

**Besh Cup #6**  
 JO/AWG Qualifier  
 sanctioned by  
 Cross Country Alaska  
 organized by  
 Nordic Ski Club of Fairbanks  
**J6 1Km**  
**Mass Start, Classic Technique**  
 Sunday, February 7, 2010  
 Jim Whisenant Ski Trails  
 Birch Hill Park Recreation Area  
 Fairbanks, Alaska

2/1/2010

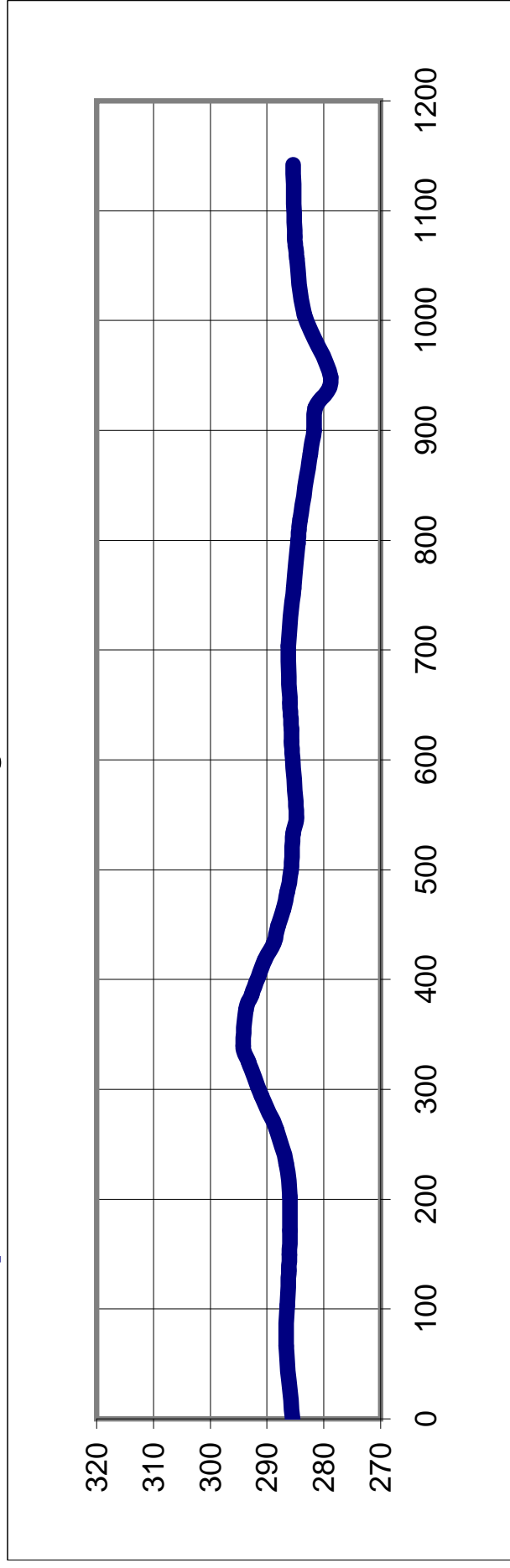
9:11 AM

## J6 Boys & Girls 1km Classic Technique

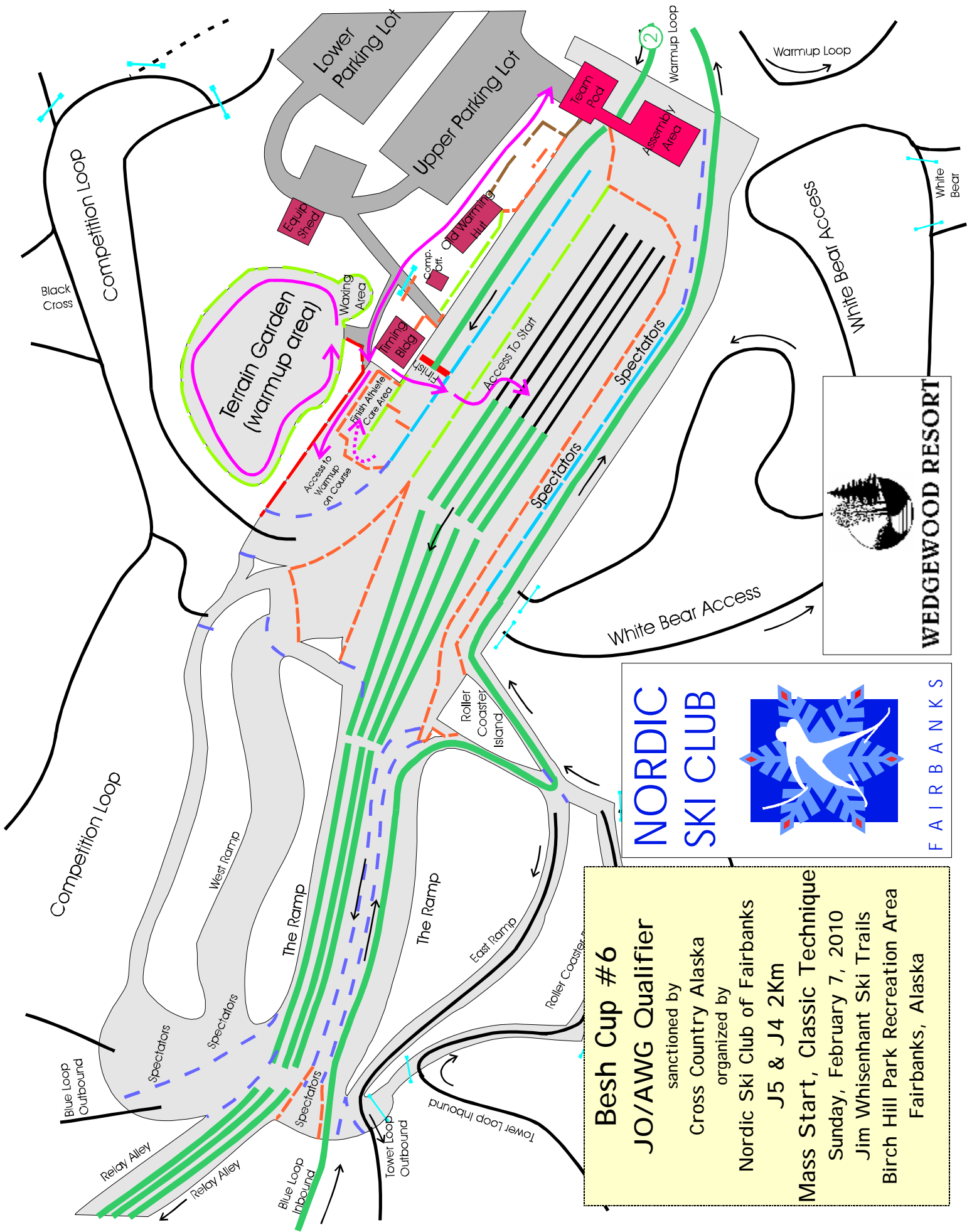
**Measured Length** 1142 m      **Height Difference (HD):** 15 m  
**High Point** 294 m      **Total Climb (TC):** 17 m  
**Low Point** 279 m      **Maximum Climb (MC):** 10 m

**FIS Spec Ranges:** HD:30m, MC:60m, TC min:0m/TC max:60m

**Climb per km:** 15.2m - FIS range climb/km: 0.0m - 60.0m







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 J5 & J4 2Km  
 Mass Start, Classic Technique  
 Sunday, February 7, 2010  
 Jim Whisenant Ski Trails  
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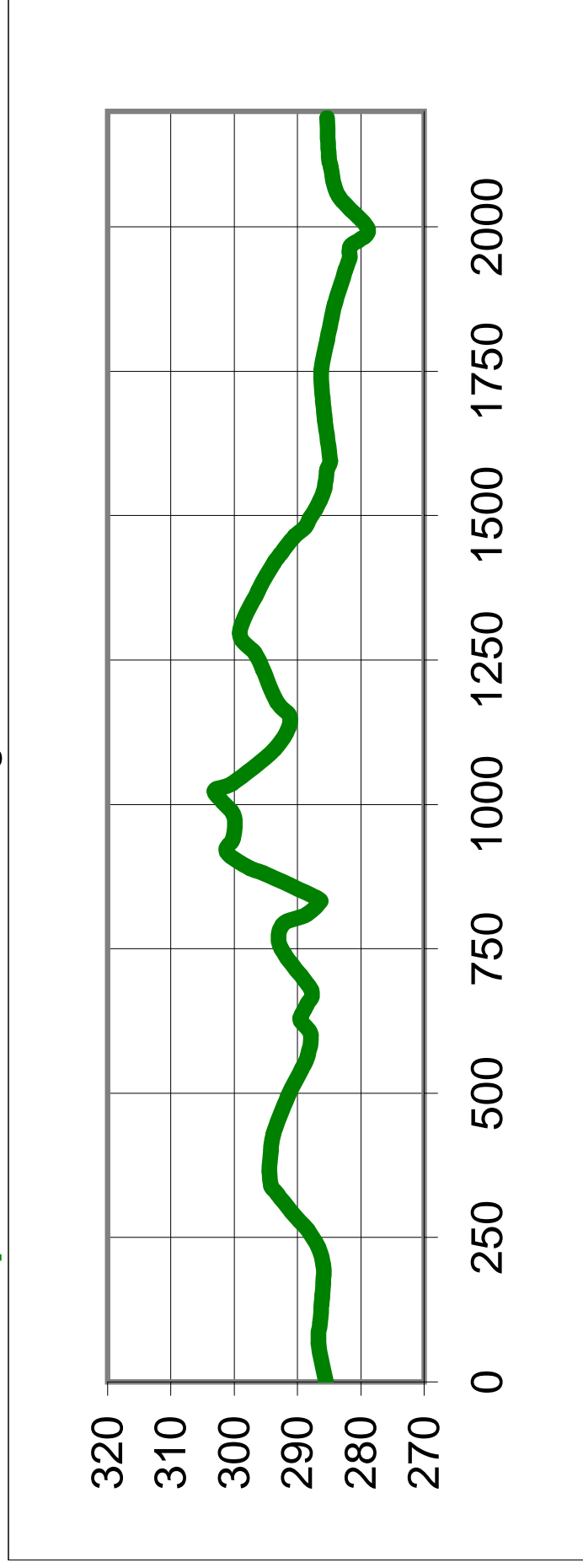
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## J5 & J4 Boys & Girls 2km Classic Technique

