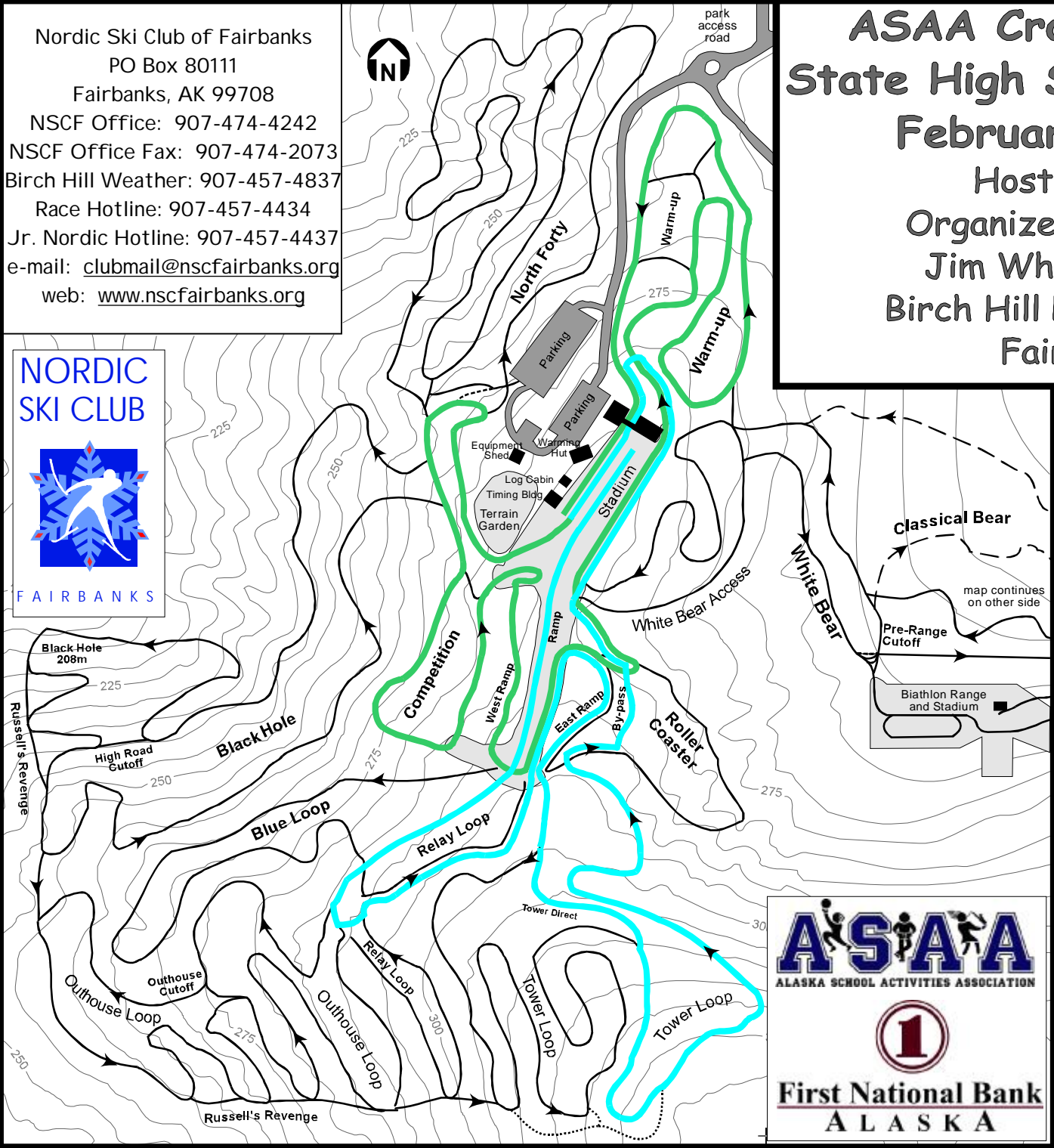


Nordic Ski Club of Fairbanks
 PO Box 80111
 Fairbanks, AK 99708
 NSCF Office: 907-474-4242
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 Birch Hill Weather: 907-457-4837
 Race Hotline: 907-457-4434
 Jr. Nordic Hotline: 907-457-4437
 e-mail: clubmail@nscfairbanks.org
 web: www.nscfairbanks.org



