will be a retouch area staffed by the Mass Nordic wax team.

Wax Call and Ski Preparation: Please use the base glide paraffins for the Mass Nordic Cup. Below are recommendations to use this Friday.

- Star NF Cold or Polar
- Toko BP Blue

- Swix PS/CH 5 or 4
- Rode R20

ALL Powders, liquids, and higher levels of wax are NOT permitted.

All classic skis must have the kickzone marked and be **COMPLETELY CLEAN OF HARDWAX AND KLISTER.**

Please label all skis with a piece of blue painters tape with your bib number, name and ski type (classic or skate) at the tip of the ski.

Bib # - Name
B or G

- Bib #
- Name
- B is for Boy
- G is for Girl
- The ski label should look like something below!

33 - Becky Slater
G

RACE SKI DROP OFF PROCEDURE: After picking up their bibs and dropping off U16/EHS Registration Forms, skiers will drop off their skis to the dedicated waxing area.

Waivers: Waivers must be filled out by your coach prior to the event; coaches should complete one Google Form for each athlete.

<https://forms.gle/WrQCTmAHjt2gXNNeA>

What if I have a conflict on Friday night? If you were planning to race the MA Nordic Cup but have a pre-existing conflict on Friday that you absolutely can't move, let your coach know right away and they can file a waiver for you. That would let you miss the MA Nordic Cup while still being eligible for the U16 and EHS teams.

What if I'm sick? Easy -- don't race, please have your coach file a waiver for you.

What about the skate race that's usually part of the MA Nordic Cup? Because of the compressed format on Friday night, we definitely suggest you look around for other skate races to enter this season. The Race for Snow next week will be scored and will be a great opportunity to do a skate race if you don't plan on doing any Eastern Cups or high school racing.

Appendix A - Course Map

