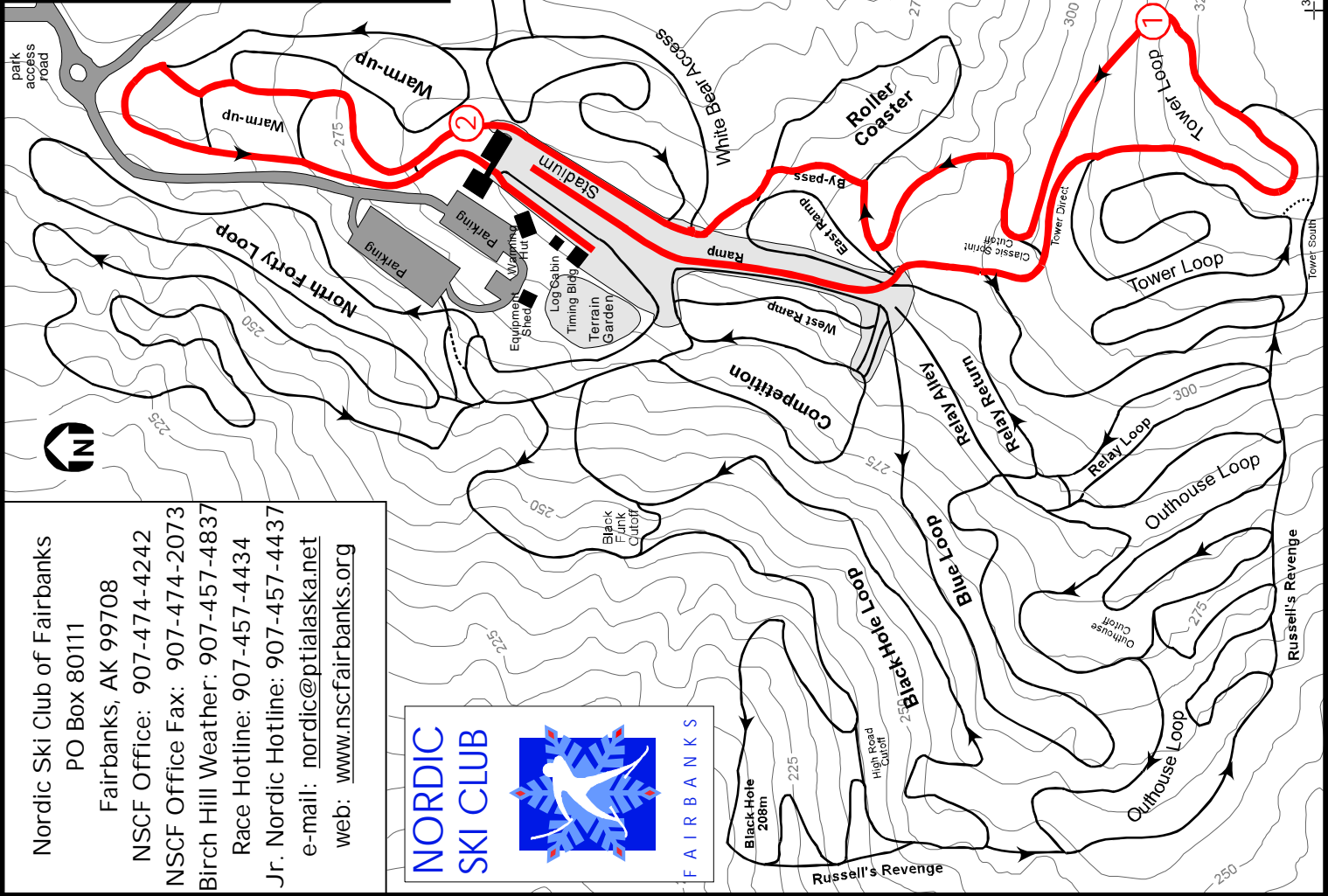


Nordic Ski Club of Fairbanks
 PO Box 80111
 Fairbanks, AK 99708
 NSCF Office: 907-474-4242
 NSCF Office Fax: 907-474-2073
 Birch Hill Weather: 907-457-4837
 Race Hotline: 907-457-4434
 Jr. Nordic Hotline: 907-457-4437
 e-mail: nordic@ptialaska.net
 web: www.nscfairbanks.org