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



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

- 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

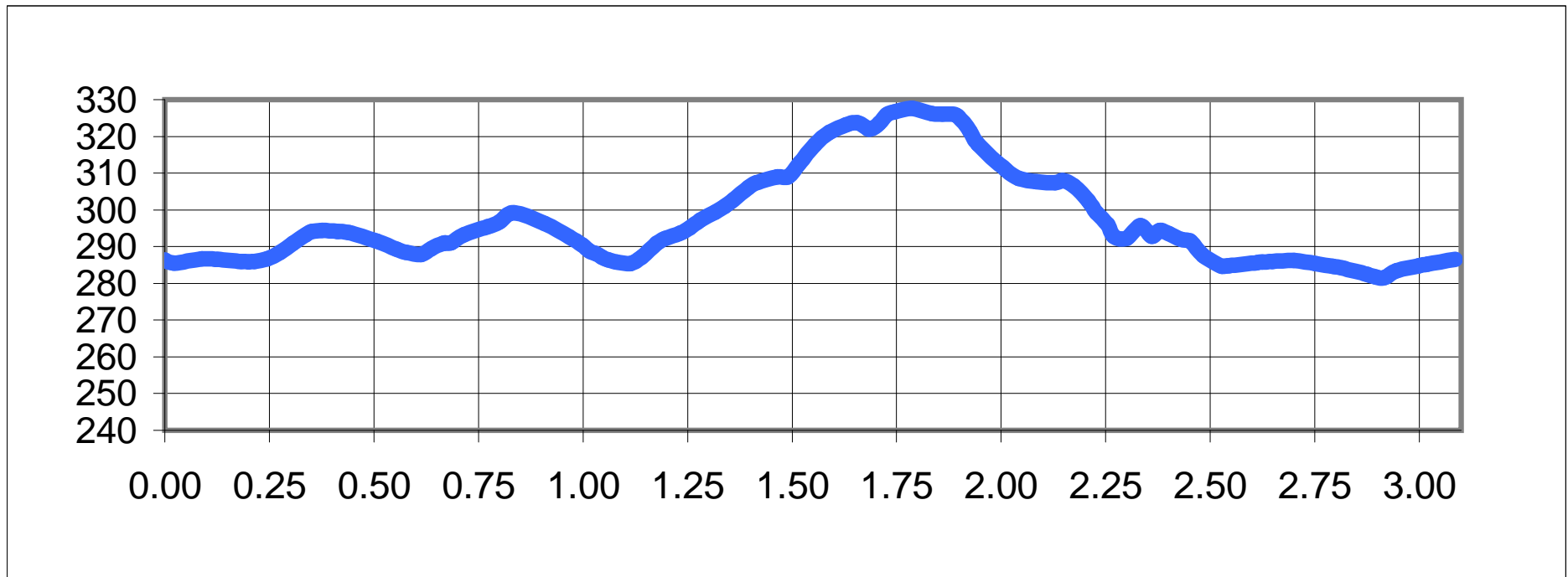
11:19 AM

High School Girls Relay 3km Classic Technique

<i>Measured Length</i>	3085 m	<i>Height Difference (HD):</i>	46 m
<i>High Point</i>	328 m	<i>Total Climb (TC):</i>	77 m
<i>Low Point</i>	282 m	<i>Maximum Climb (MC):</i>	42 m

FIS Spec Ranges: #N/A

Climb per km: 25.0m / km



3/2/2009

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High School Girls Relay 3km Free Technique