**Measured Length** 2189 m      **Height Difference (HD):** 24 m  
**High Point** 303 m      **Total Climb (TC):** 50 m  
**Low Point** 279 m      **Maximum Climb (MC):** 14 m

**FIS Spec Ranges:** HD:30m, MC:60m, TC min:0m/TC max:60m

**Climb per km:** 22.8m - FIS range climb/km: 0.0m - 60.0m



# Besh Cup #6

## Sunday, February 7, 2010

### CCAK JO Qualifier

Organized by NSC Fairbanks  
 Jim Whisenant Ski Trails  
 Birch Hill Park Recreation Area  
 Fairbanks, Alaska

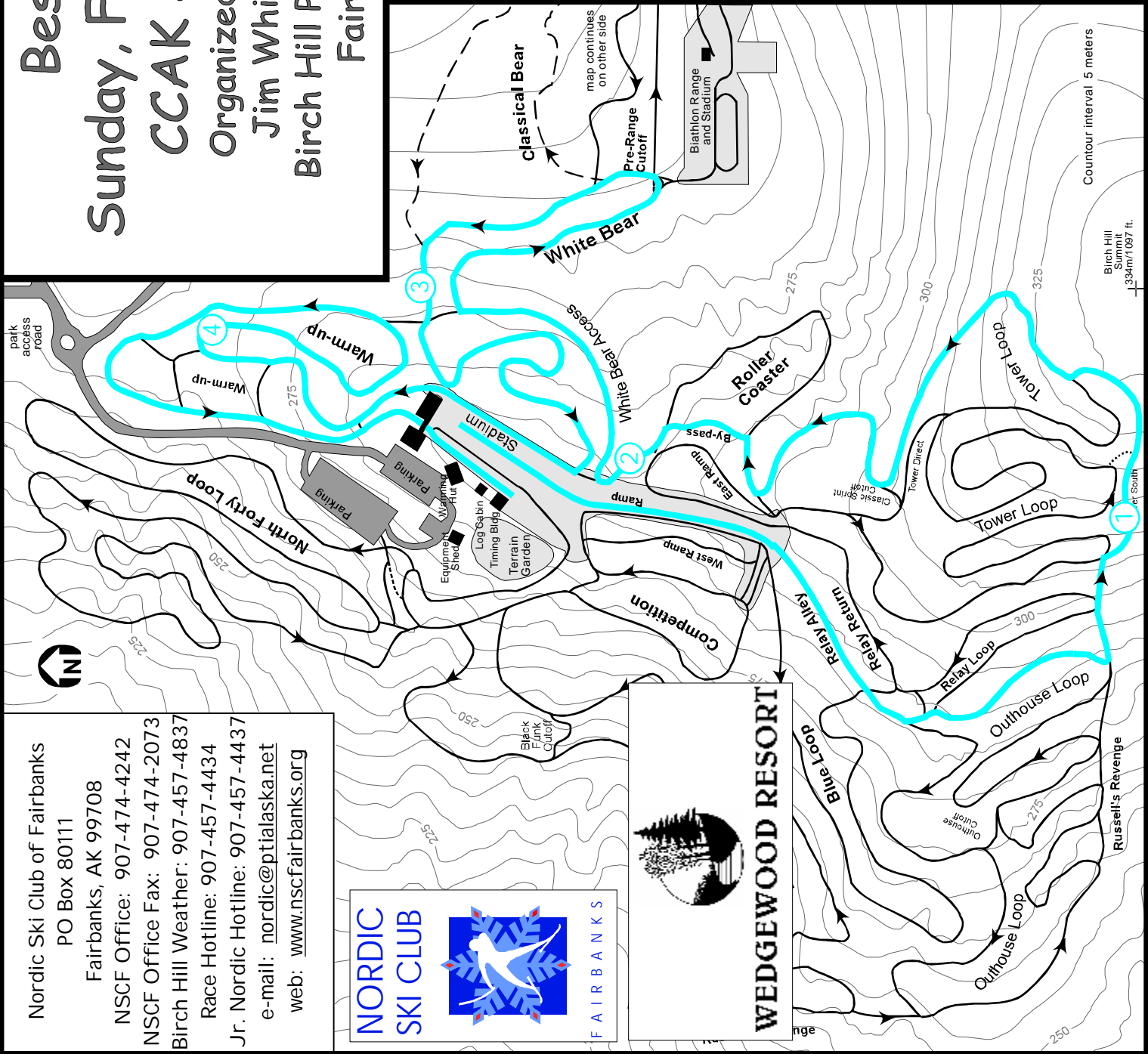
J3&J2 Boys and Girls 5K  
 Classic Technique  
 Mass Start  
 Blue Course

