



# Cross Country Alaska

## USSA National Ranking List Points Race

### Classic Technique Interval Start Event

Organized by Nordic Ski Club of Fairbanks

Sunday, November 22, 2009

Jim Whisenant Ski Trails, Birch Hill Park Rec. Area, Fairbanks, Alaska

Nordic Ski Club of Fairbanks  
 PO Box 80111  
 Fairbanks, AK 99708-0111  
 Website: [www.nscfairbanks.org](http://www.nscfairbanks.org)  
 E-mail: [clubmail@nscfairbanks.org](mailto:clubmail@nscfairbanks.org)  
 Birch Hill Weather: 457-4837  
 Nordic Ski Club Office: 474-4242  
 Nordic Ski Club Office Fax: 474-4242  
 Race Hotline: 457-4434  
 FNSB Parks & Recreation Department  
 PO Box 71267  
 Fairbanks, AK 99707-1267  
 Phone: 459-1070

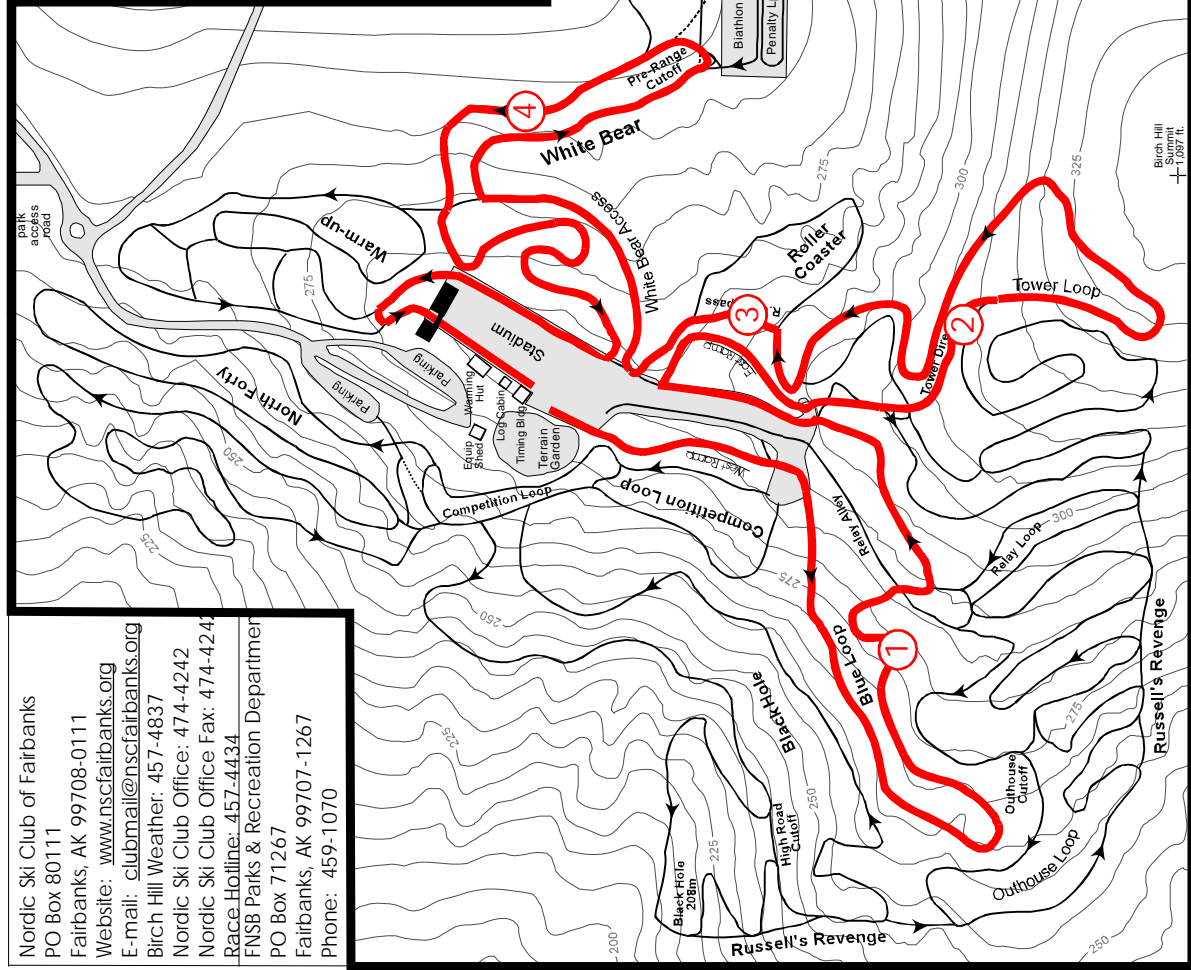


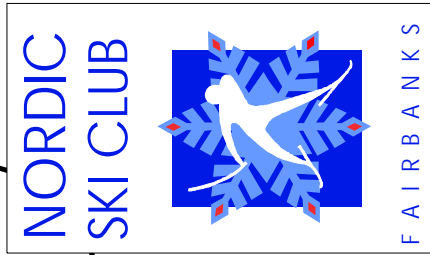
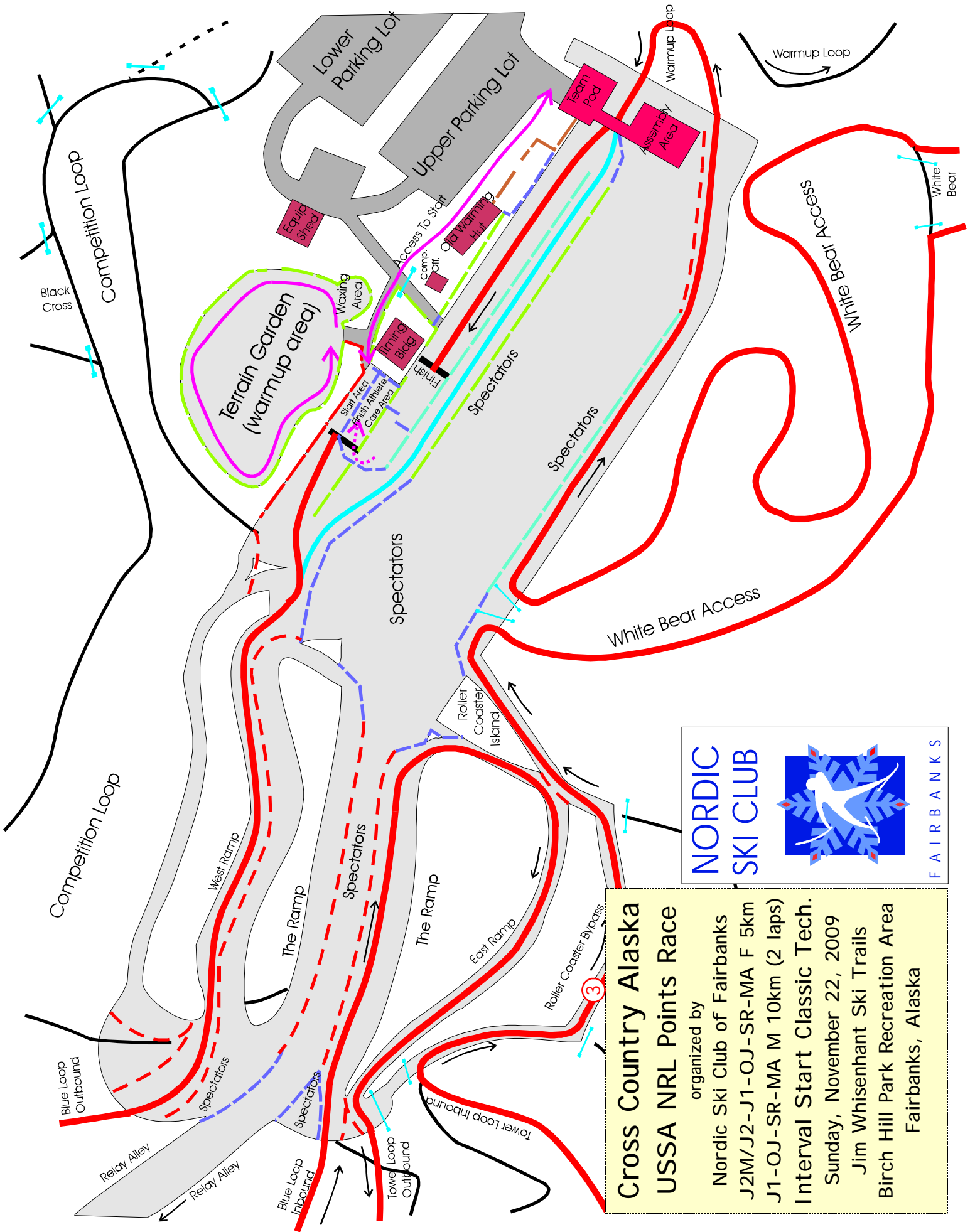
**J2M/J2-J1-OJ-SR-MA F**  
**5km Classic Technique**  
**15-second Interval Starts**  
**Red Course**