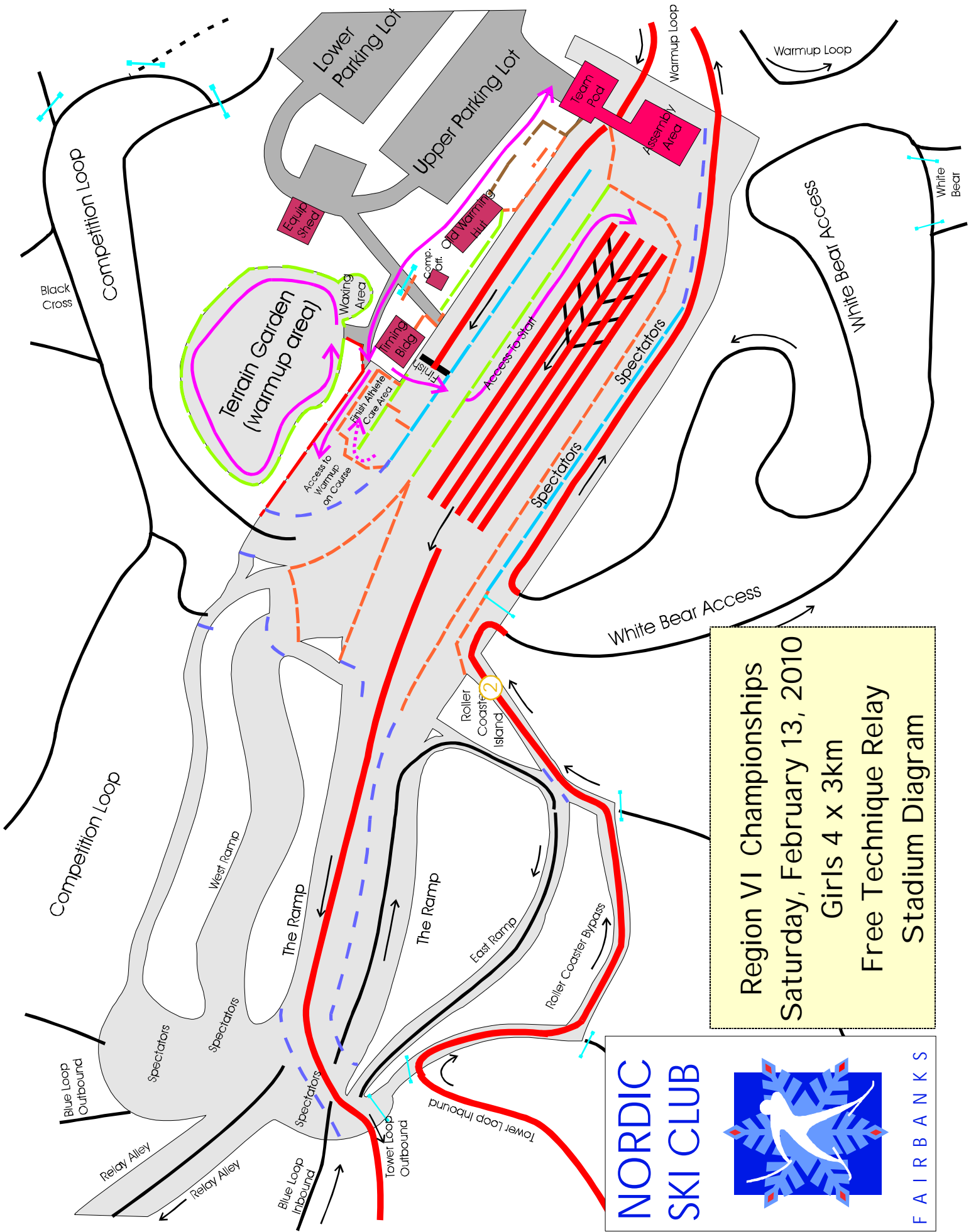
Region VI Championships

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

Saturday, February 13
 HS Girls 4 x 3Km Relay
 Free Technique Red Course

Technical Information:
 Measured Length: 2856m
 Height Difference (HD): 63m
 Total Climb (TC): 79m
 Maximum Climb (MC): 4.3m
 Climb per Km: 27.5m/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
 Saturday, February 13, 2010
 Girls 4 x 3km
 Free Technique Relay
 Stadium Diagram

