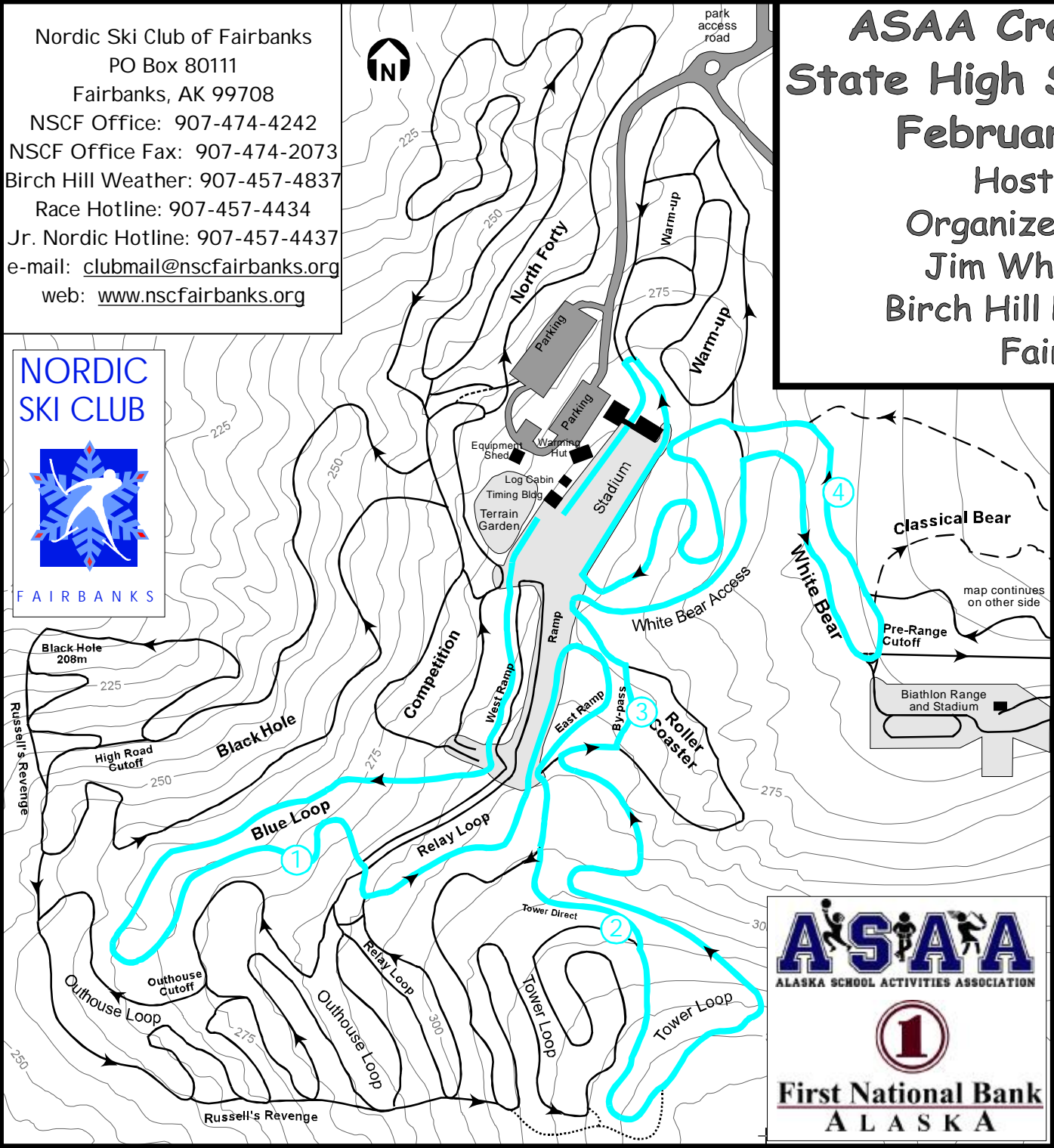


Nordic Ski Club of Fairbanks
 PO Box 80111
 Fairbanks, AK 99708
 NSCF Office: 907-474-4242
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 Birch Hill Weather: 907-457-4837
 Race Hotline: 907-457-4434
 Jr. Nordic Hotline: 907-457-4437
 e-mail: clubmail@nscfairbanks.org
 web: www.nscfairbanks.org

