

Nordic Ski Club of Fairbanks
 PO Box 80111
 Fairbanks, AK 99708
 NSCF Office: 907-474-4242
 Birch Hill Weather: 907-457-4837
 Race Hotline: 907-457-4434
 Junior Nordic Hotline: 907-457-4437
 e-mail: clubmail@nscfairbanks.org
 web: www.nscfairbanks.org



Region VI Championships

Friday-Saturday, February 12-13, 2010
 Hosted by Region VI
 Organized by NSC Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

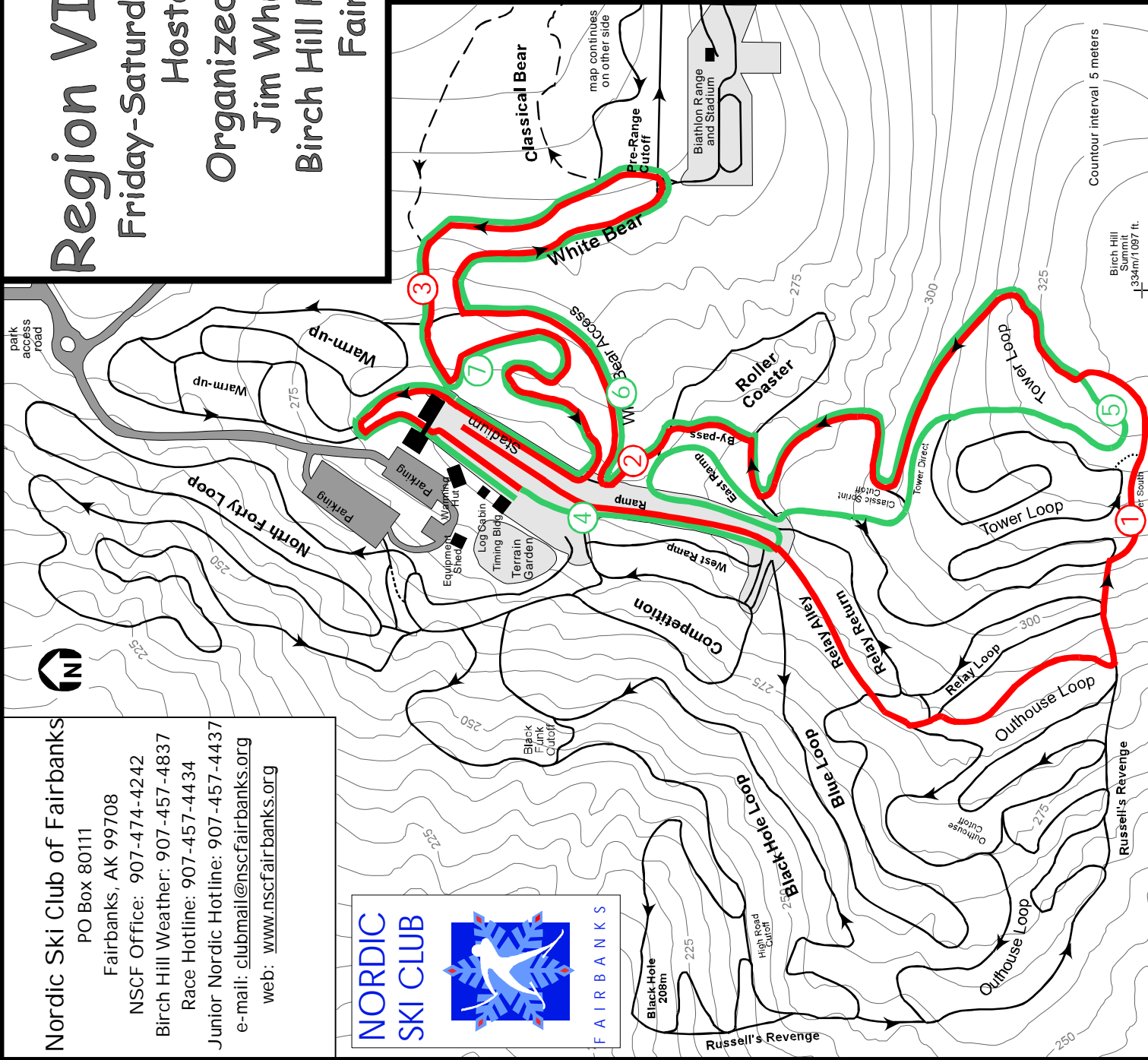
Friday, February 12, 2010
 Girls 7.5Km
 Mass-Start Classic Technique
 Red Course (lap 1) &
 Green Course (lap 2)