### Technical Information:

Measured Length: 5148m  
 Height Difference (HD): 73m  
 Total Climb (TC): 162m  
 Maximum Climb (MC): 54m  
 Climb per Km: 31.4m/Km

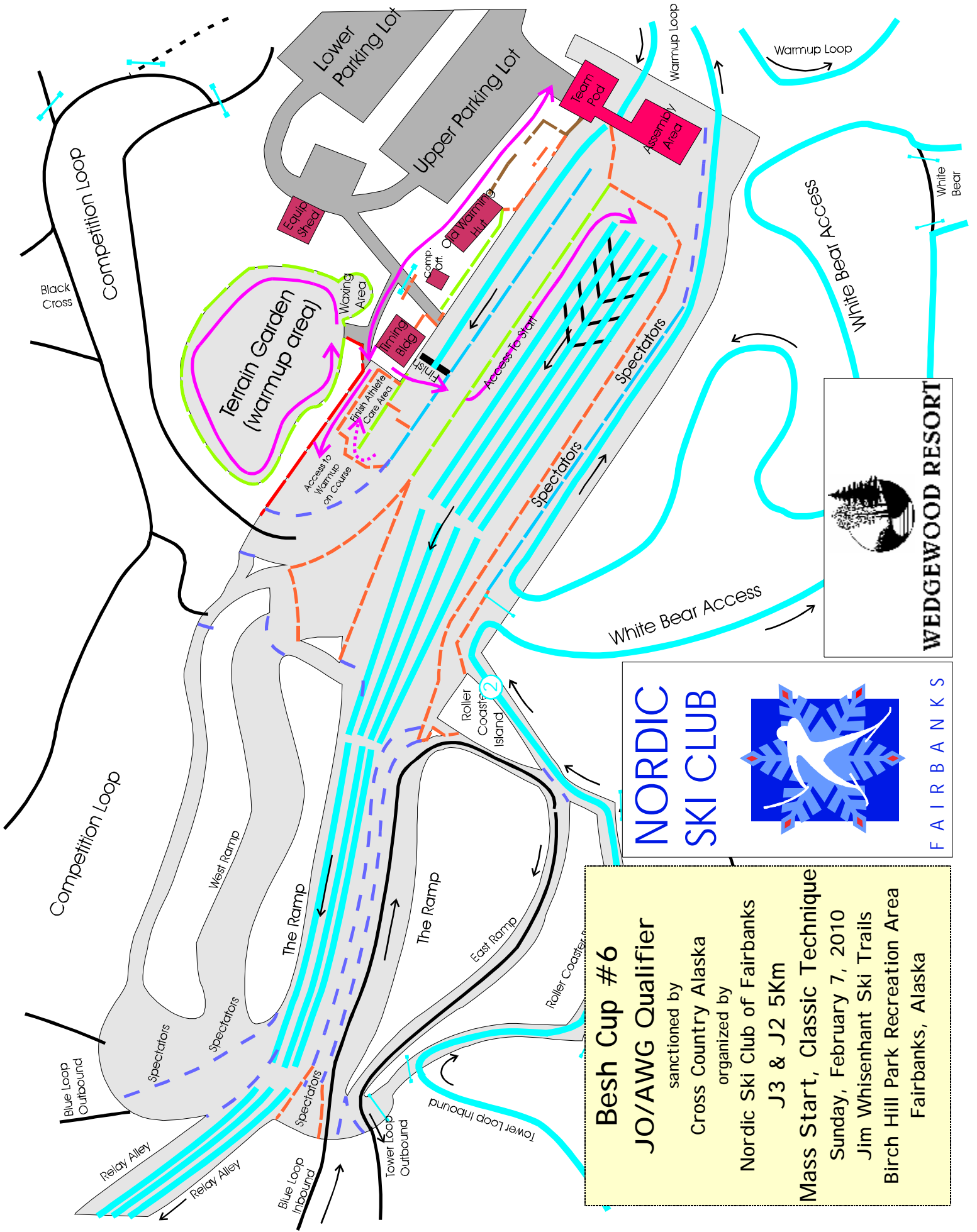
### Competition Committee:

Technical Delegate: Lin Hinderman  
 Chief of Competition: John Estle  
 Chief of Secretariat: tba  
 Chief of Course: Tom Helmers  
 Assistant Chief of Course: Bill Husby  
 Chiefs of Stadium: Bob Wilkinson,  
 Dave Murray, Susan Faulkner  
 Chief of Timing: Carol Haas  
 Chief of Competition Control: Byron & Chris Broda  
 Chief of Athlete Care: tba



Nordic Ski Club of Fairbanks  
 PO Box 80111  
 Fairbanks, AK 99708  
 NSCF Office: 907-474-4242  
 NSCF Office Fax: 907-474-2073  
 Birch Hill Weather: 907-457-4837  
 Race Hotline: 907-457-4434  
 Jr. Nordic Hotline: 907-457-4437  
 e-mail: [nordic@ptialaska.net](mailto:nordic@ptialaska.net)  
 web: [www.nscfairbanks.org](http://www.nscfairbanks.org)





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 J3 & J2 5Km  
**Mass Start, Classic Technique**  
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**NORDIC SKI CLUB**

**FAIRBANKS**

**WEDGEWOOD RESORT**

2/1/2010

9:11 AM

## J3 & J2 Boys & Girls 5km Classic Technique

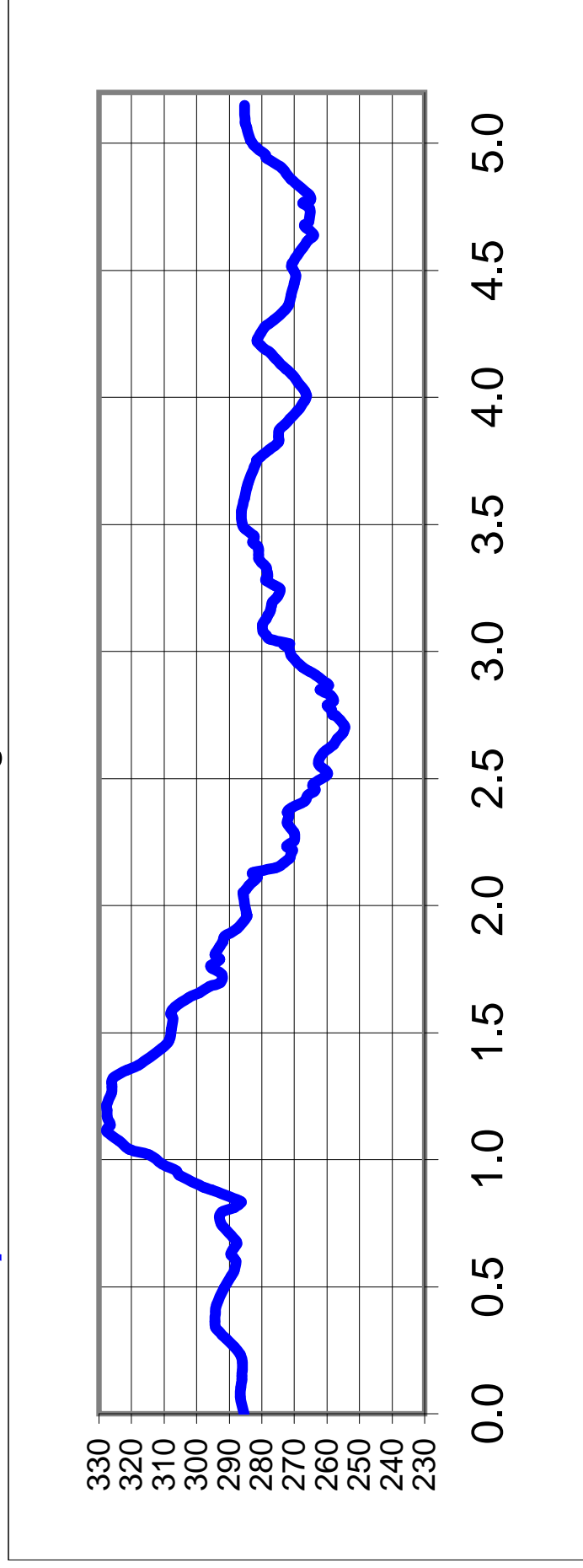
**Measured Length** 5148 m **Height Difference (HD):** 73 m

