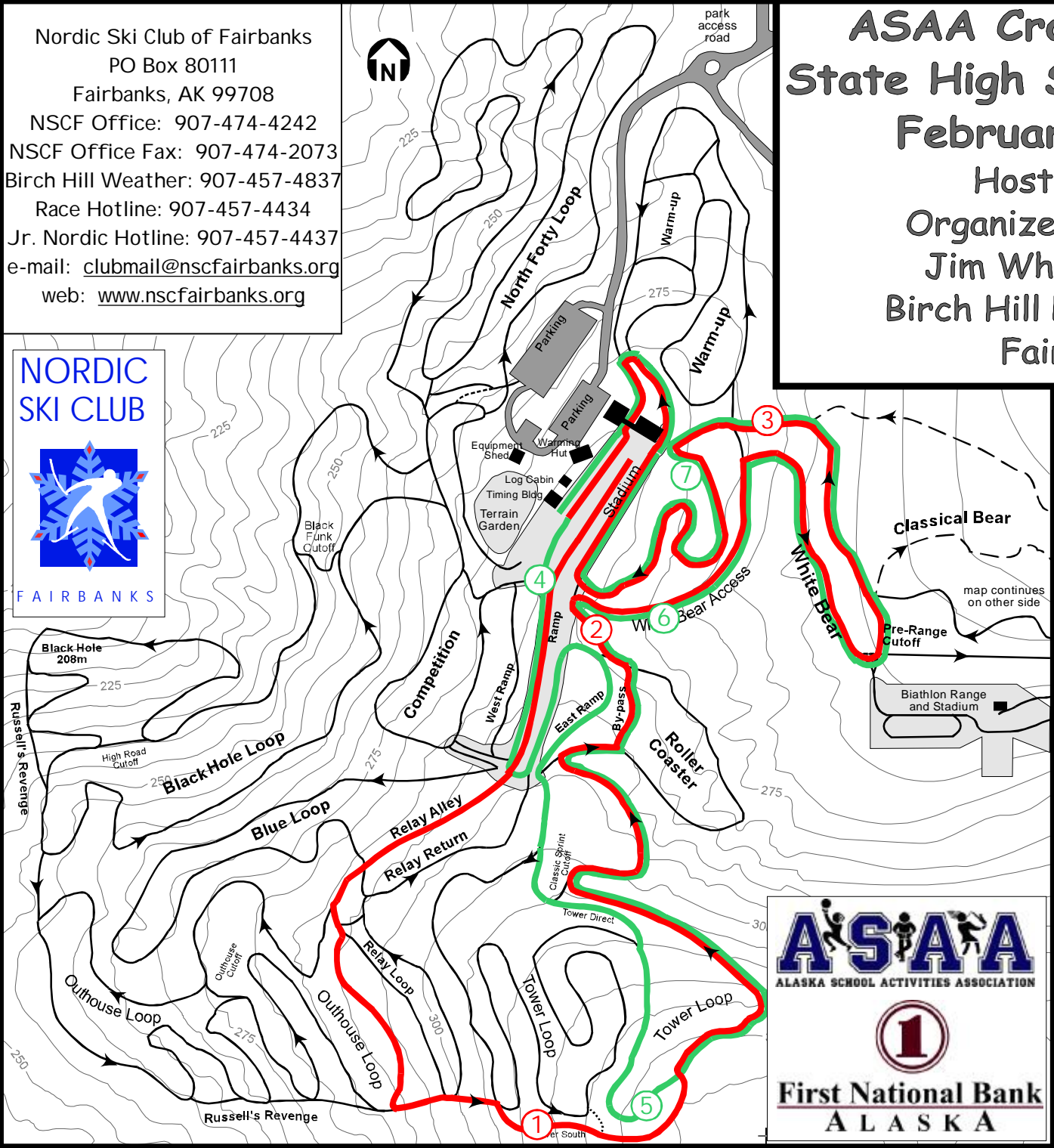


Nordic Ski Club of Fairbanks
 PO Box 80111
 Fairbanks, AK 99708
 NSCF Office: 907-474-4242
 NSCF Office Fax: 907-474-2073
 Birch Hill Weather: 907-457-4837
 Race Hotline: 907-457-4434
 Jr. Nordic Hotline: 907-457-4437
 e-mail: clubmail@nscfairbanks.org
 web: www.nscfairbanks.org