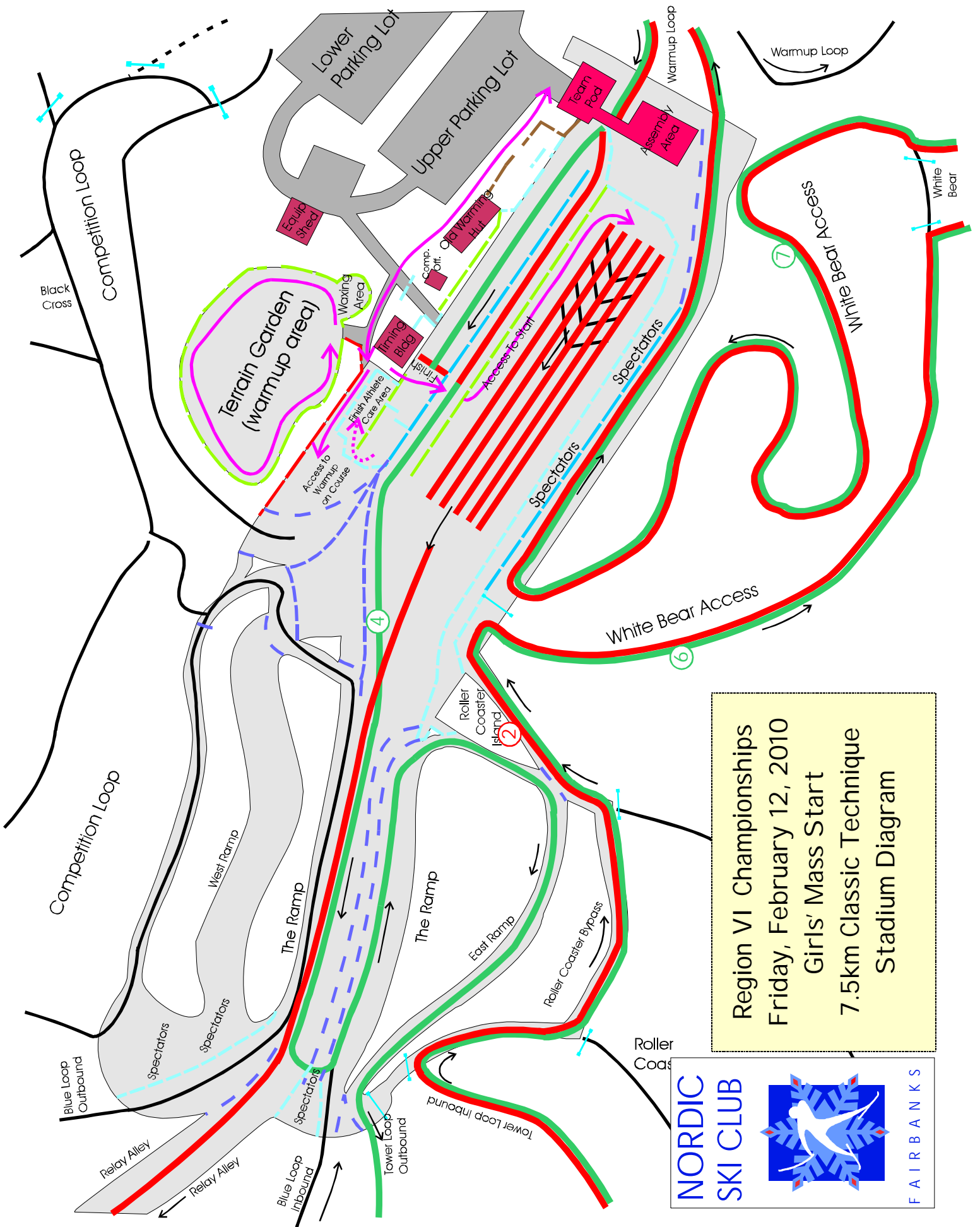
Technical Information:

Measured Length: 7778m
 Height Difference (HD): 73m
 Total Climb (TC): 242m
 Maximum Climb (MC): 42m
 Climb per Km: 31.2m/km

Competition Committee:

Chief of Competition: John Estle
 Chief of Secretariat: tba
 Chief of Course: Tom Helmers
 Chiefs of Stadium: Dave Murray,
 Bob Wilkinson, Susan Faulkner
 Chief of Timing: Carol Haas
 Chief of Competition Control: tba
 Region VI Representative: Missy Poeschl





Region VI Championships
 Friday, February 12, 2010
 Girls' Mass Start
 7.5km Classic Technique
 Stadium Diagram



11/10/2009

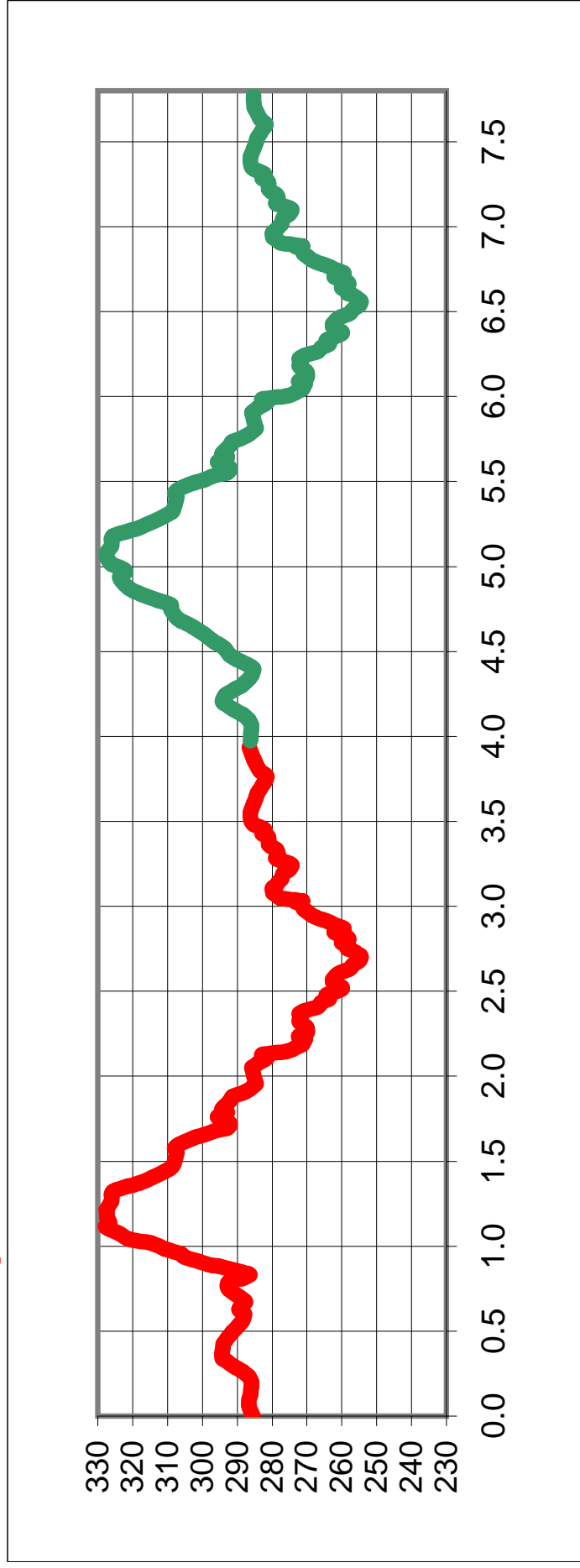
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High School Boys 4x5Km Relay Free Technique