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



3/2/2009

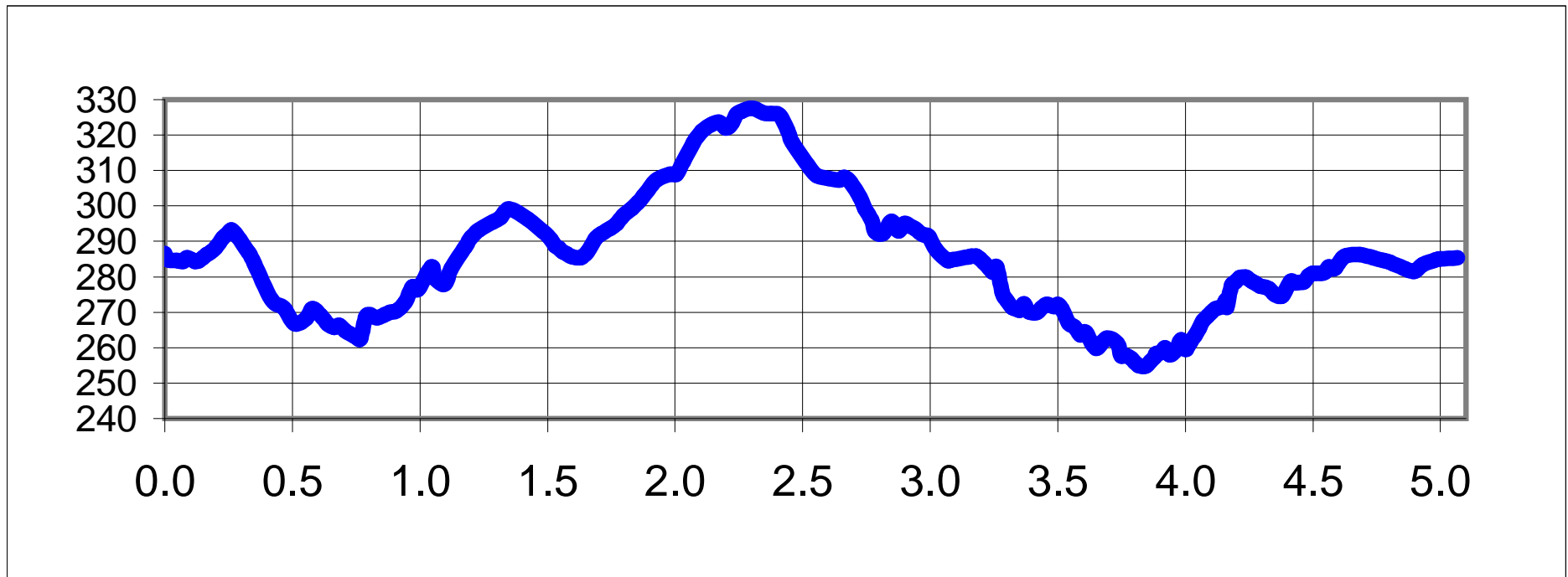
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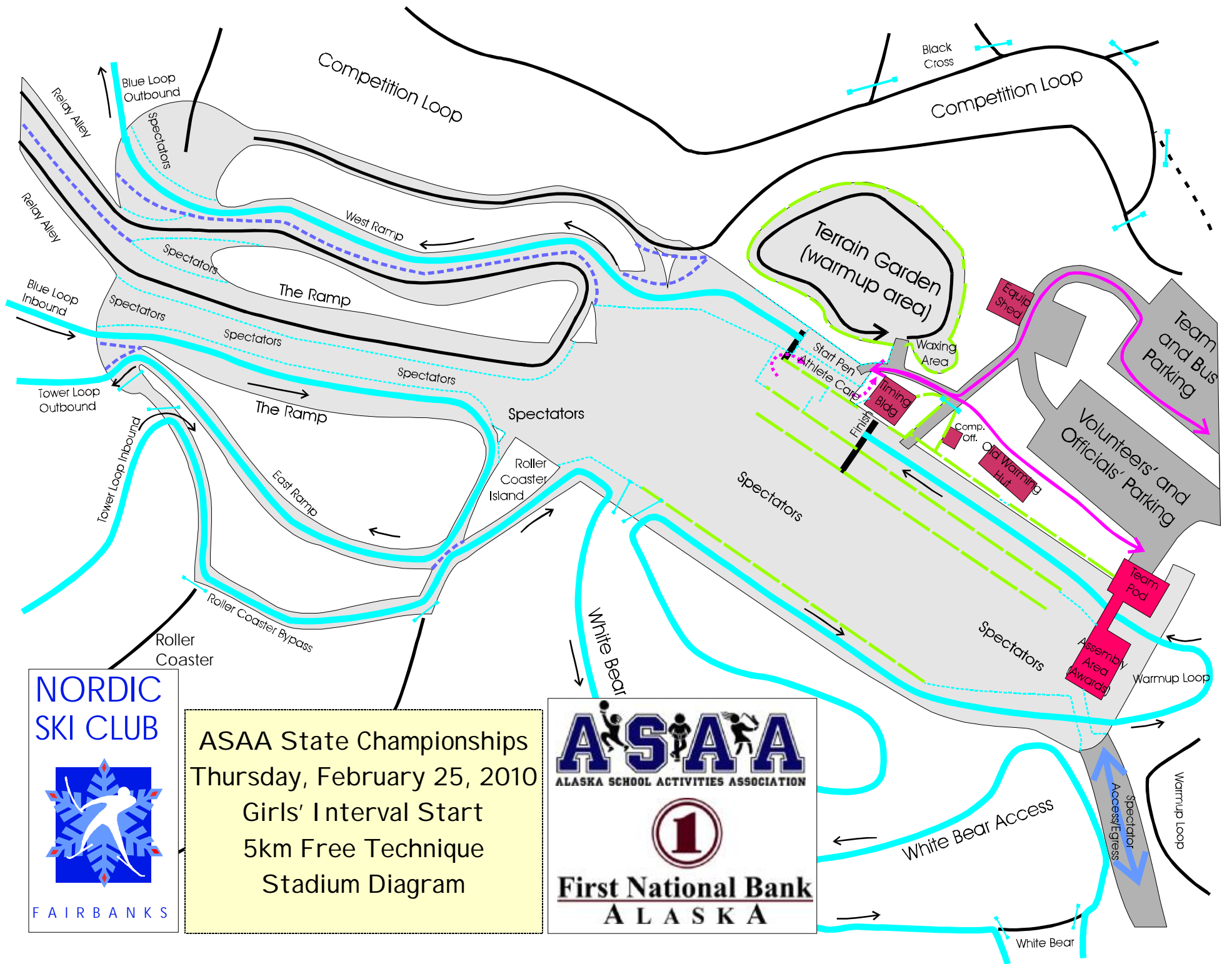
High School Girls 5km Free Technique