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



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
 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 7.5Km Mass-Start Classic Technique

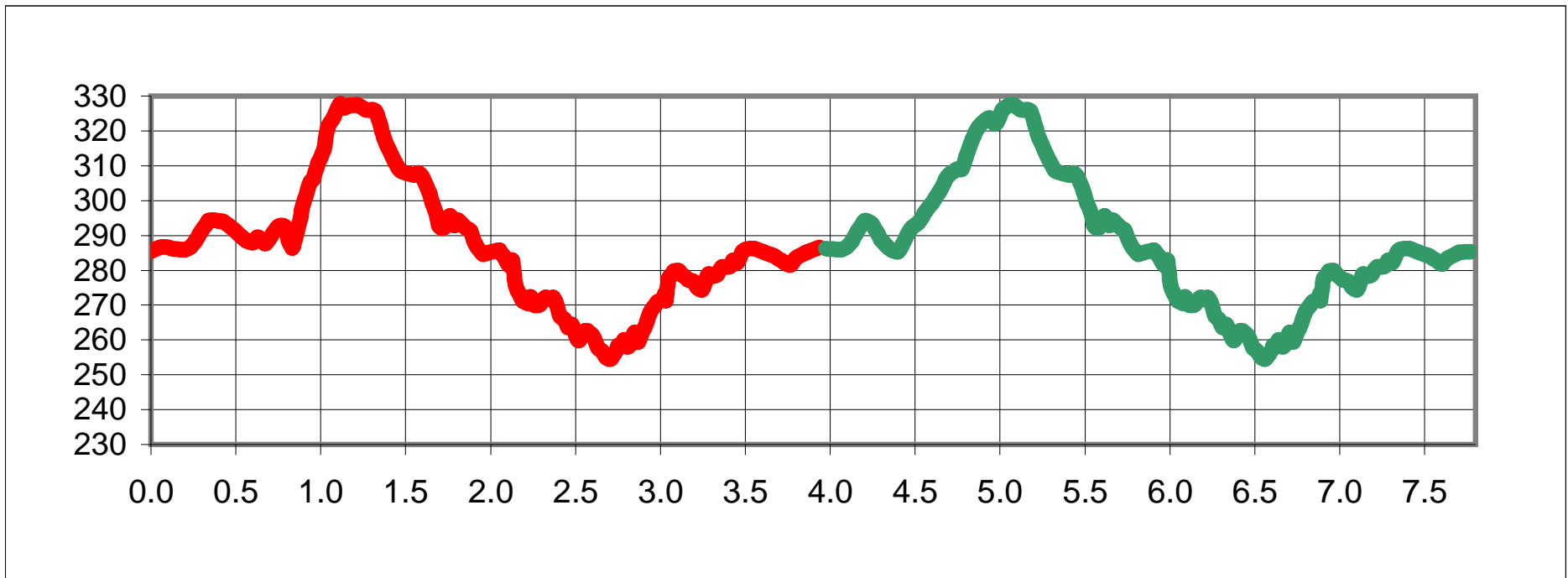
Measured Length 7773 m **Height Difference (HD):** 73 m