**High Point** 328 m **Total Climb (TC):** 162 m

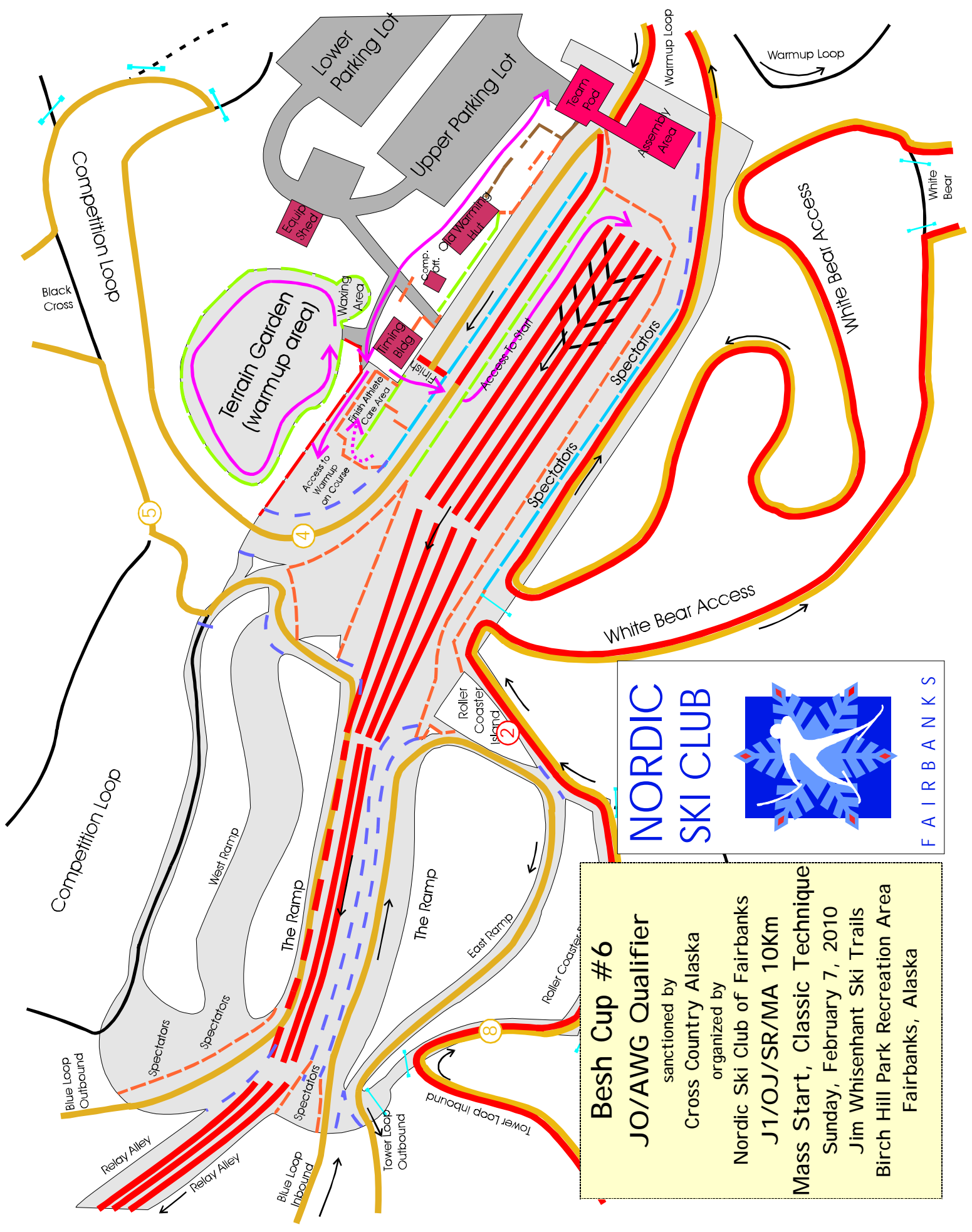
**Low Point** 254 m **Maximum Climb (MC):** 54 m

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

**Climb per km:** 31.4m - FIS range climb/km: 30.0m - 42.0m







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 organized by  
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**J1/OJ/SR/MA 10Km**  
**Mass Start, Classic Technique**  
 Sunday, February 7, 2010  
 Jim Whisenant Ski Trails  
 Birch Hill Park Recreation Area  
 Fairbanks, Alaska