Measured Length 7773 m **Height Difference (HD):** 73 m
High Point 328 m **Total Climb (TC):** 242 m
Low Point 254 m **Maximum Climb (MC):** 54 m

FIS Spec Ranges: #N/A

Climb per km: #N/A



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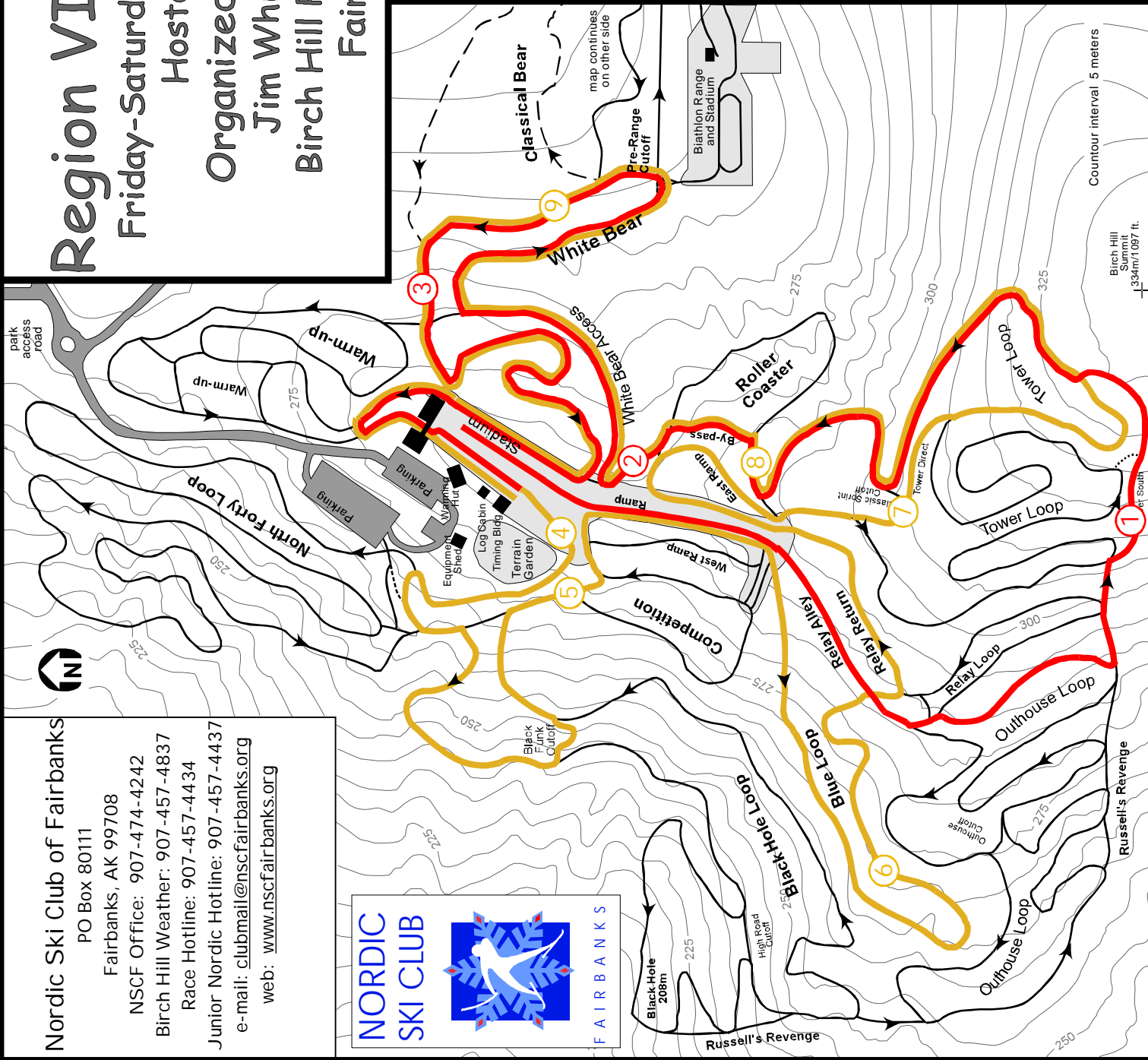
Friday, February 12, 2010
 Boys' 10Km
 Mass-Start Classic Technique
Red Course (lap 1) &
Gold Course (lap 2)

