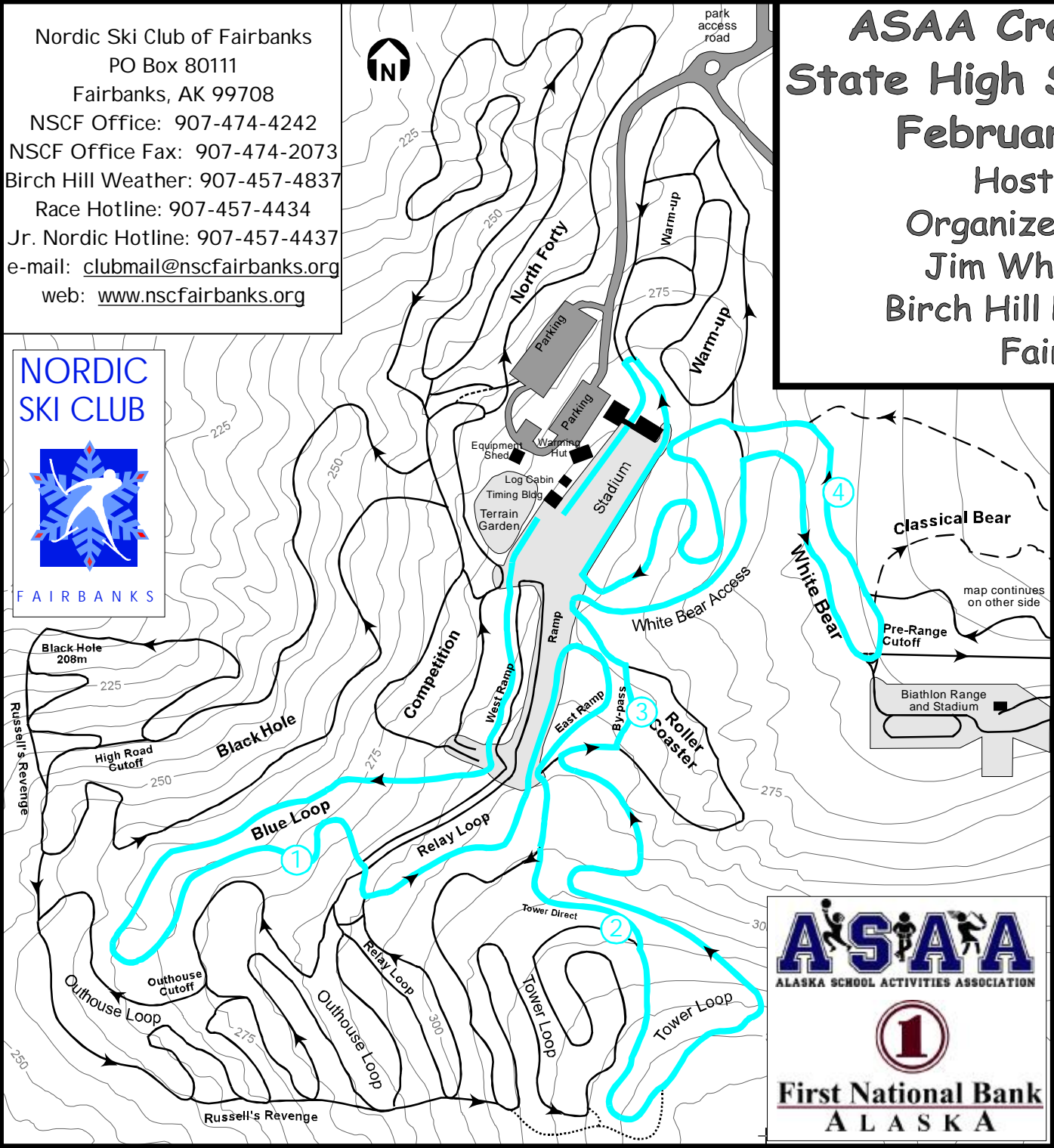


Nordic Ski Club of Fairbanks
 PO Box 80111
 Fairbanks, AK 99708
 NSCF Office: 907-474-4242
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ASAA Cross Country Skiing State High School Championships February 25-27, 2010 Hosted By Region VI Organized by NSC Fairbanks Jim Whisenant Ski Trails Birch Hill Park Recreation Area Fairbanks, Alaska



