

ASAA Cross Country Championships 2010

Hosted by Nordic Ski Club of Fairbanks

Jim Whisenant Ski Trails, Birch Hill Recreation Area, Fairbanks

March 25-26-27, 2010

Team Captains' Manual

Major Officials

<i>Chief of Competition</i>	John Estle, 347-1061
<i>Technical Delegate</i>	tba
<i>Jury Member</i>	Kent Slaughter
<i>ASAA Representative</i>	John Andrews
<i>Region 6 / Host School Representative</i>	Missy Poeschl, West Valley HS
<i>Chief of Course</i>	Tom Helmers
<i>Assistant Chief of Course</i>	Bill Husby
<i>Chiefs of Stadium</i>	Dave Murry, Susan Faulkner
<i>Chief of Course Control</i>	John Carlson, Byron Broda, Chris Broda
<i>Chief of Secretariat</i>	Deb Wilkinson
<i>Chief of Timing and Results</i>	Carol Haas
<i>Chief of Athlete Care</i>	Susan Paskvan, Jennifer Schmidt
<i>Volunteer Coordinator</i>	Norma Haubenstock

Schedule

Wednesday, February 24, 2010

<u>Time</u>	<u>Location</u>	<u>Event/Note</u>
0700	Birch Hill	Gates open
0800	Birch Hill	Courses open and marked for testing and training
0900	Birch Hill	Waxing areas open
1800	Wedgewood Resort	Coaches' meeting
2145	Birch Hill	Waxing areas close
2200	Birch Hill	Gates are locked

Thursday, February 25, 2010

<u>Time</u>	<u>Location</u>	<u>Event/Note</u>
0700	Birch Hill	Gates open
0800	Birch Hill	Waxing areas open
0730	Birch Hill	Courses open for testing/training
1245	Birch Hill	Forerunners start
1300	Birch Hill	Girls' 5Km free technique interval start (15-second intervals)
1430	Birch Hill	Boys' 7.5Km free technique interval start (15-second intervals)
1545	Birch Hill	Awards
1800	Wedgewood Resort	Coaches' meeting
2145	Birch Hill	Waxing areas close
2200	Birch Hill	Gates are locked

Friday, February 26, 2010

<u>Time</u>	<u>Location</u>	<u>Event/Note</u>
0700	Birch Hill	Gates open
0730	Birch Hill	Waxing areas open
0730	Birch Hill	Courses open for testing/training
1245	Birch Hill	Forerunners start
1300	Birch Hill	Boys' 10Km classic technique mass start
1415	Birch Hill	Girls' 7.5Km classic technique mass start
1530	Birch Hill	Awards
1530	Birch Hill	Relay entries due on official relay entry form (Timing Building)
1800	Wedgewood Resort	Coaches' meeting
2145	Birch Hill	Waxing areas close
2200	Birch Hill	Gates are locked

Saturday, February 27, 2010

<u>Time</u>	<u>Location</u>	<u>Event/Note</u>
0700	Birch Hill	Gates open
0730	Birch Hill	Waxing areas open
0800	Birch Hill	Courses open for testing/training
1000	Birch Hill	Deadline for final changes in relay order/makeup (Rikke's Roadhouse)
1045	Birch Hill	Forerunners start
1100	Birch Hill	Girls' 4x3Km Relay
1230	Birch Hill	Boys' 4x5Km Relay
1400	Birch Hill	Awards
2145	Birch Hill	Waxing areas close
2200	Birch Hill	Gates are locked

Weather Information:

Briefings by National Weather Service forecasters will be presented at each coaches' meeting

Fairbanks National Weather Service office: 458-3700 – ask to speak to a forecaster

Birch Hill Current Weather Information: www.nscfairbanks.org > weather

Also check Weather Underground and Weather.com.

Be aware of the possibility of inversion conditions

Seeding/Start:

<u>Event</u>	<u>Seeding</u>
Classic	<ul style="list-style-type: none"> • Six seed groups • Fastest skiers from each team are all in the same group, 2nd-fastest all in same group, etc. • Jury will decide the start order of the groups • Skiers are randomized within each group • 15-second start intervals
Free	<ul style="list-style-type: none"> • Finish position in classic race = bib number and start position in free race
Relay	<ul style="list-style-type: none"> • Team rankings after two days of racing = bib number and start position in relay

Bib Distribution

- Bibs available at 11:00AM on Thursday and Friday, 9:00AM on Saturday
 - Pick up bibs in Rikke's Roadhouse (small log cabin near timing building)
 - You will receive bibs for all your skiers, as well as white garbage bags with your skiers' numbers written on them. Have your skiers put their clothing in the numbered bags and hand the bag to our crew at the start. Their clothing will be waiting for them at the finish in the bags, sorted by bib number.
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Coaches' Bibs

- Each team will receive up to two bibs for use by coaches
 - Use these same bibs all week
 - These bibs empower the coaches to move on the course during the competition for purposes of testing wax
 - The exception to this is that during the interval start there is no movement on the course
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Stadium / Access to the Start

- Please note stadium diagram in your packets
 - IMPORTANT: Note ONLY ONE access route to race start – pass behind (to west of) Timing Building
 - Note access routes for warming up on/coach access to competition trail
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Course Markings / Course Rules