**Technical Information:**  
 Measured Length: 5066m  
 Height Difference (HD): 73m  
 Total Climb (TC): 168m  
 Maximum Climb (MC): 42m  
 Climb per Km: 33.1m/km

#### Competition Committee & Jury:

Technical Delegate:  
 Assistant TD:  
 CCAK Representative:  
 Jury Member:  
 Chief of Competition: John Estle  
 Chief of Course: Tom Heimers  
 Chief of Stadium: Dave Murray,  
 Bob Wilkinson, Susan Faulkner  
 Chief of Timing: Carol Haas





**Cross Country Alaska**  
**USSA NRL Points Race**  
 organized by  
 Nordic Ski Club of Fairbanks  
 J2M/J2-J1-OJ-SR-MA F 5km  
 J1-OJ-SR-MA M 10km (2 laps)  
 Interval Start Classic Tech.  
 Sunday, November 22, 2009  
 Jim Whisenant Ski Trails  
 Birch Hill Park Recreation Area  
 Fairbanks, Alaska

11/10/2009

nr11-09-11-22-5.0Km

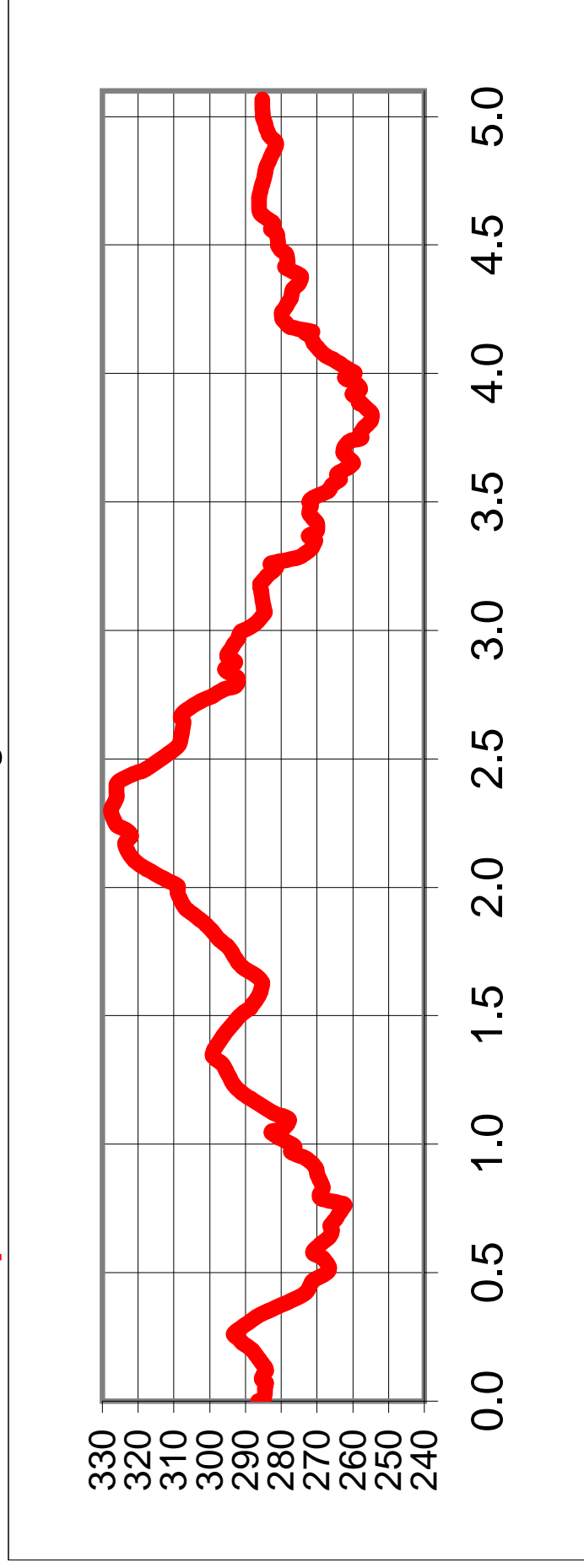
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## J2M/J2-J1-OJ-SR-MA F 5km Classic Technique

**Measured Length** 5066 m      **Height Difference (HD):** 73 m  
**High Point** 328 m      **Total Climb (TC):** 168 m  
**Low Point** 255 m      **Maximum Climb (MC):** 42 m