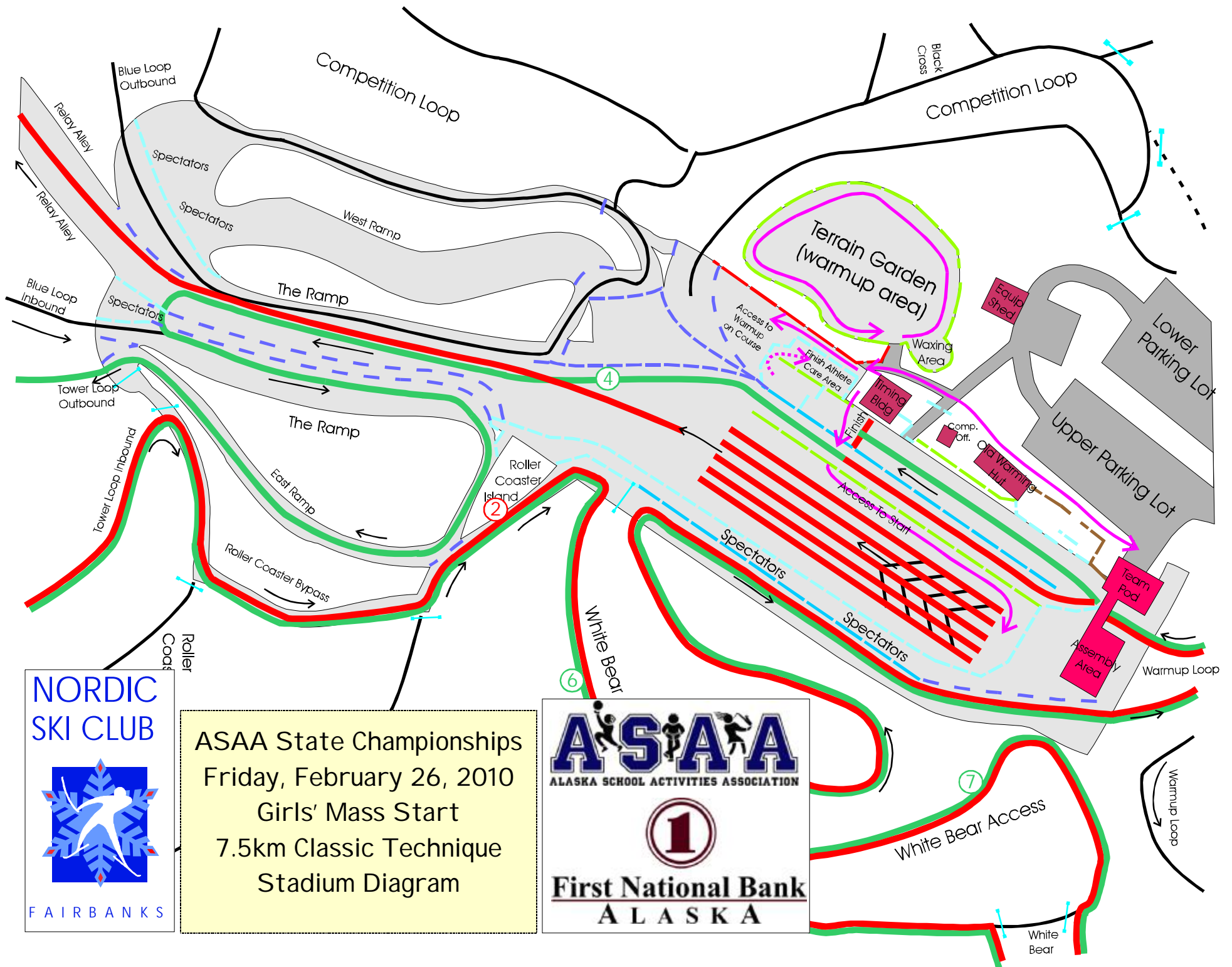
High Point 328 m **Total Climb (TC):** 242 m