NORDIC
SKI CLUB

F A I R B A N K S

11/10/2009

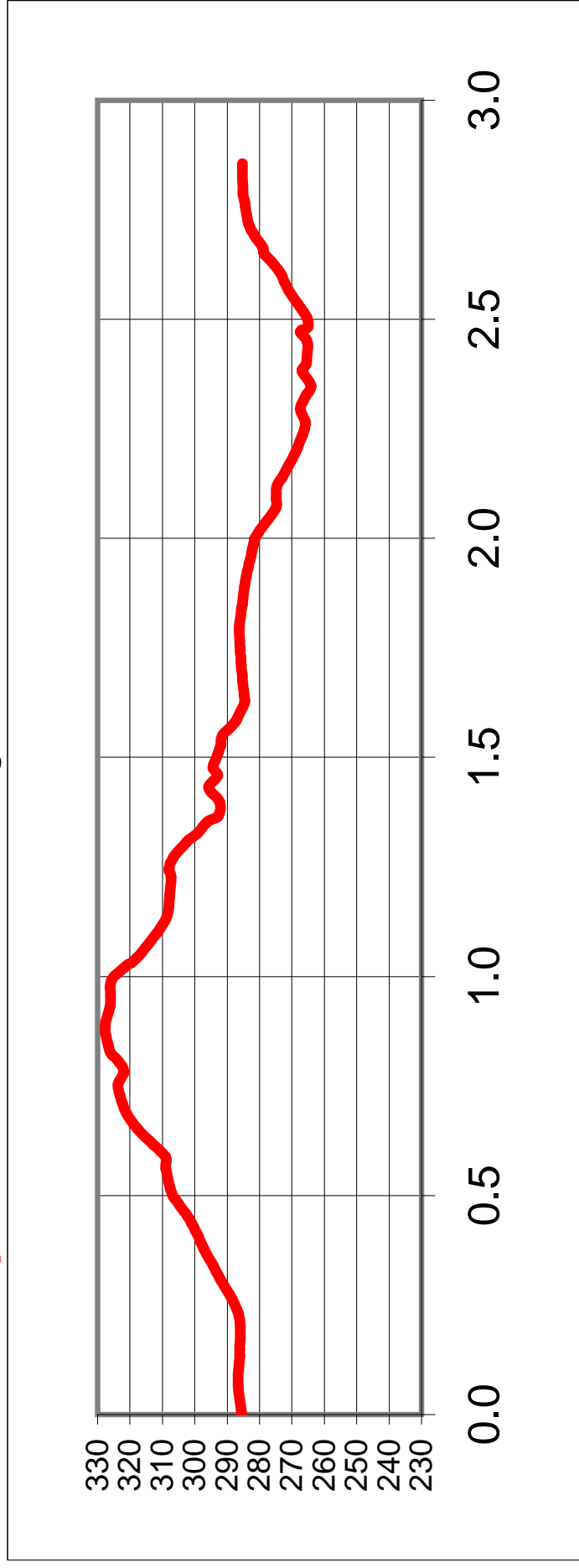
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High School Girls 4.3km Relay Free Technique