Thursday, February 25, 2010
 Girls' 5km Free Technique
 Interval Start
 1 Lap of Blue Course

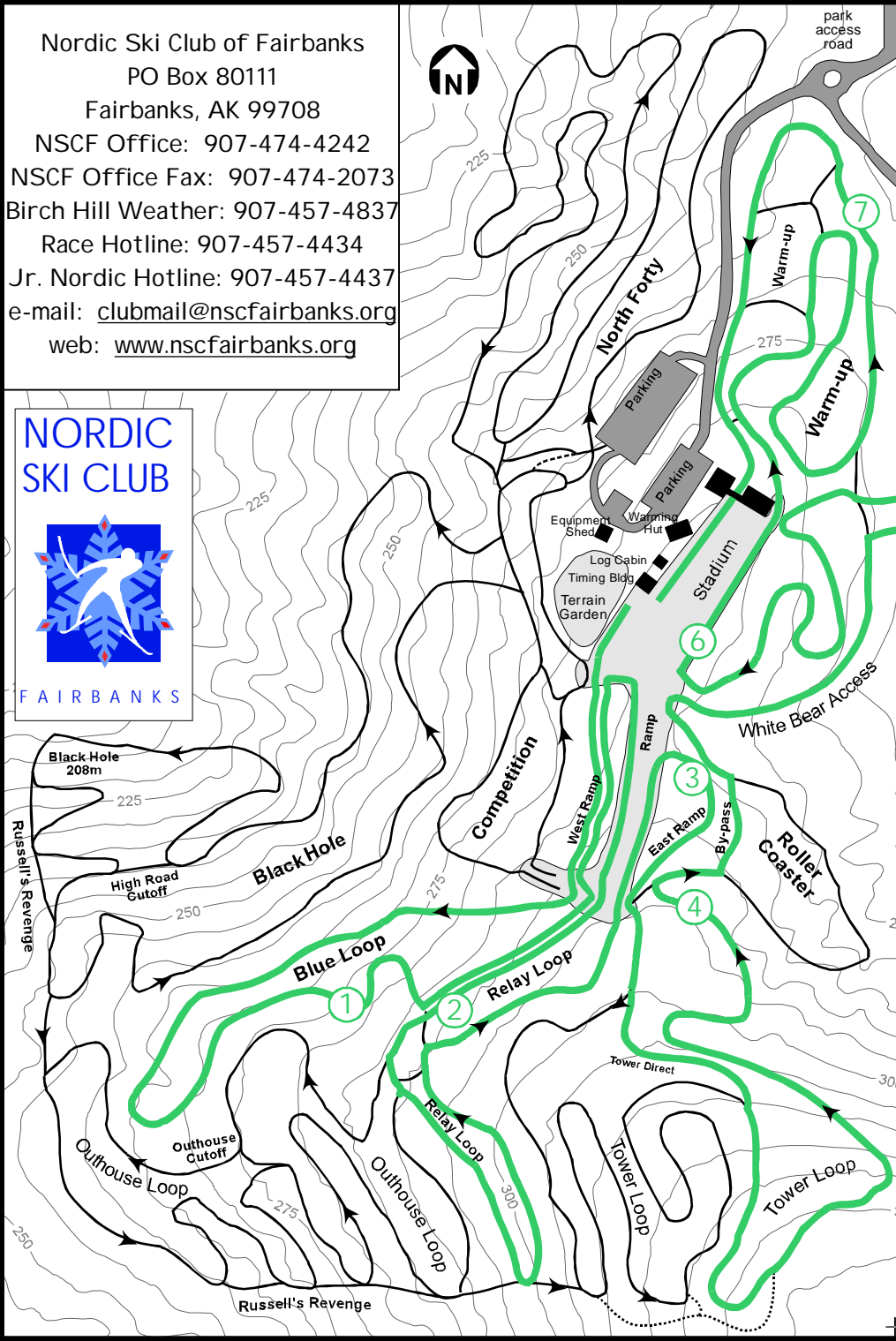
Technical Information:
 Measured Length: 5066m
 Height Difference (HD): 73m
 Total Climb (TC): 168m
 Maximum Climb (MC): 43m
 Climb per Km: 33.1m/km

Competition Committee:

- Technical Delegate: Matt Pauli
- 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: Susan Paskvan