Low Point 254 m **Maximum Climb (MC):** 54 m

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

Climb per km: 31.2m - FIS range climb/km: 26.7m - 42.0m



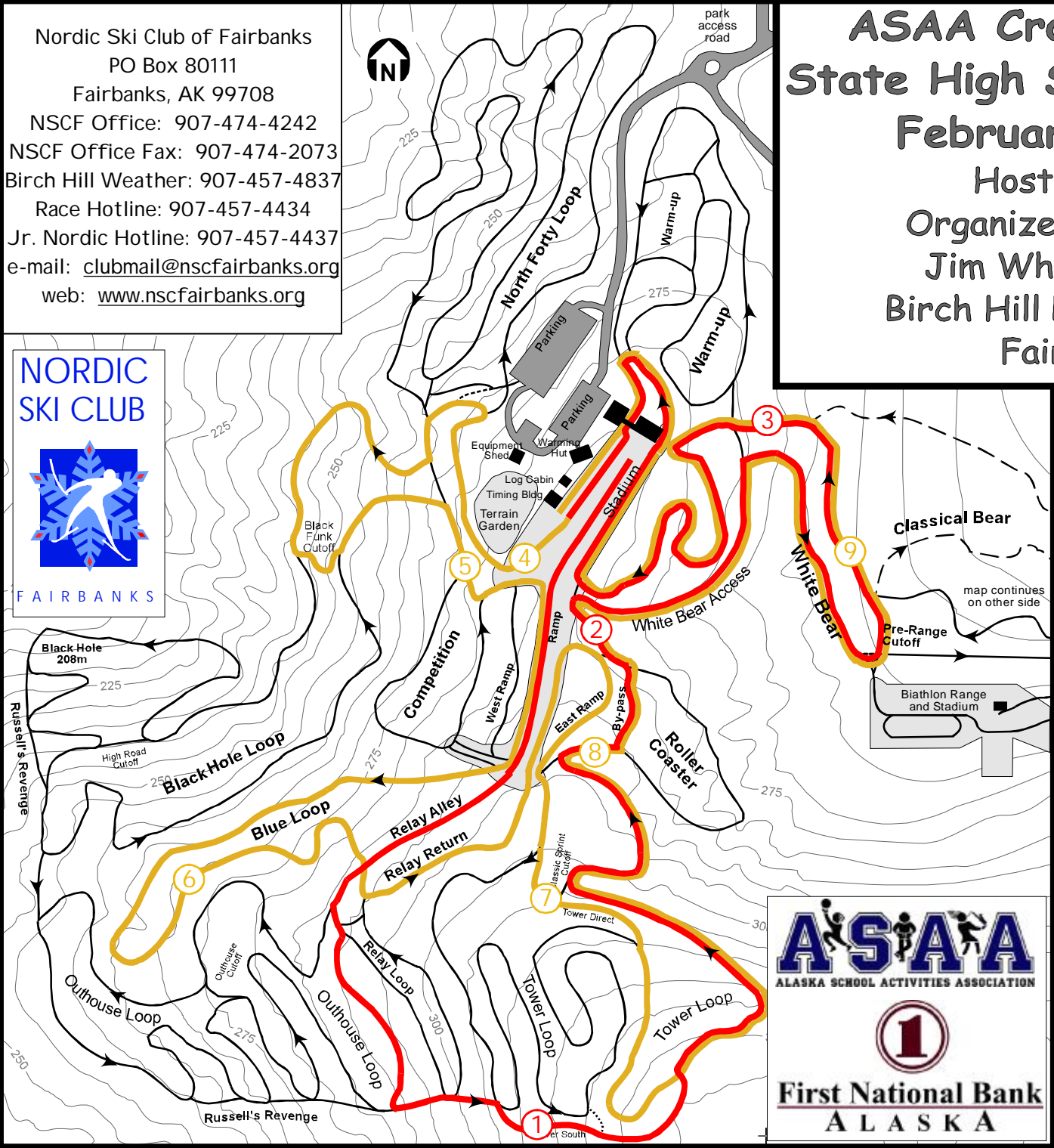


ASAA State Championships
 Friday, February 26, 2010
 Girls' Mass Start
 7.5km Classic Technique
 Stadium Diagram



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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



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:
 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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High School Boys 10Km Mass-Start Classic Technique