**FIS Spec Ranges:** HD:100m, MC:50m, TC min:150m/TC max:210m

**Climb per km:** 33.1m - FIS range climb/km: 30.0m - 42.0m





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## Classic Technique Interval Start Event

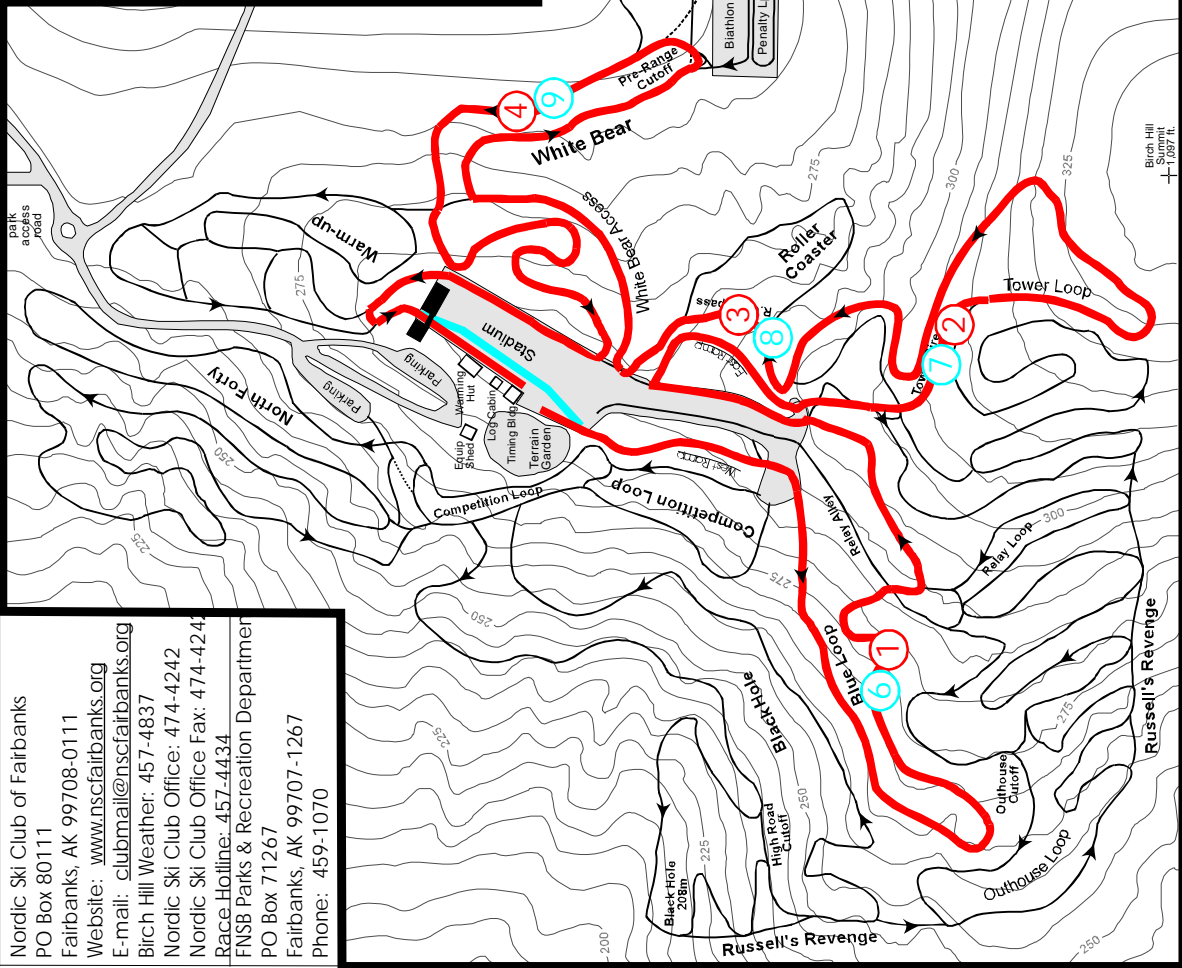
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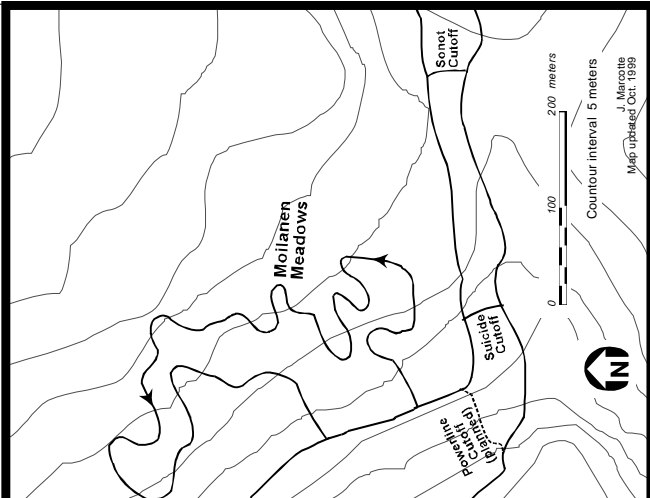
**J1-OJ-SR-MA Men**  
**10km Classic Technique**  
**15-second Interval Starts**  
**2 laps of Red Course**