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Thursday, February 25, 2010
 Boys' 7.5km Free Technique
 Interval Start
 1 Lap of Green Course

Technical Information:
 Measured Length: 7626m
 Height Difference (HD): 73m
 Total Climb (TC): 237m
 Maximum Climb (MC): 43m
 Climb per Km: 31.1m/km

Competition Committee:

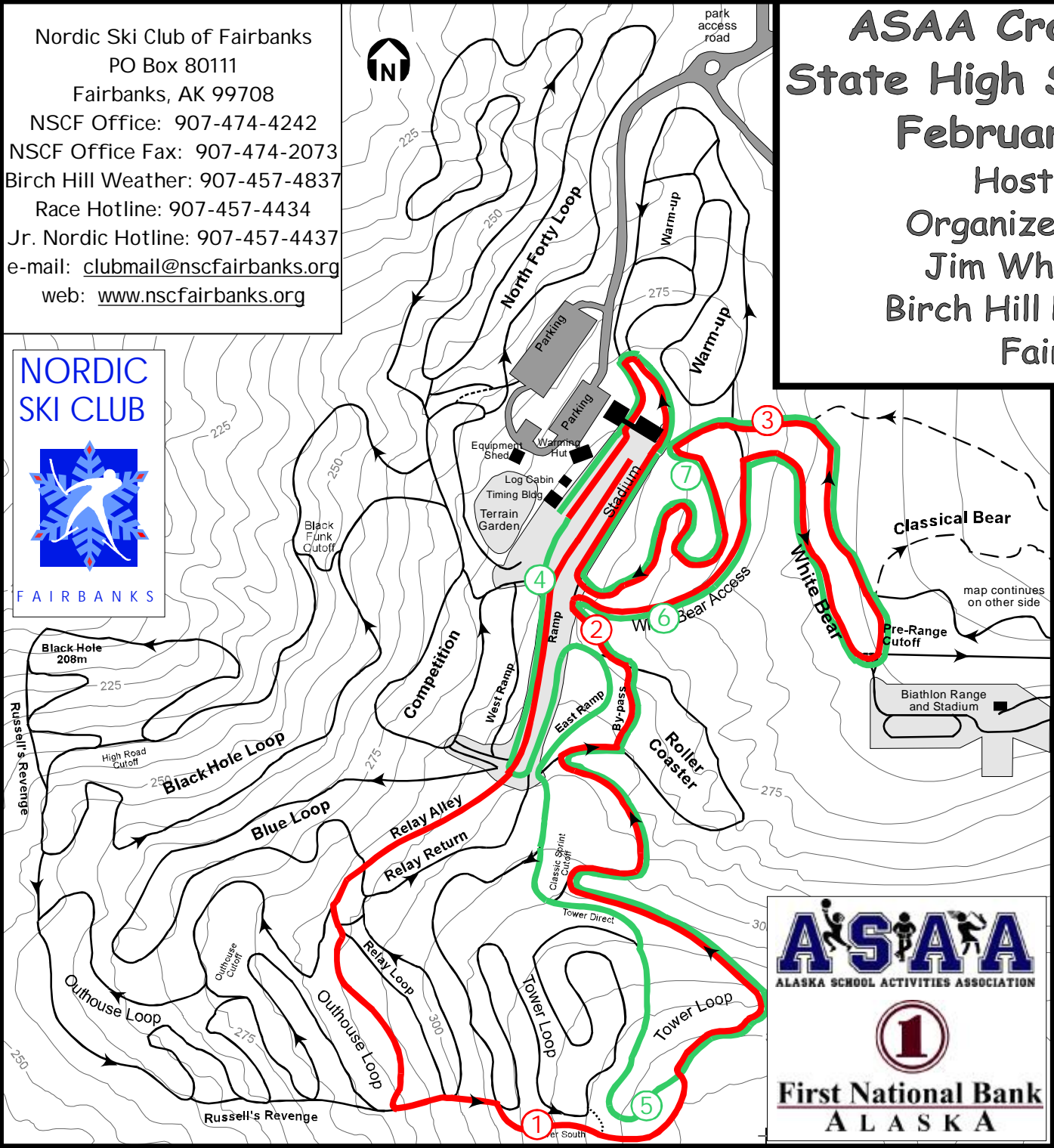
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Friday, February 26, 2010
 Girls 7.5Km
 Mass-Start Classic Technique
 Red Course (lap 1) &
 Green Course (lap 2)