**NORDIC**  
**SKI CLUB**

**FAIRBANKS**

2/1/2010

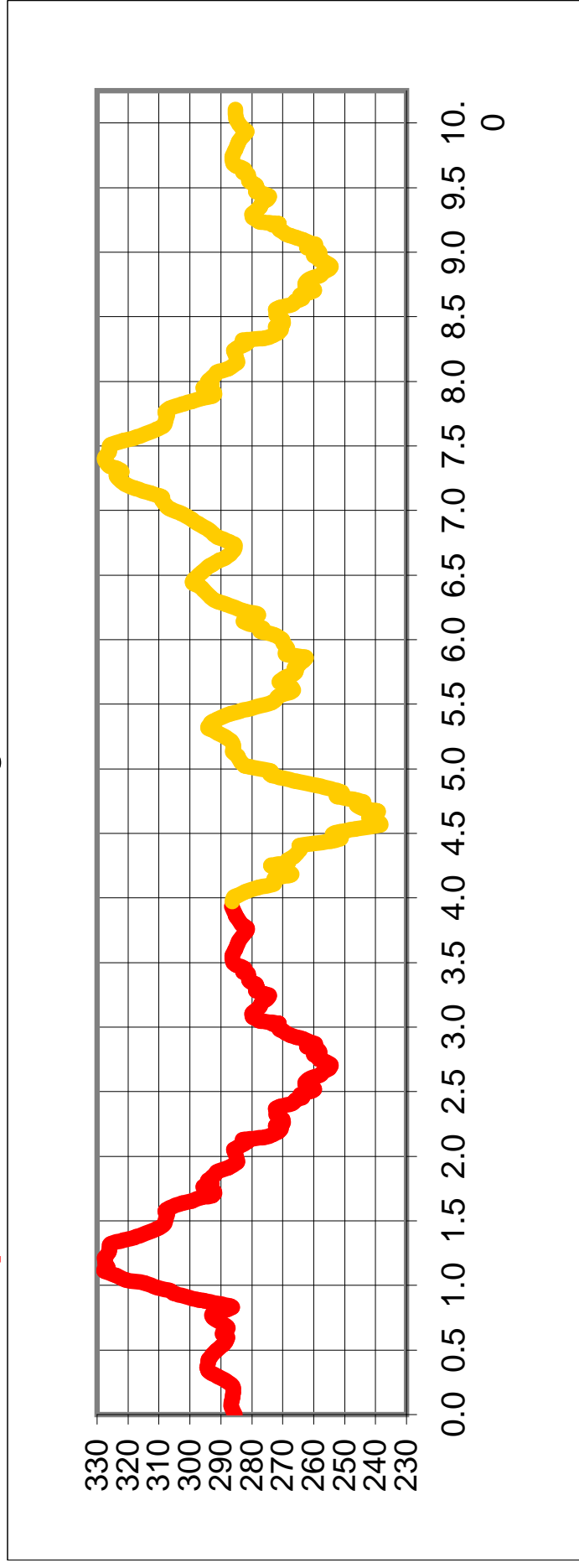
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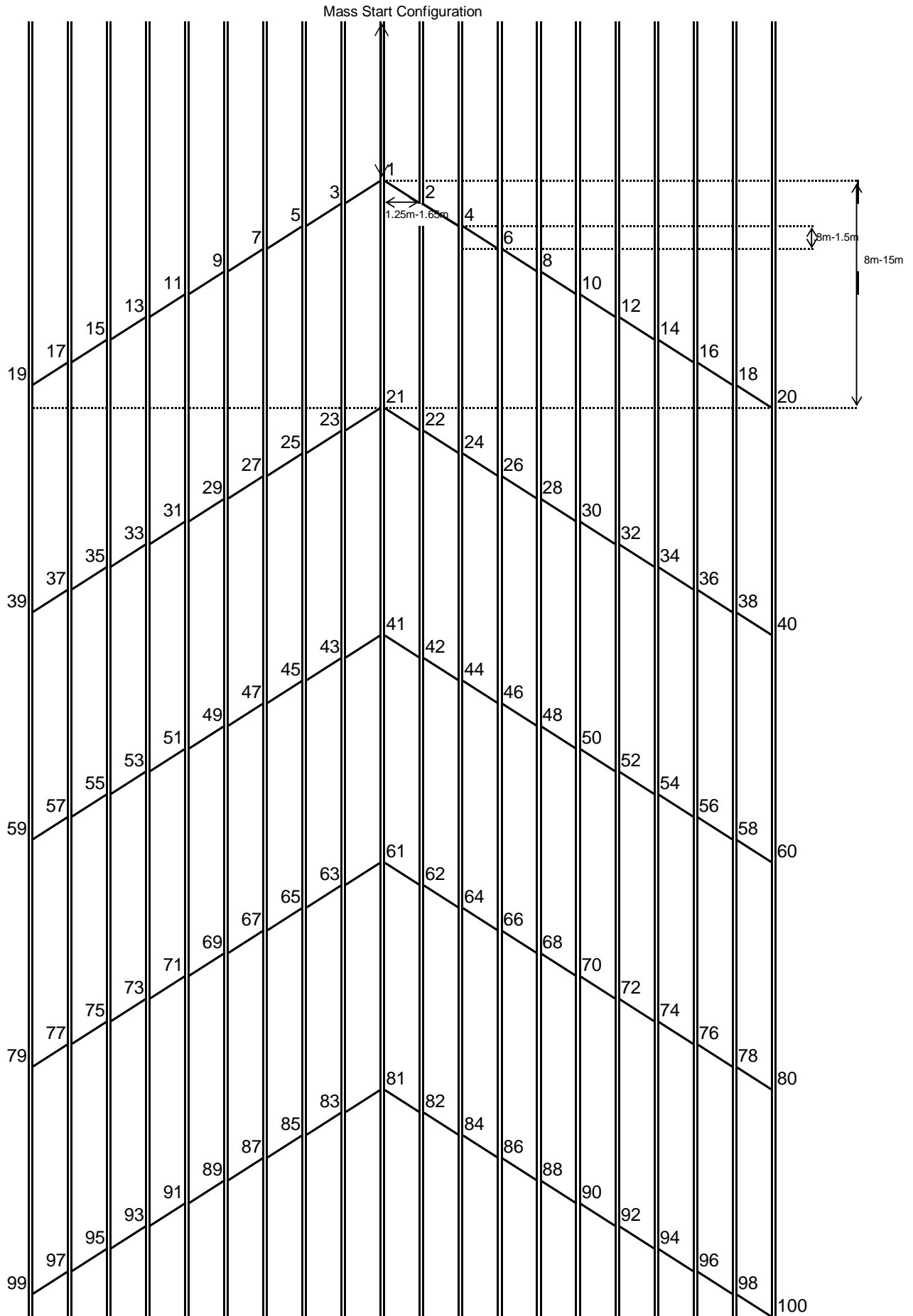
## J1/OJ/SR/MA M & F 10km Mass / Classic Technique