**Technical Information:**  
 Measured Length: 10132m  
 Height Difference (HD): 73m  
 Total Climb (TC): 336m  
 Maximum Climb (MC): 42m  
 Climb per Km: 33.1m/km

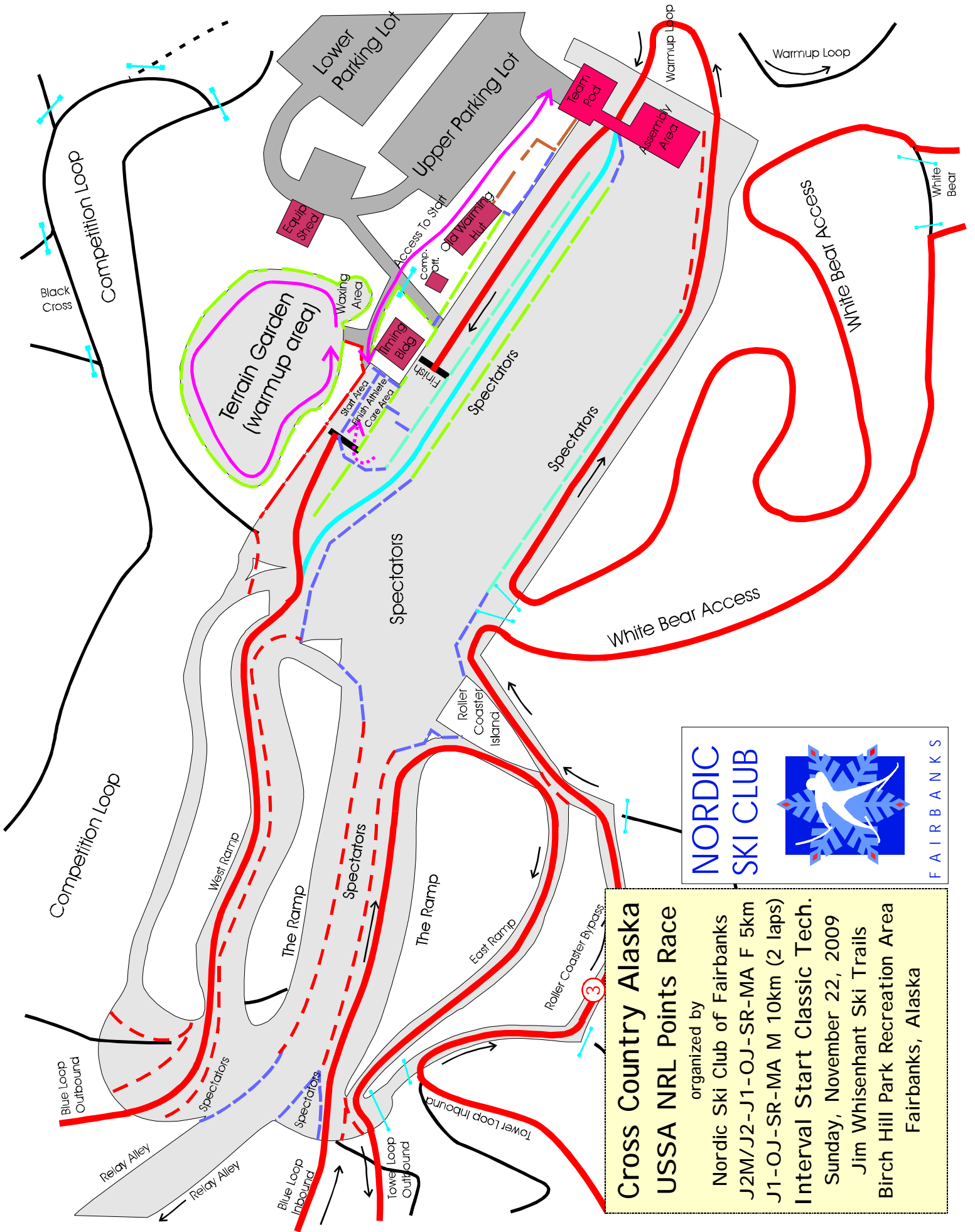
**Competition Committee & Jury:**

Technical Delegate:  
 Assistant TD:  
 CCAK Representative:  
 Jury Member:

Chief of Competition: John Estle  
 Chief of Course: Tom Heimers  
 Chief of Stadium: Dave Murray,  
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 Chief of Timing: Carol Haas



Birch Hill Ski Club  
 11-2009.tif



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 Sunday, November 22, 2009  
 Jim Whisenant Ski Trails  
 Birch Hill Park Recreation Area  
 Fairbanks, Alaska

11/10/2009

nr11-09-11-22-10.0Km

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## J1-OJ-SR-MA M 10km Classic Technique

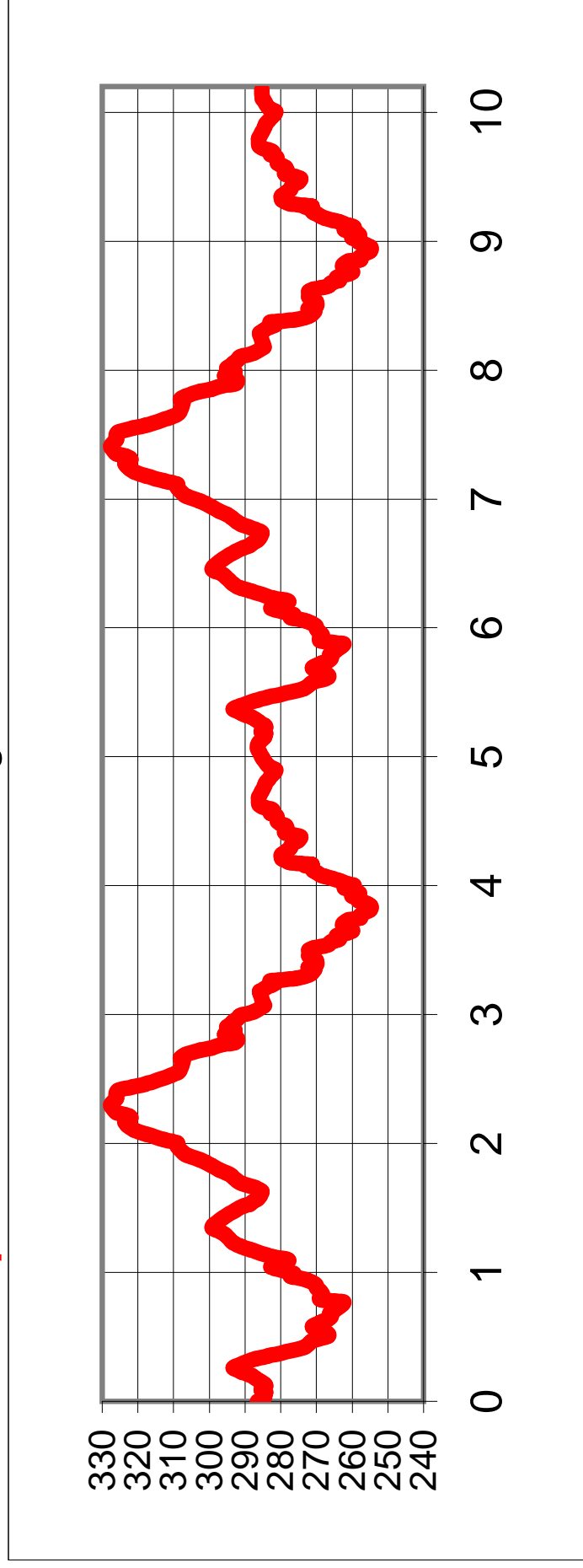
**Measured Length** 10175 m      **Height Difference (HD):** 73 m

**High Point** 328 m      **Total Climb (TC):** 337 m

**Low Point** 255 m      **Maximum Climb (MC):** 42 m

**FIS Spec Ranges:** HD:150m, MC:80m, TC min:250m/TC max:400m

**Climb per km:** 33.1m - FIS range climb/km: 25.0m - 40.0m



# Start Mesa and Lap/Finish Area Setup

## Interval Start/Classic Technique-Multi Lap-No Youth Start