Measured Length 10104 m

Height Difference (HD): 89 m

High Point 328 m

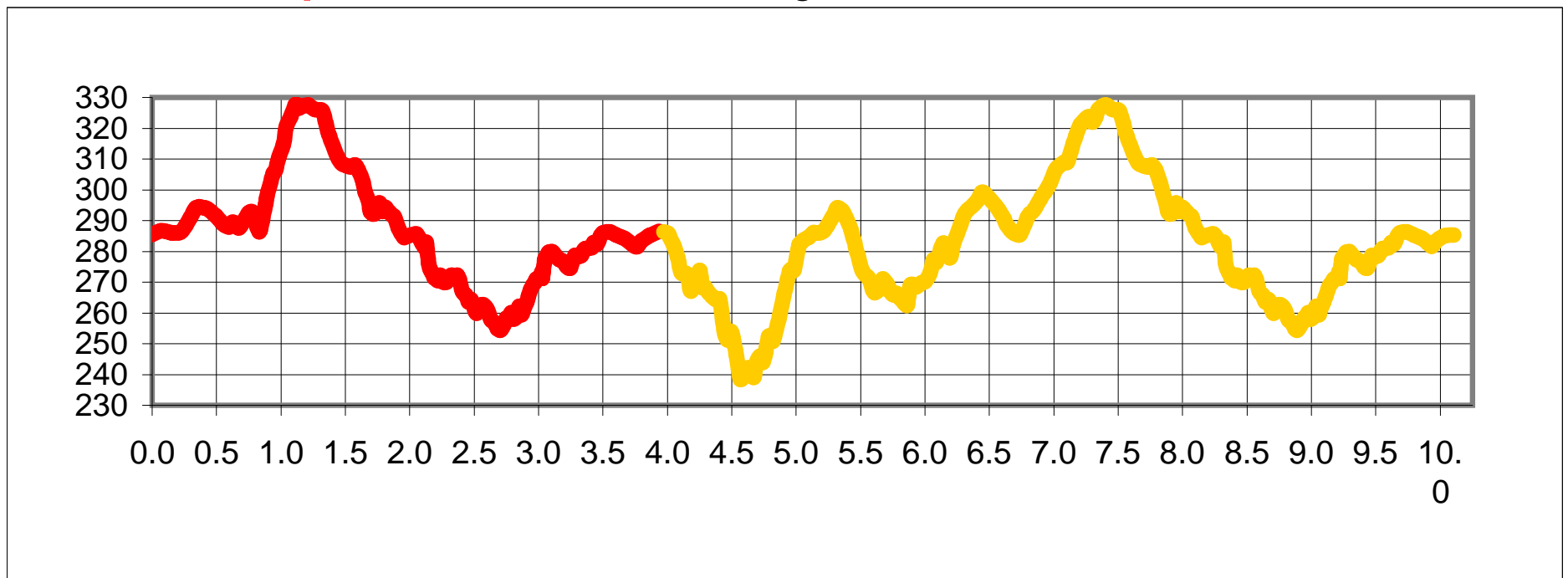
Total Climb (TC): 355 m

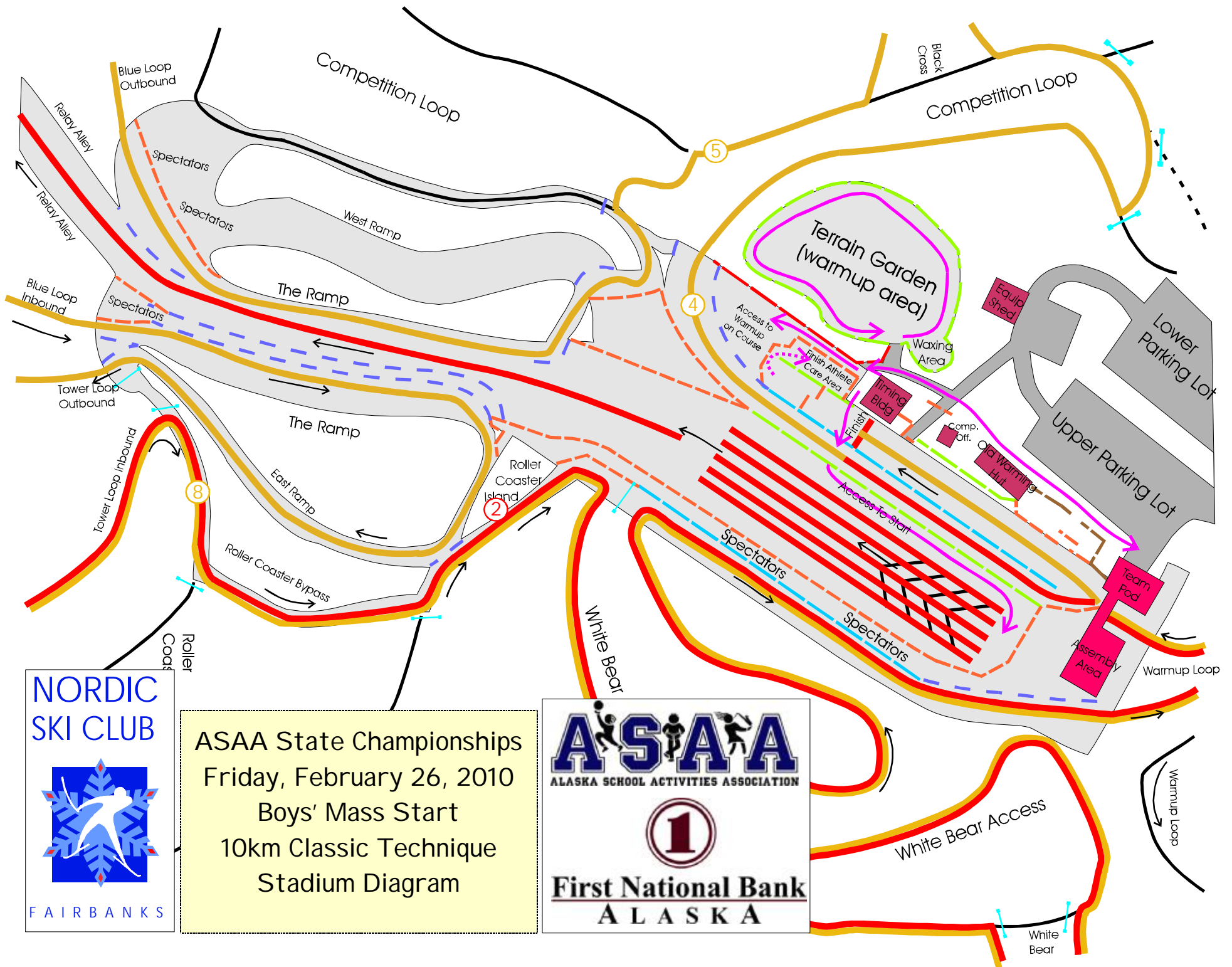
Low Point 239 m

Maximum Climb (MC): 54 m

FIS Spec Ranges: HD:150m, MC:80m, TC min:250m/TC max:400m

Climb per km: 35.2m - FIS range climb/km: 25.0m - 40.0m





ASAA State Championships
 Friday, February 26, 2010
 Boys' Mass Start
 10km Classic Technique
 Stadium Diagram