Measured Length	5066 m	Height Difference (HD):	73 m
High Point	328 m	Total Climb (TC):	168 m
Low Point	255 m	Maximum Climb (MC):	42 m

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

Climb per km: 33.1m - FIS range climb/km: 30.0m - 42.0m





**NORDIC
SKI CLUB**



FAIRBANKS

ASAA State Championships
 Thursday, February 25, 2010
 Girls' Interval Start
 5km Free Technique
 Stadium Diagram

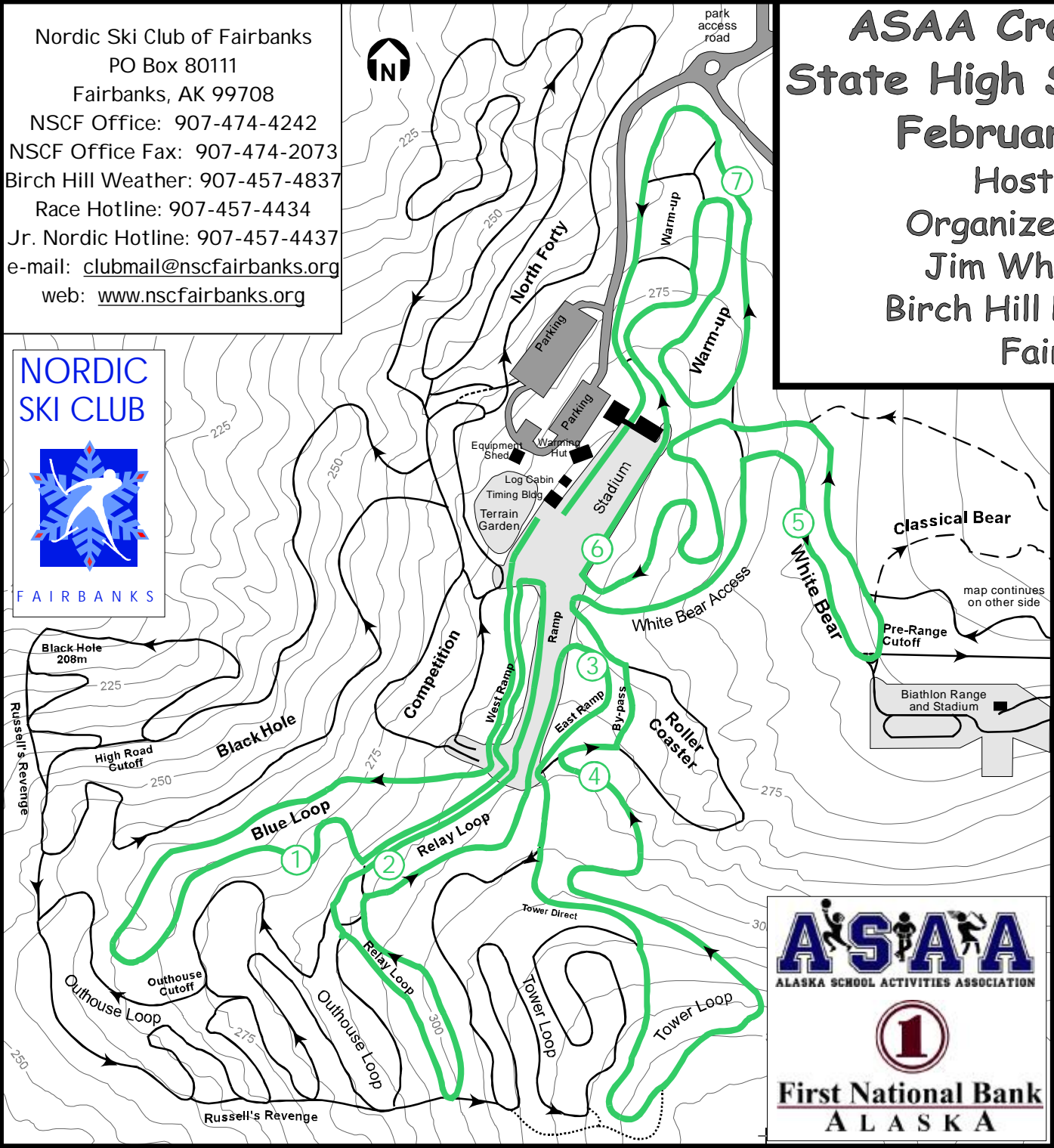


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 ALASKA

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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
 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:

- 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



3/2/2009

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High School Boys 7.5km Free Technique