Measured Length 3272 m

Height Difference (HD): 31 m

High Point 295 m

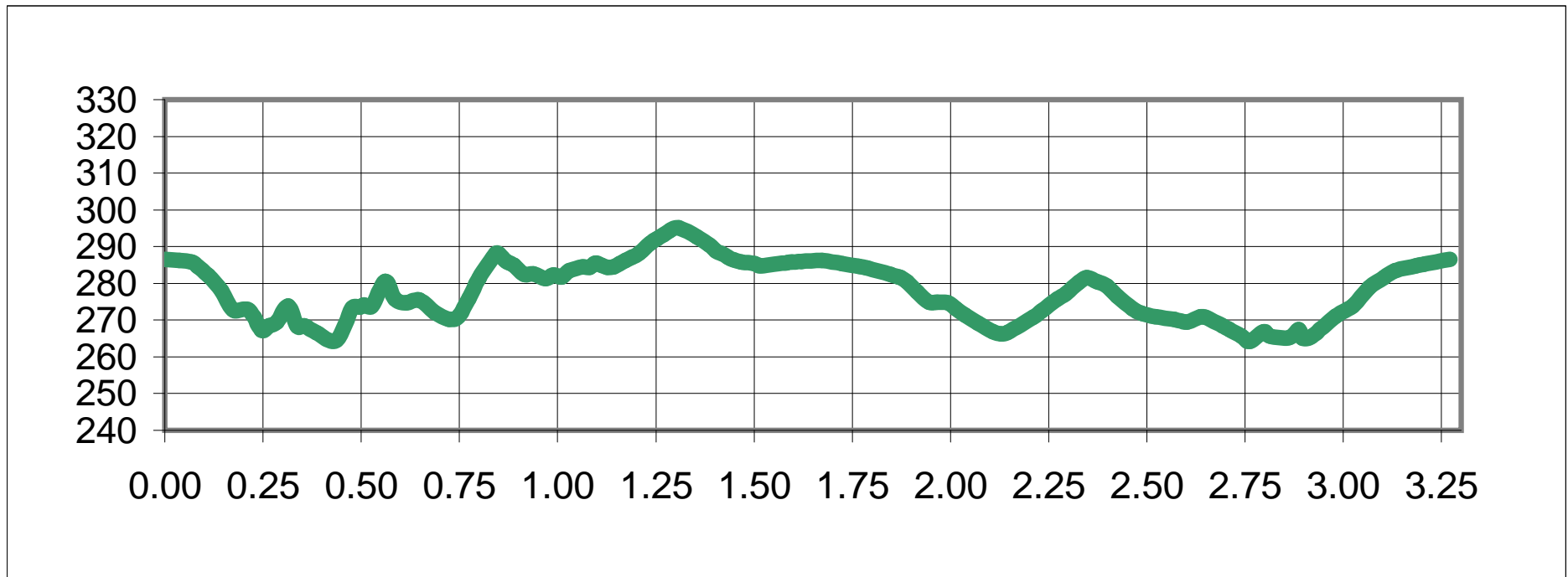
Total Climb (TC): 102 m

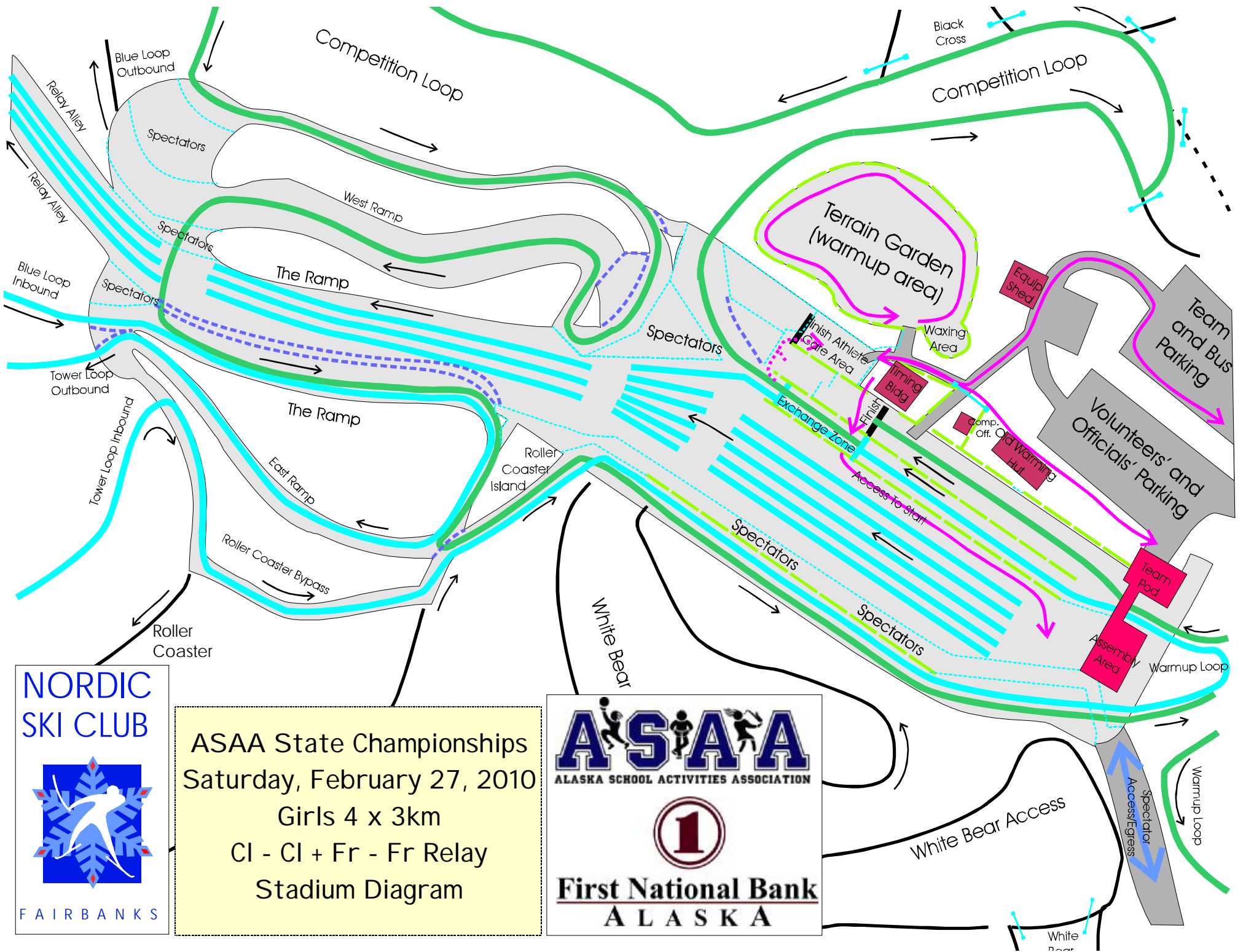
Low Point 264 m

Maximum Climb (MC): 42 m

FIS Spec Ranges: HD:50m, MC:50m, TC min:75m/TC max:105m