Mass-Start Setup - Large Field

Multi-Lap

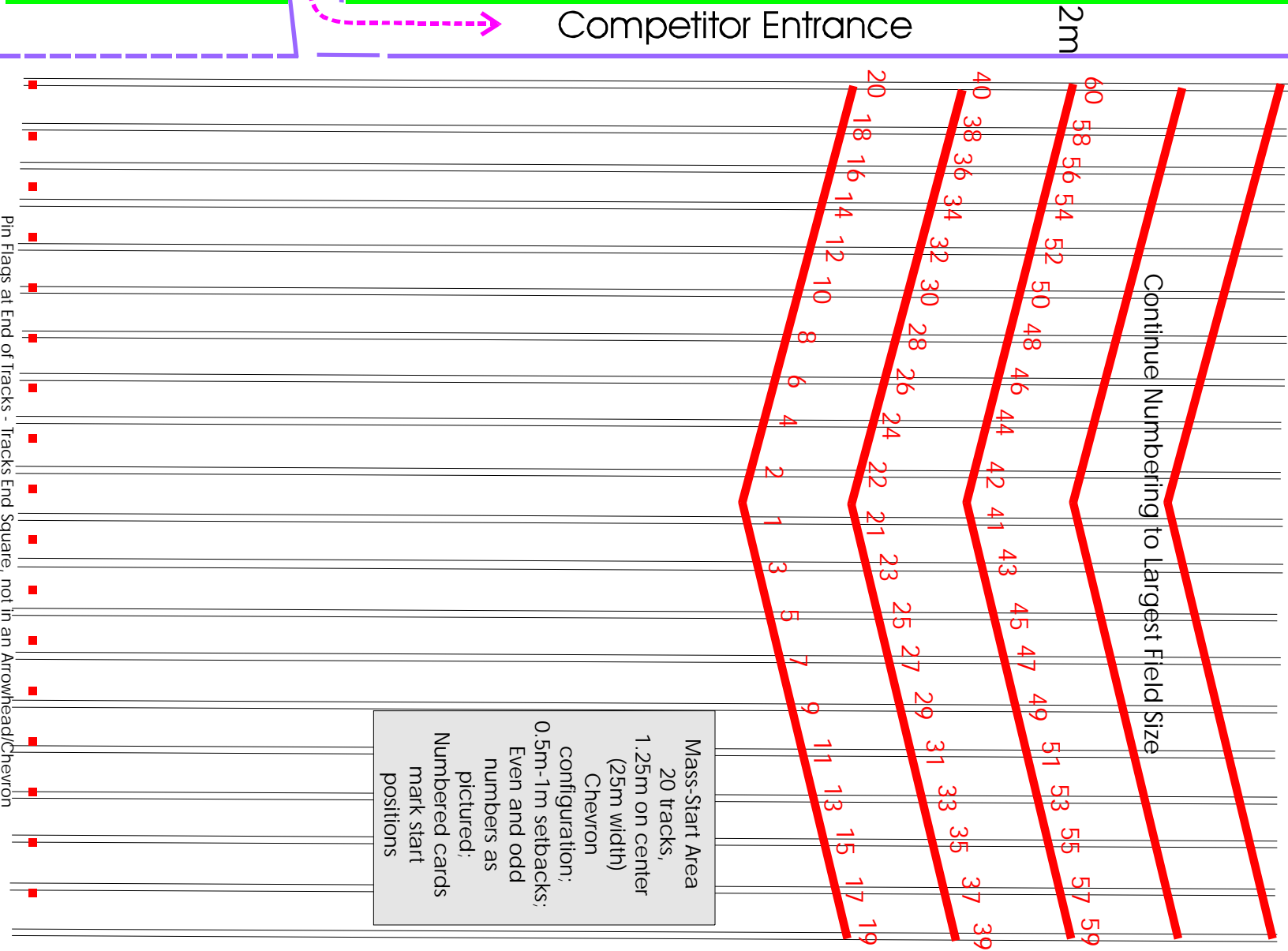
Spectator Area



Clothing Bag Service

3 Black Sleds for Clothing

Continue Numbering to Largest Field Size



Mass-Start Area
20 tracks,
1.25m on center
(25m width)
Chevron
configuration;
0.5m-1m setbacks;
Even and odd
numbers as
pictured;
Numbered cards
mark start
positions

Lap Lane During Race

Competitor Entrance

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

Spectator Corridor

Start Mesa and Lap/Finish Area Setup

Mass Start / Classic Technique - Multi Lap