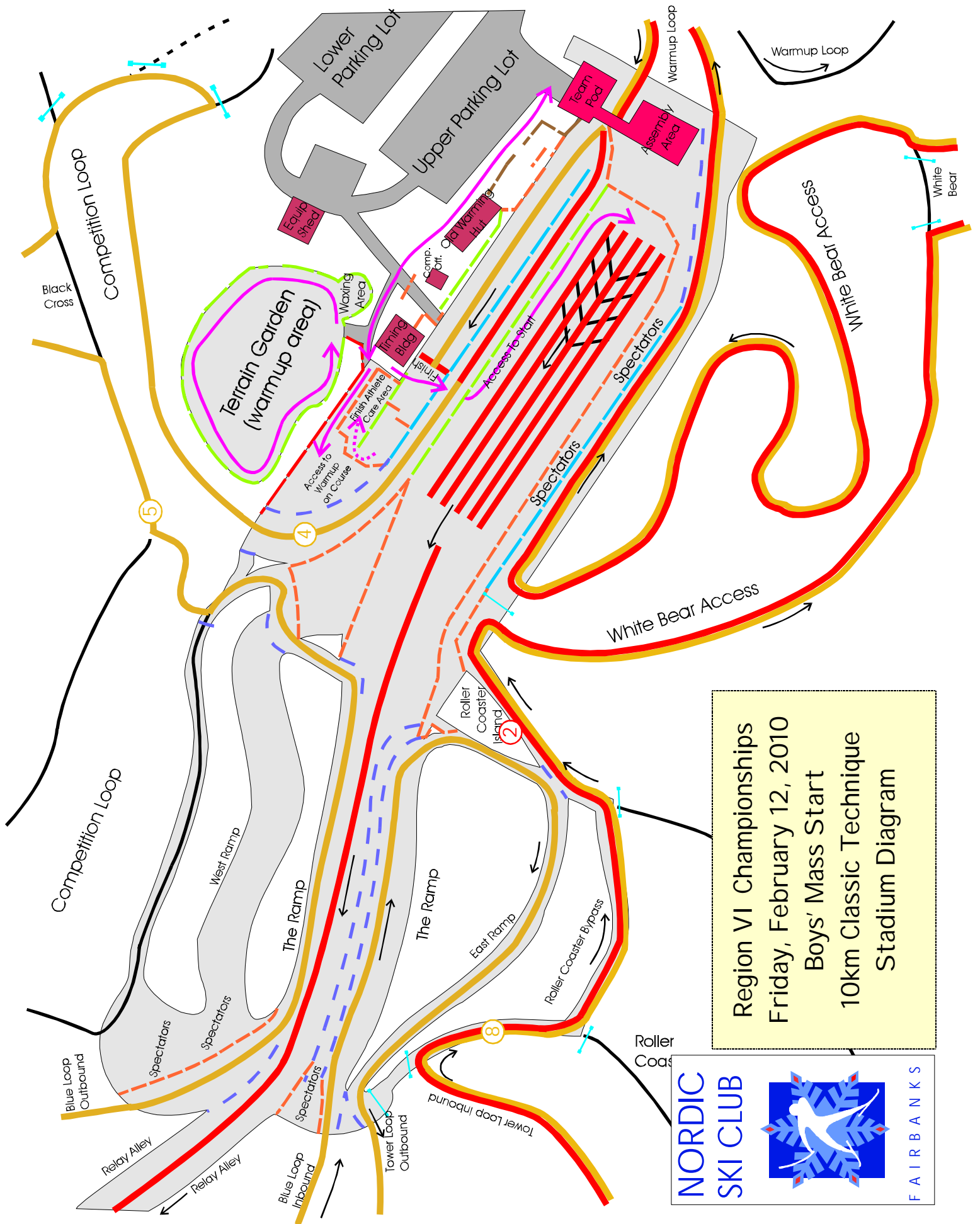
Technical Information:

Measured Length: 10104m
 Height Difference (HD): 89m
 Total Climb (TC): 355m
 Maximum Climb (MC): 54m
 Climb per Km: 35.2m/km


Competition Committee:

Chief of Competition: John Estle
 Chief of Secretariat: tba
 Chief of Course: Tom Helmers
 Chiefs of Stadium: Dave Murray,
 Bob Wilkinson, Susan Faulkner
 Chief of Timing: Carol Haas
 Chief of Competition Control: tba
 Region VI Representative: Missy Poeschl





Region VI Championships
 Friday, February 12, 2010
 Boys' Mass Start
 10km Classic Technique
 Stadium Diagram

NORDIC SKI CLUB

FAIRBANKS

11/10/2009

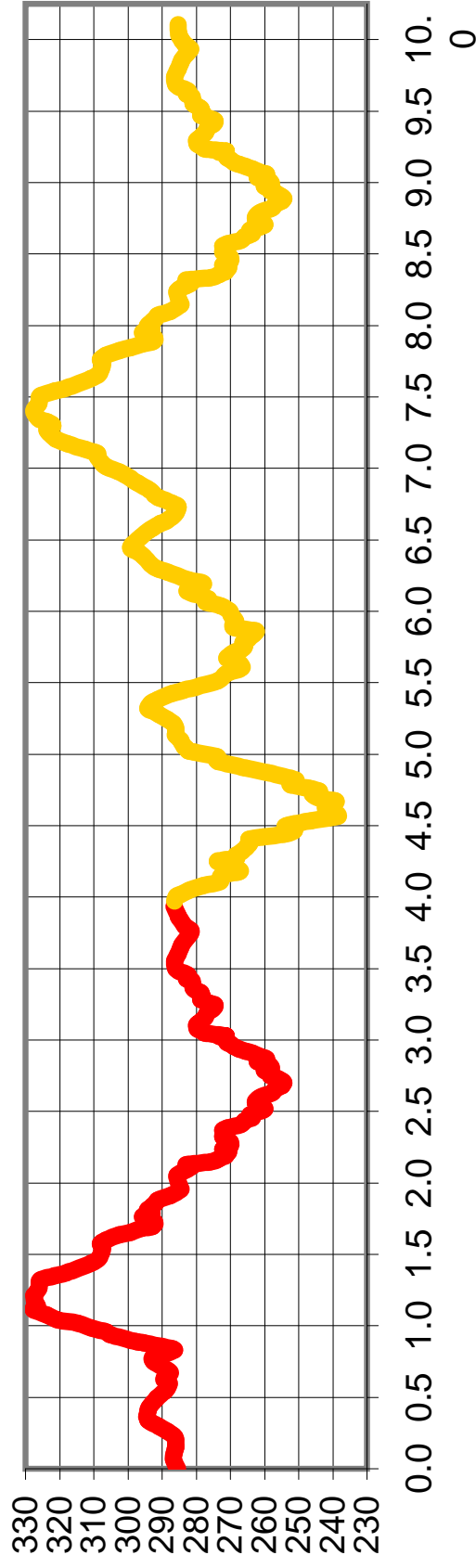
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High School Boys 10Km Relay Free Technique