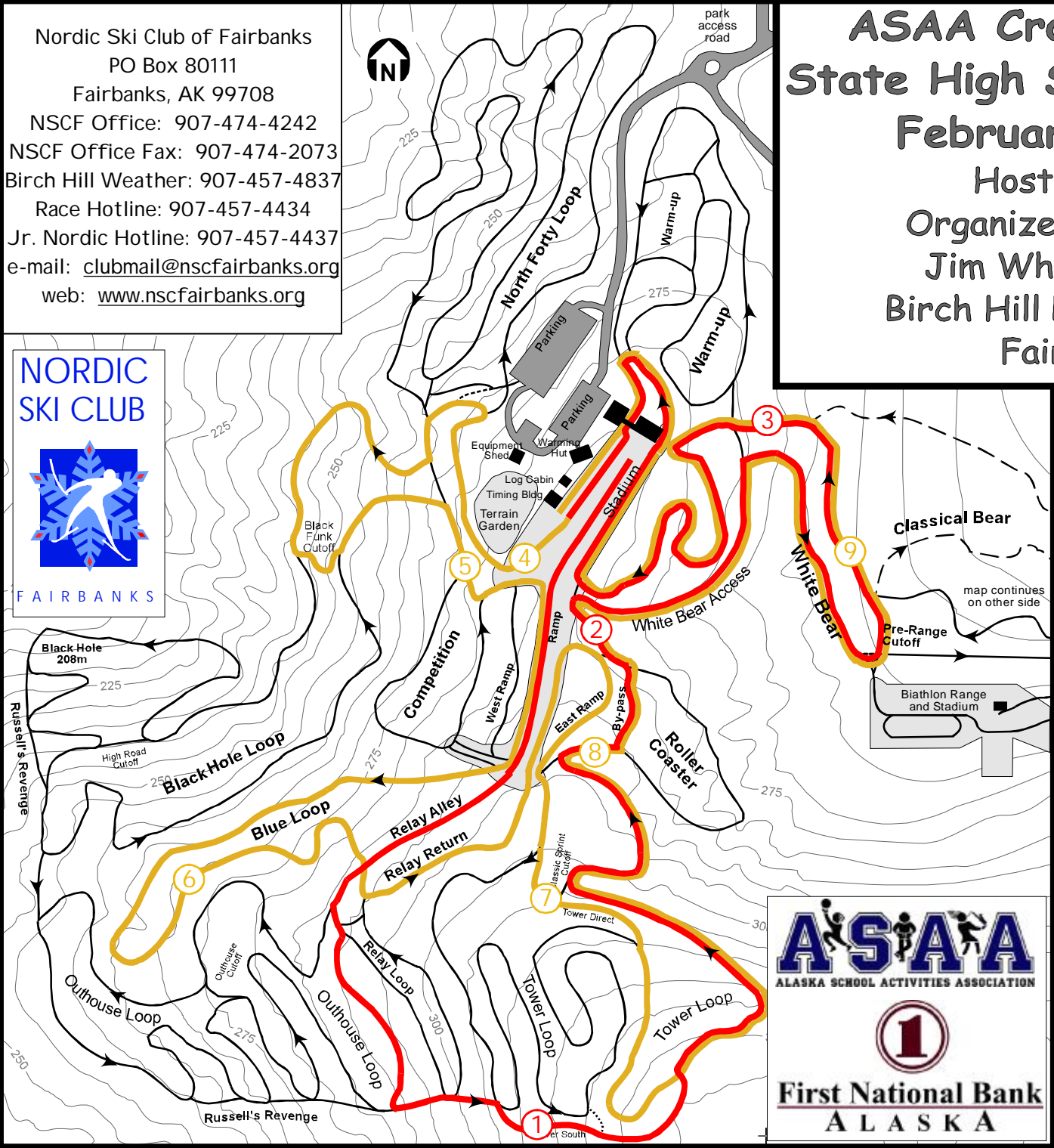
Technical Information:
 Measured Length: 7778m
 Height Difference (HD): 73m
 Total Climb (TC): 242m
 Maximum Climb (MC): 42m
 Climb per Km: 31.2m/km

Competition Committee:
 Technical Delegate: Matt Pauli
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Friday, February 26, 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