- Course maps are self-explanatory
 - Course will be marked clearly with metal fence, v-boards and pin flags
 - There will be kilometer markers on the courses
 - Skiing backward on the course by anyone is prohibited at any time
 - Courses will close 15 minutes prior to race (following forerunners)
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Grooming and Tracksetting

General Protocol

- Course will be dragged and tracks killed the evening prior to the race
- Tracks will be set the evening prior to the race
- If more than 1" of snow falls, tracks will be reset

Tracksetting

- Skate race:
 - After start tracks at start wand, no tracks on the remainder of the course
 - This is to facilitate skiers' opportunities for overtaking other skiers

- Classic race:
 - Single, best line track on flats and downhill
 - Two tracks up most hills
 - See next point for first kilometer of competition course

Start Setup

- Mass-start race
 - 20 start lanes
 - Fan of 8-10 tracks between end of start tracks and bottom of Ramp
 - 6 tracks up ramp
 - 4-5 tracks out relay alley
 - 2-3 tracks out relay trail to Russell's Revenge, and back to Blue
 - 2-3 tracks on most uphill, depending upon line
- Relay race
 - 20 start lanes (two start rows if needed)
 - Number of lanes gradually decreases over first 1Km (see next slide)

Relay

- Relay/Classic course tracks
 - 6 tracks up the Ramp
 - 4 tracks out the Relay Alley
 - 3 tracks out Relay Loop to Russell's Revenge
 - 2-3 tracks for the remainder of the course, depending upon line and profile
 - Single track on the side where skate and classic courses share the same trail
- Relay/Free course tracks
 - No tracks at any point on the course where the Free and Classic courses do not share the course
 - Single track on the side where skate and classic courses share the same trail

Finish Zone

- Interval Start/Classic: Three tracks
- Mass Start/Skate: Four lanes, 3m wide, no tracks.
- Relay: Three or four lanes, 3m wide, no tracks.

Wax Testing/Ski Testing/Warming Up

Wednesday – Training Day

- Test tracks set on Ramp
- Watch for skiers ascending Ramp
- Testing available all day

Thursday - Skate Race –

- Test tracks set on Ramp
- Watch for skiers ascending Ramp
- Testing available all day up to start of girls' 5Km
- Last finisher in girls' 5Km should cross the line at approximately 13:50PM-13:55PM
- At that time, courses will be reopened for testing until 14:20PM (boys start at 14:30PM)

- After the last starter in the first race (13:30PM), testing is also permitted on portions of the course cleared by the last competitor on course; do not overtake!

Friday – Classic Race –

- Test tracks set on West Ramp
- Watch for skiers (racers, spectators) ascending ramp
- Testing available all day

Saturday - Relay –

- Test tracks set on Ramp
- Testing in tracks on Ramp – don't ski out the tracks at the bottom of the Ramp
- Ski uphill in corridor between up and down race corridors
- Testing out of tracks on course is permitted, but skiing is permitted only in the direction of travel

General rules

- Test only in the direction of travel of the course
- Do not ski against the direction of travel when returning to top of speed trap – consider the safety of athletes
- Remove electronic testing equipment 15 minutes prior to the race start

Coaches During the Race

- Because of the large fields and 15-second start intervals, only one coach per team, wearing a coaches' bib, is permitted to be skiing/testing on the competition course during the interval start event.
- Two coaches per team, wearing coaches' bibs, may test during the mass start event, but only before or after the mass of the field has passed
- Two coaches per team, wearing coaches' bibs, may test during the relay event, but only before or after the mass of the field has passed

Skiers Warming Up and Testing During the Competition

- Skiers who want to test wax during the competition must test wax on areas that are not on the competition course
- Available areas:
 - Thursday: North 40, Competition Loop
 - Friday: North 40, Warmup Loop
 - Saturday: North 40

Definition of Classic Technique

- Classical technique includes the diagonal techniques, double-poling techniques, herringbone techniques without a glide phase, downhill techniques and turning techniques. Single or double skating is not allowed. Turning techniques comprise steps or pushes in order to change directions. Where there is a set track, turning techniques with pushing ARE NOT allowed. This also applies to competitors skiing outside of the set track
- NOTE: V1 IS NOT A TURNING TECHNIQUE, it is a skating technique

Awards

- Awards will be presented at 3:45PM Thursday, 3:30PM Friday, and 2:00PM Saturday
 - If the weather is good, presentation will take place in the finish area near the timing building
 - If the weather is not cooperating, presentation will take place indoors in the Assembly Room of the BHCCSC
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General Information

Go to www.nscfairbanks.org > ASAA10

Competition Venue Course Maps/Entry Lists/Start Lists/Results

Course maps, entry lists, start lists and results will be posted in several locations around the competition venue, including:

- Rikke's Roadhouse
- Official Information Board to north of Rikke's Roadhouse
- Entrance/Foyer of Birch Hill Cross Country Ski Center
- Bulletin Board at north end of stadium

All this information is and/or will be available on the NSCF website

Waxing Area Assignments:

Equipment Shed: ~~Homer, Kenai, Seward, Skyview, Soldotna, Cook Inlet Academy~~
Old Warming Hut: ~~Colony, Grace Christian, Palmer, Wasilla~~
BHCCSC Team Pod: ~~Lathrop, North Pole, SuValley, Valdez, West Valley~~
BHCCSC "Cave:" ~~Bartlett, Chugiak, Dimond, Eagle River, East Anchorage, West Anchorage, Service, South Anchorage~~