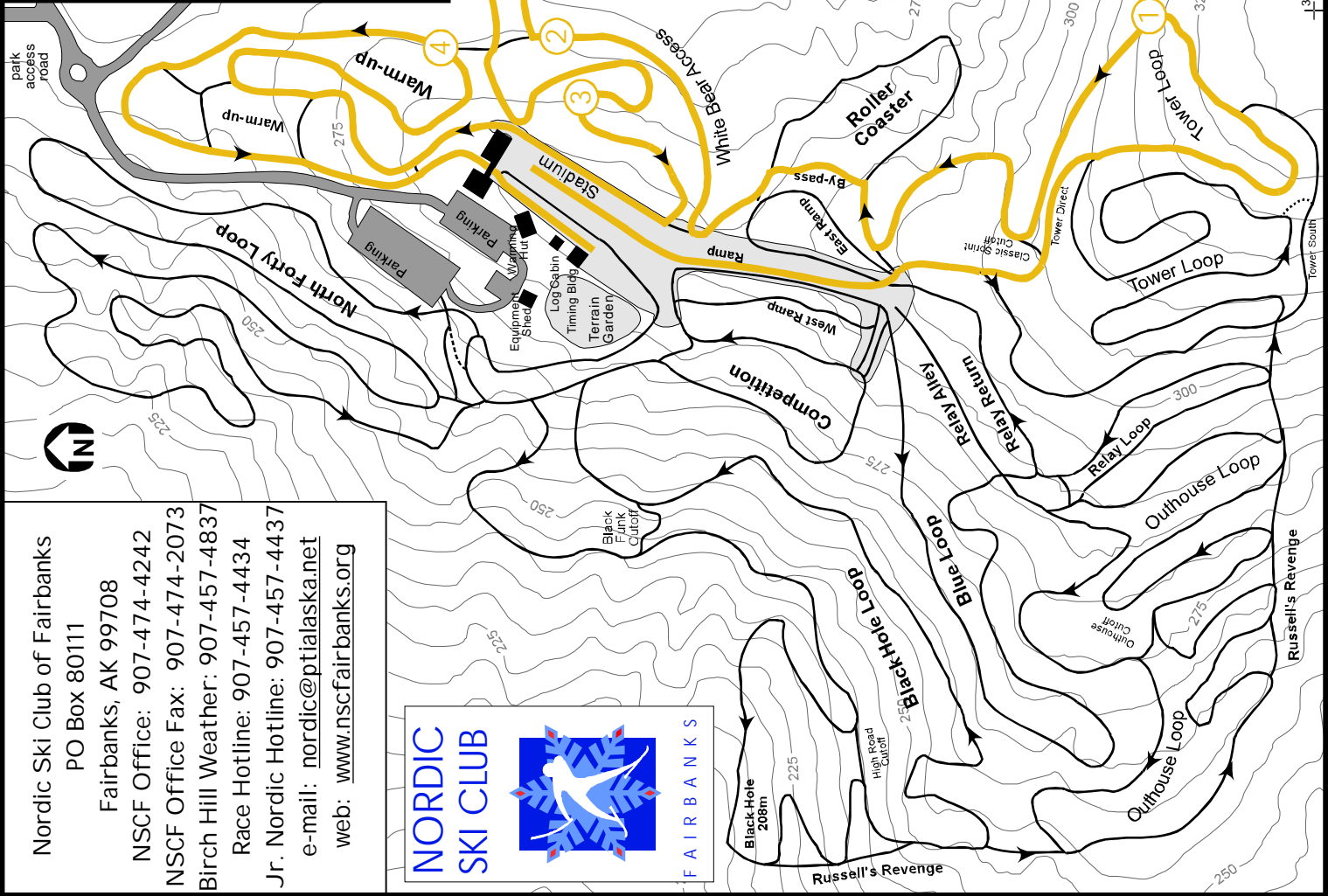
Measured Length 2856 m **Height Difference (HD):** 63 m
High Point 328 m **Total Climb (TC):** 79 m
Low Point 264 m **Maximum Climb (MC):** 54 m

FIS Spec Ranges: HD:75m, MC:50m, TC min:100m/TC max:150m

Climb per km: 27.5m - FIS range climb/km: 26.7m - 40.0m



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Region VI Championships

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Jim Whisenant Ski Trails

Birch Hill Park Recreation Area
 Fairbanks, Alaska

Saturday, February 13

HS Boys 4 x 5Km Relay

Free Technique

Gold Course

Technical Information:

Measured Length: 4819m

Height Difference (HD): 73m

Total Climb (TC): 148m

Maximum Climb (MC): 4.3m

Climb per Km: 30.7m/km

Competition Committee:

Chief of Competition: John Estle

Chief of Secretariat: tba

Chief of Course: Tom Helmers

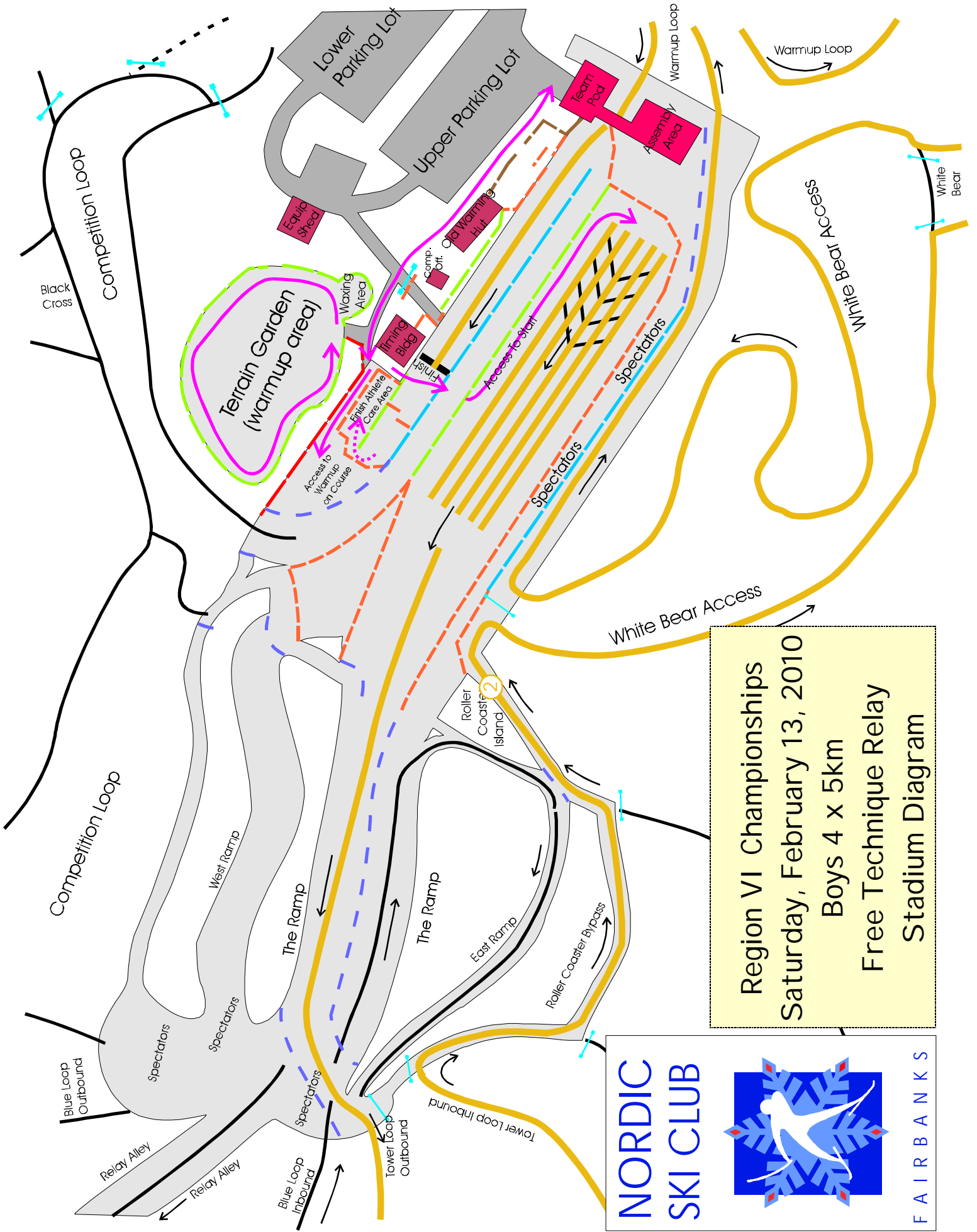
Chiefs of Stadium: Dave Murray,

Bob Wilkinson, Susan Faulkner

Chief of Timing: Carol Haas

Chief of Competition Control: tba

Region VI Representative: Missy Poeschl



Region VI Championships
 Saturday, February 13, 2010
 Boys 4 x 5km
 Free Technique Relay
 Stadium Diagram