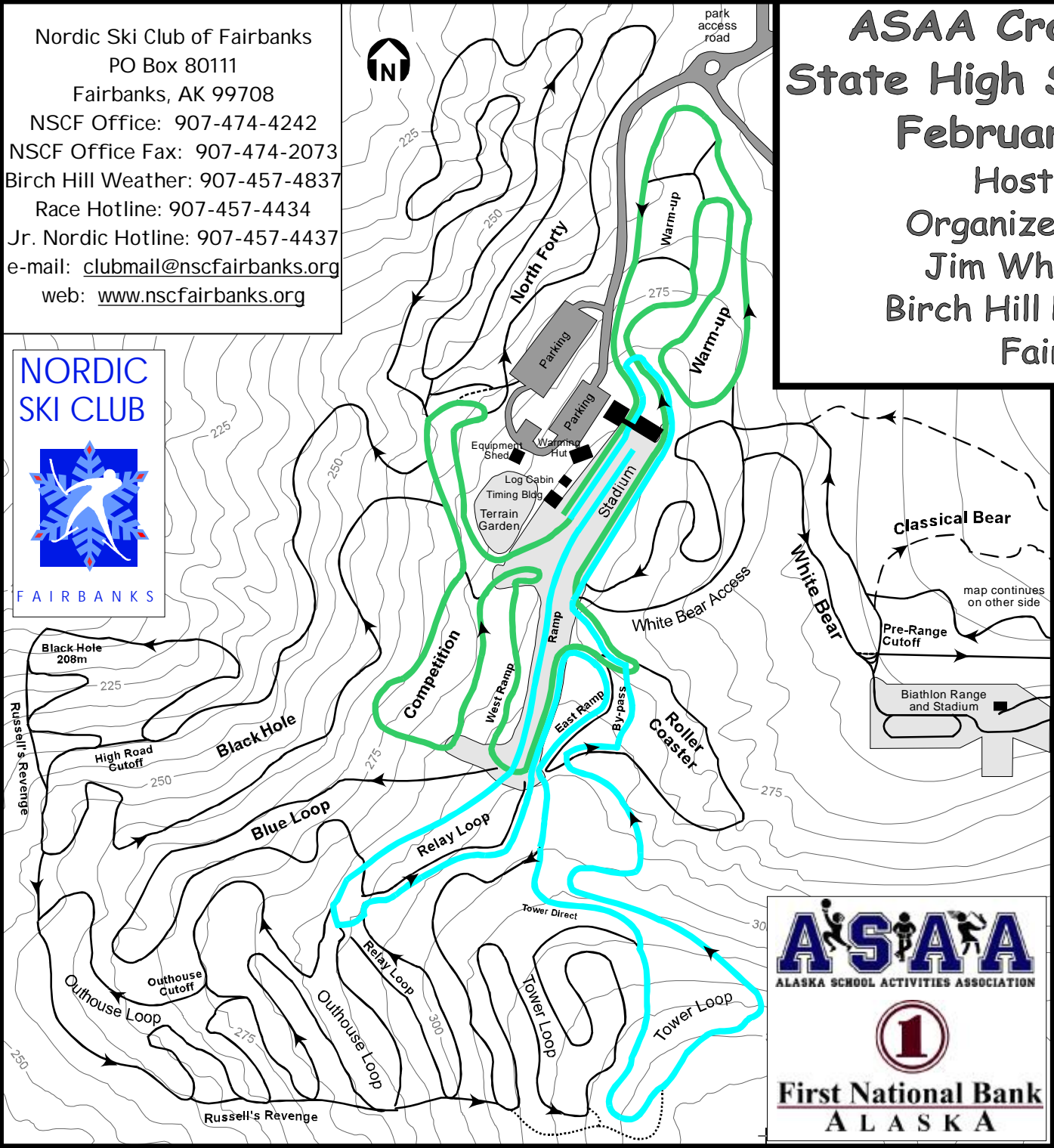
Competition Committee:
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Saturday, February 27, 2010
 Girls' 4 x 3km
 Cl - Cl - Fr - Fr Relay
 Classic/Blue & Free/Green

Technical Information:

Length: 3085m	Length: 3272m
(HD): 46m	(HD): 31m
(TC): 77m	(TC): 102m
(MC): 42m	(MC): 25m
25.0 m/km	31.2 m/km