Climb per km: 31.2m / km





NORDIC SKI CLUB



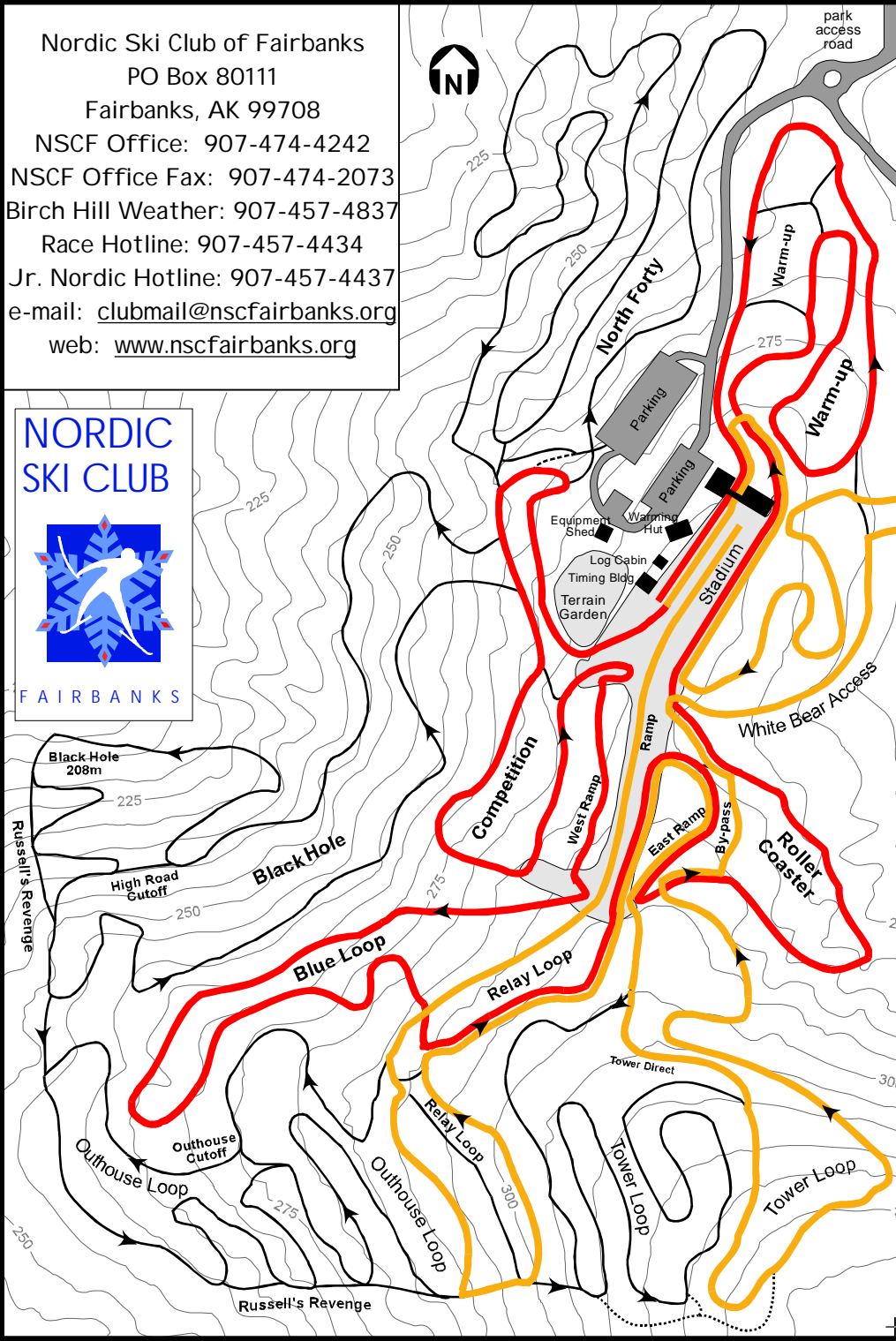
FAIRBANKS

ASAA State Championships
 Saturday, February 27, 2010
 Girls 4 x 3km
 Cl - Cl + Fr - Fr Relay
 Stadium Diagram



First National Bank
 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

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:
- Technical Delegate: Matt Pauli
 - Chief of Competition: John Estle
 - Chief of Secretariat: tba
 - Chief of Course: Tom Helmers
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3/2/2009