Measured Length 7626 m

Height Difference (HD): 73 m

High Point 328 m

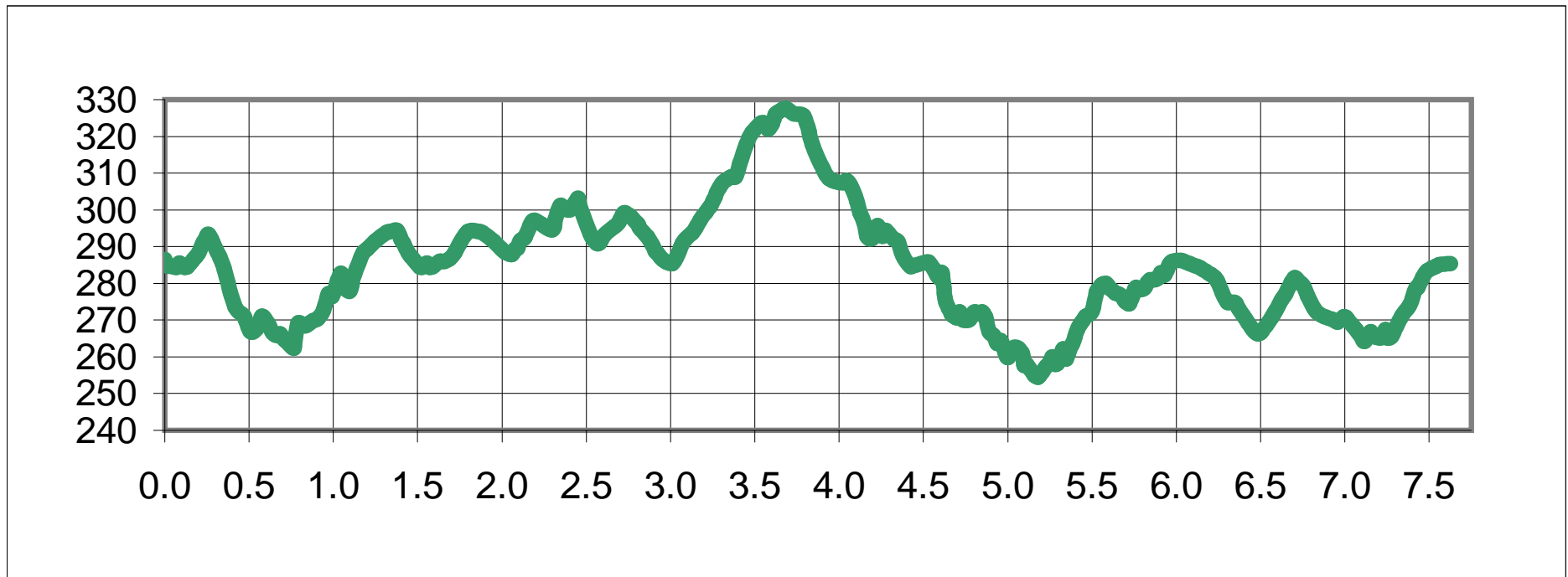
Total Climb (TC): 237 m

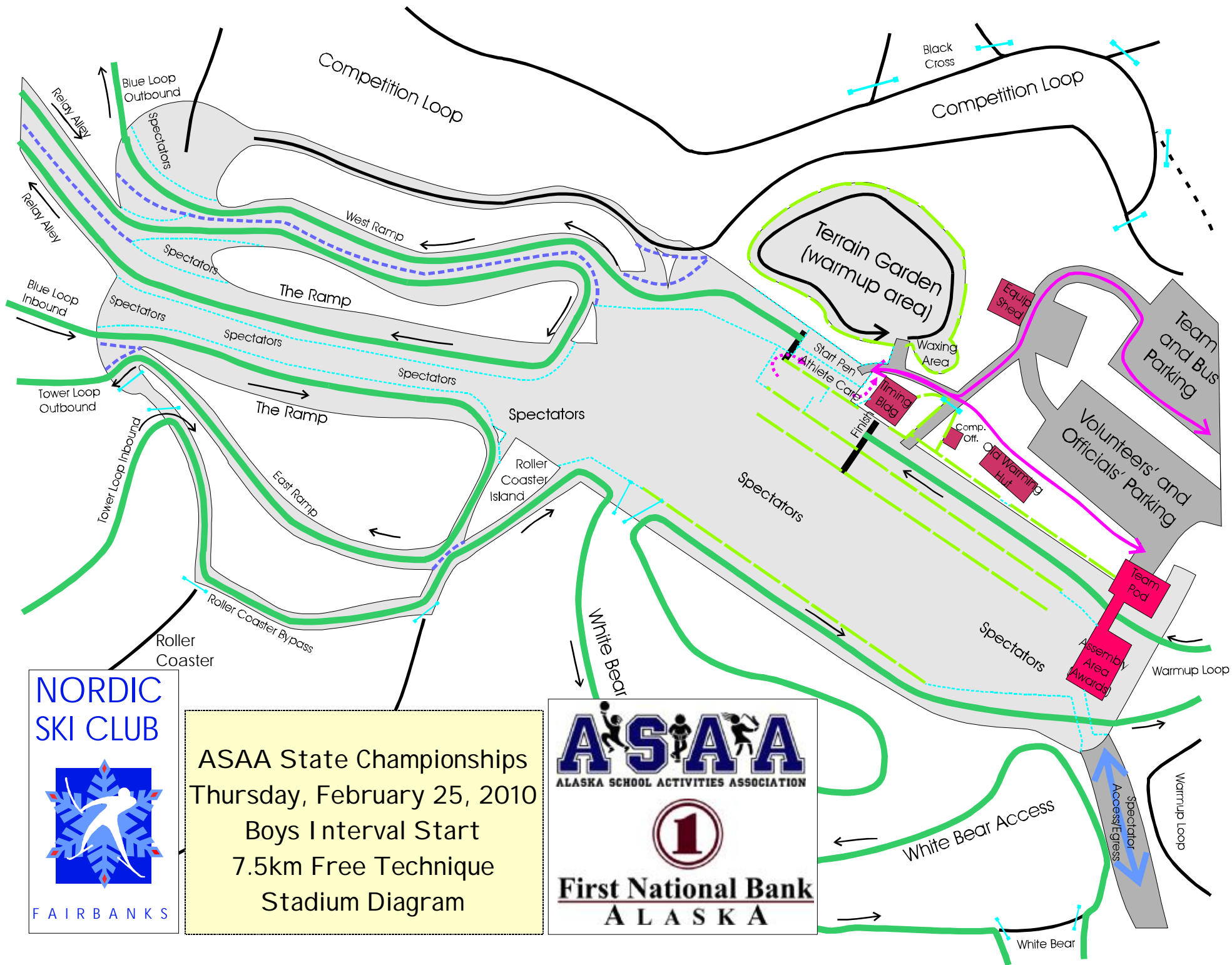
Low Point 254 m

Maximum Climb (MC): 42 m

FIS Spec Ranges: HD:125m, MC:65m, TC min:200m/TC max:315m

Climb per km: 31.1m - FIS range climb/km: 26.7m - 42.0m





ASAA State Championships
 Thursday, February 25, 2010
 Boys Interval Start
 7.5km Free Technique
 Stadium Diagram



Start Mesa and Lap/Finish Area Setup

Interval Start/Free Technique-One Lap-No Youth Start