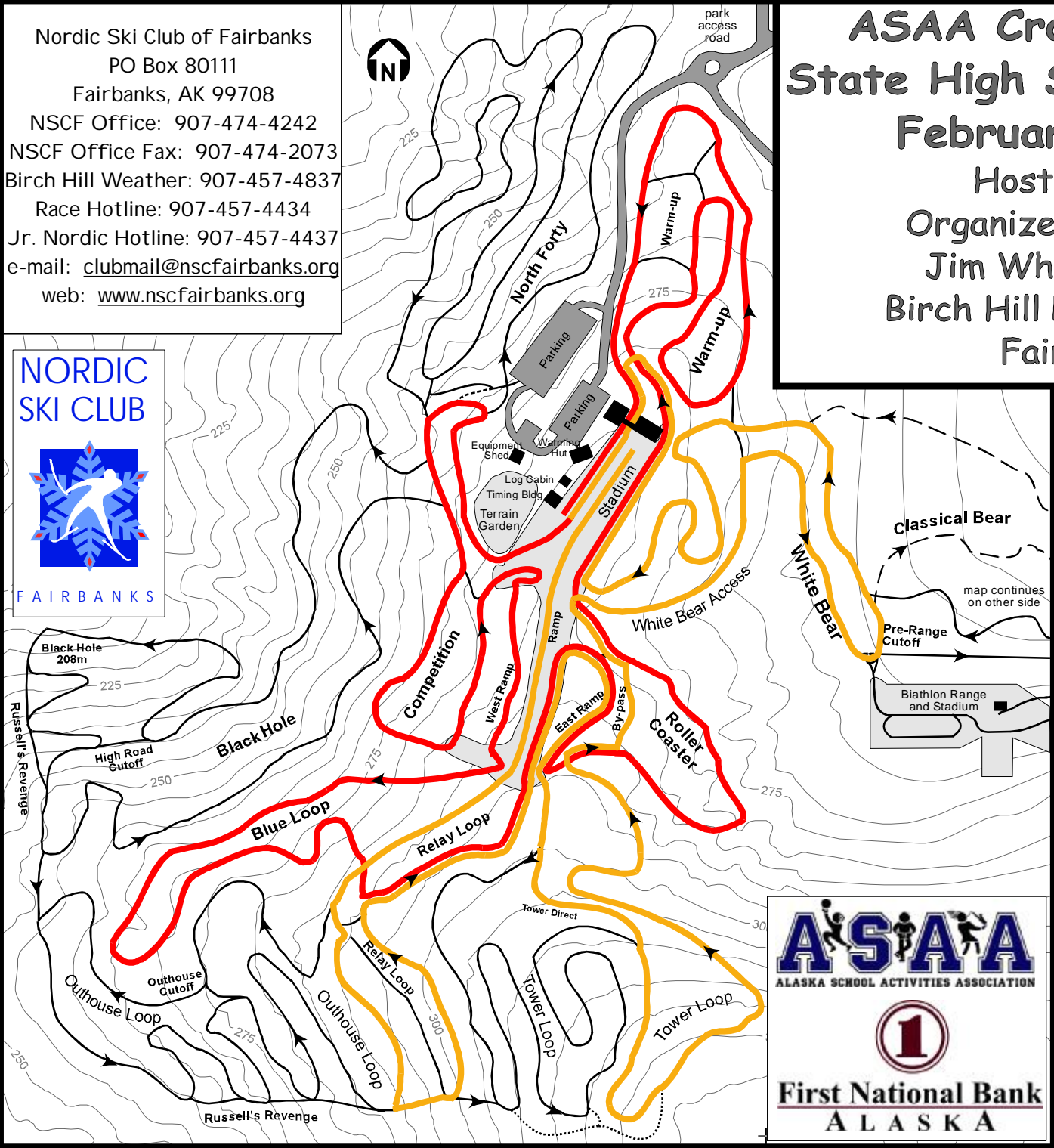
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Saturday, February 27, 2010
 Boy's 4 x 5km
 Cl - Cl - Fr - Fr Relay
 Classic/Gold and Free/Red

Technical Information:

Length: 5015m	Length: 5032m
(HD): 73m	(HD): 38m
(TC): 151m	(TC): 179m
(MC): 42m	(MC): 31m
30.1 m/km	35.6 m/km

Competition Committee:

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