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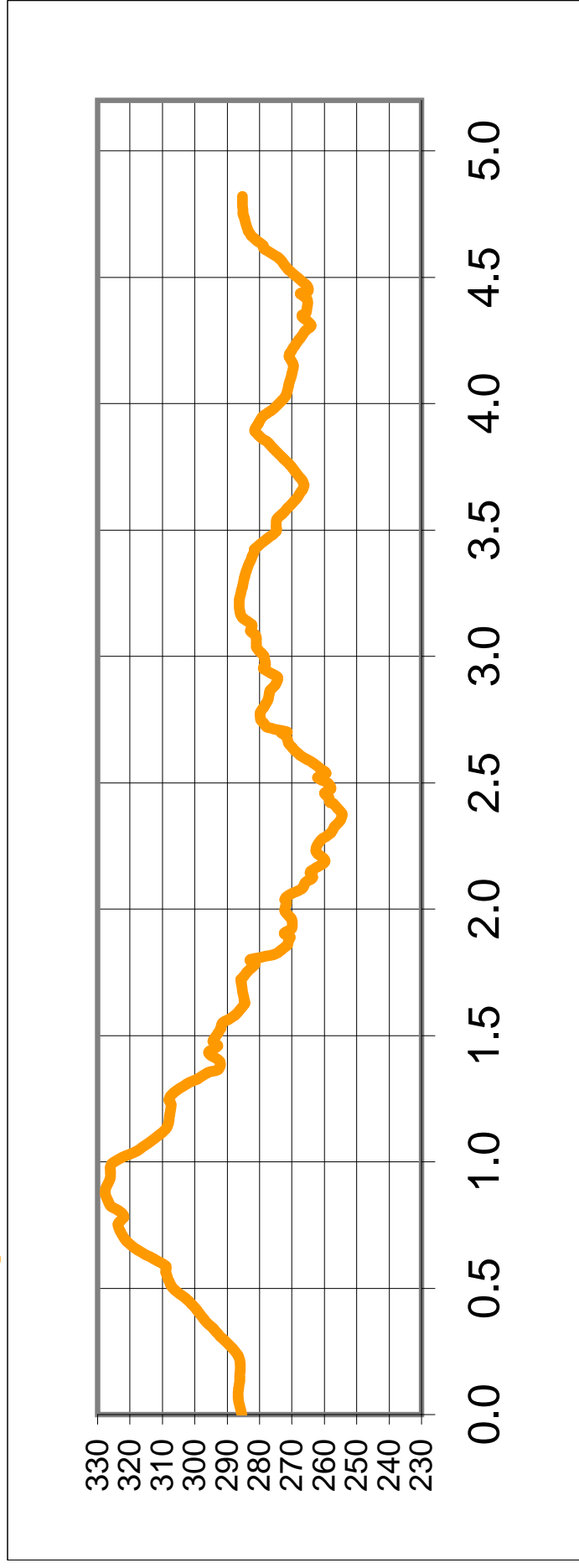
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High School Boys 4x5km Relay Free Technique

Measured Length 4819 m *Height Difference (HD):* 73 m
High Point 328 m *Total Climb (TC):* 148 m
Low Point 254 m *Maximum Climb (MC):* 54 m