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: #N/A

Climb per km: #N/A



Mass-Start Setup - Large Field

Multi-Lap

Spectator Area

Clothing Bag Service

3 Black Sleds for Clothing

Continue Numbering to Largest Field Size

Lap Lane During Race

2m

Competitor Entrance

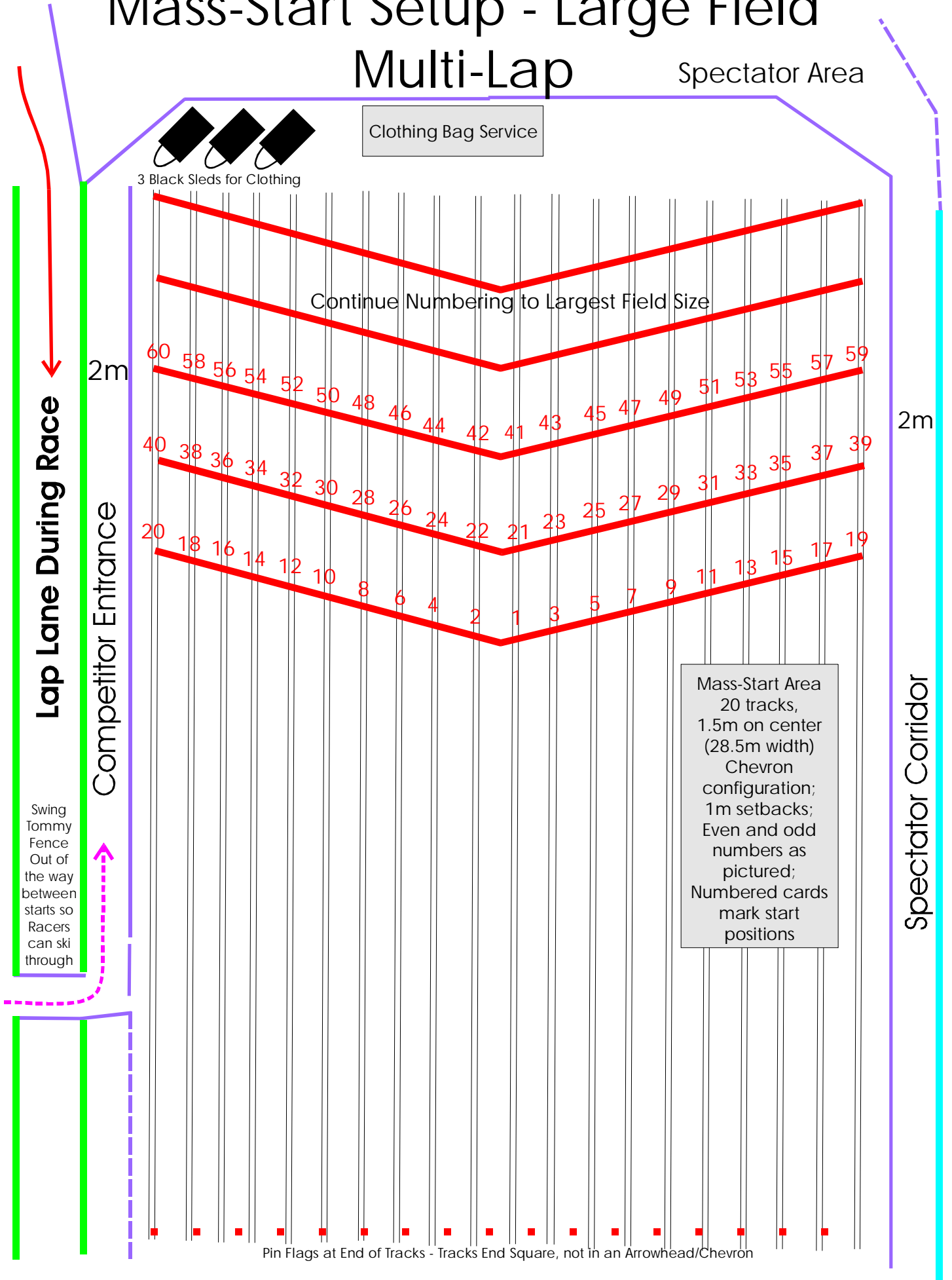
2m

Spectator Corridor

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

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

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