**Measured Length** 10104 m      **Height Difference (HD):** 89 m  
**High Point** 328 m      **Total Climb (TC):** 355 m  
**Low Point** 239 m      **Maximum Climb (MC):** 54 m

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

**Climb per km:** 35.2m - FIS range climb/km: 25.0m - 40.0m

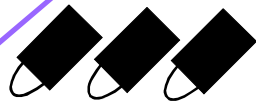




# Mass-Start Setup - Large Field

## Multi-Lap

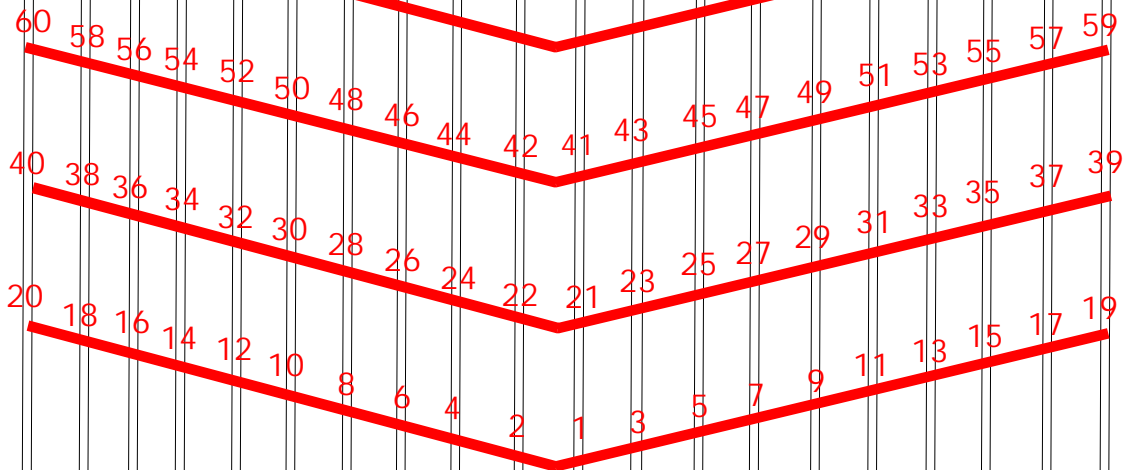
Spectator Area



3 Black Sleds for Clothing

Clothing Bag Service

Continue Numbering to Largest Field Size



Mass-Start Area  
20 tracks,  
1.5m on center  
(28.5m width)  
Chevron  
configuration;  
1m setbacks;  
Even and odd  
numbers as  
pictured;  
Numbered cards  
mark start  
positions

Use Rope to Block  
off Start Arcs  
during Kids' Races

Lap Lane During Race

Competitor Entrance

Spectator Corridor

Swing  
Tommy  
Fence  
Out of  
the way  
between  
starts so  
Racers  
can ski  
through

Pin Flags at Kids Start Line

Elementary and Middle School  
or J6-J5-J4 Start Line

Pin Flags at End of Tracks - Tracks End Square, not in an Arrowhead/Chevron

# Start Mesa and Lap/Finish Area Setup - Multi Lap

## Mass Start / Classic Technique