FIS Spec Ranges: #N/A

Climb per km: #N/A



Relay Start Area Setup

no separate youth start
Spectator Area



3 Black Sleds for Clothing

Clothing Bag Service

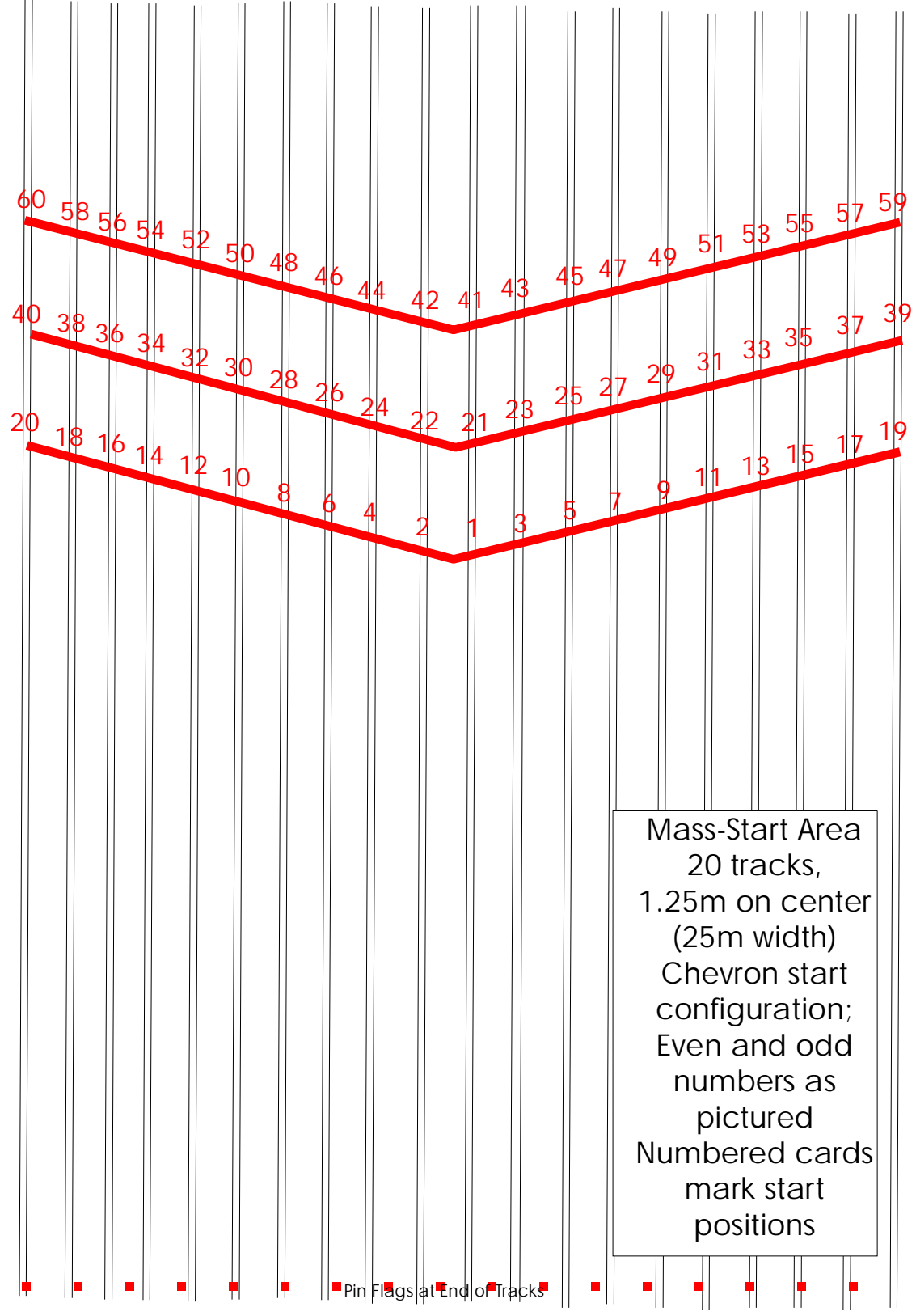
2m

2m

Competitor Entrance to First Leg Only

Spectator Corridor

Exchange Area



Mass-Start Area
20 tracks,
1.25m on center
(25m width)
Chevron start
configuration;
Even and odd
numbers as
pictured
Numbered cards
mark start
positions

Pin Flags at End of Tracks

Start Mesa and Lap/Finish Area Setup

Relay - Free Technique