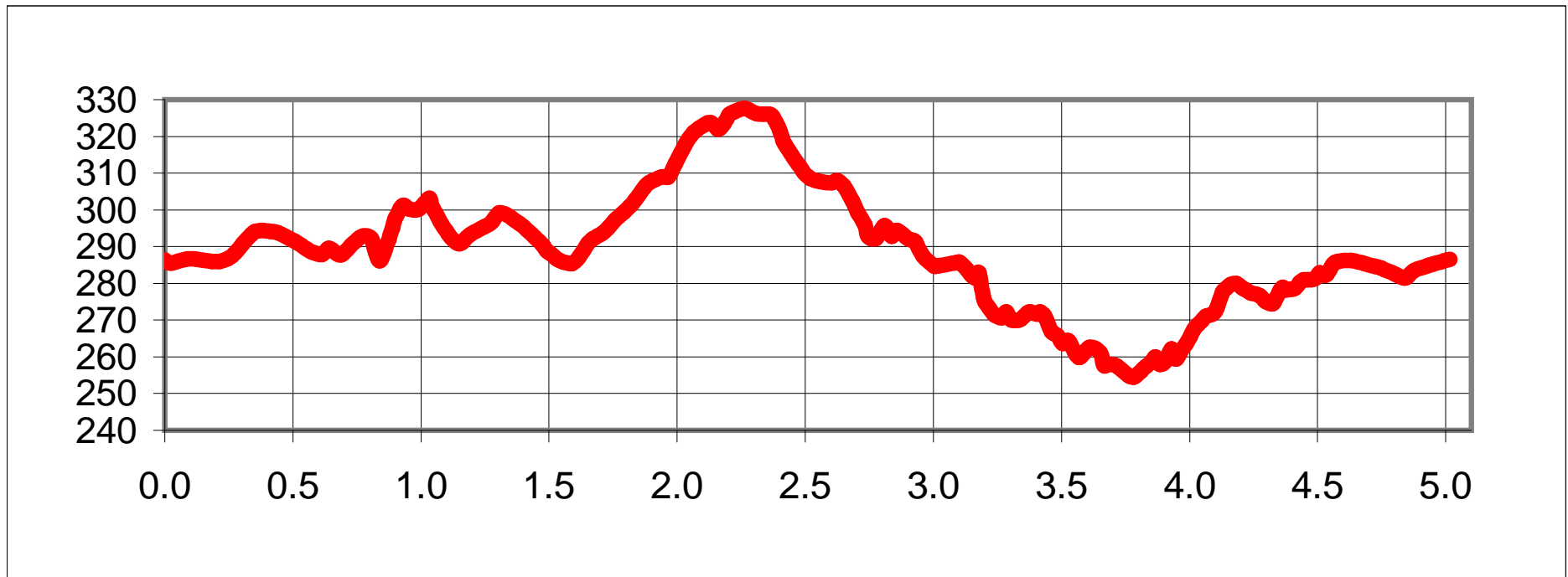
11:19 AM

High School Boys Relay 5km Classic Technique

Measured Length	5015 m	Height Difference (HD):	73 m
High Point	328 m	Total Climb (TC):	151 m
Low Point	254 m	Maximum Climb (MC):	42 m

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

Climb per km: 30.1m - FIS range climb/km: 30.0m - 42.0m



3/2/2009

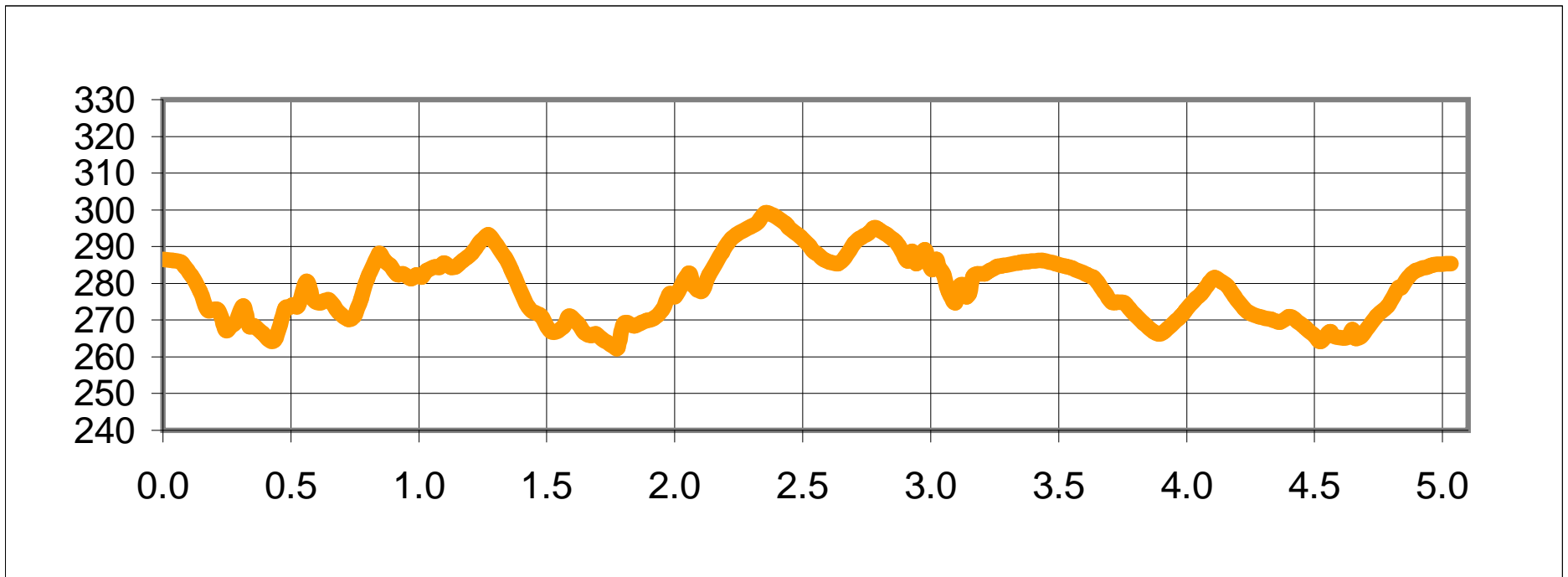
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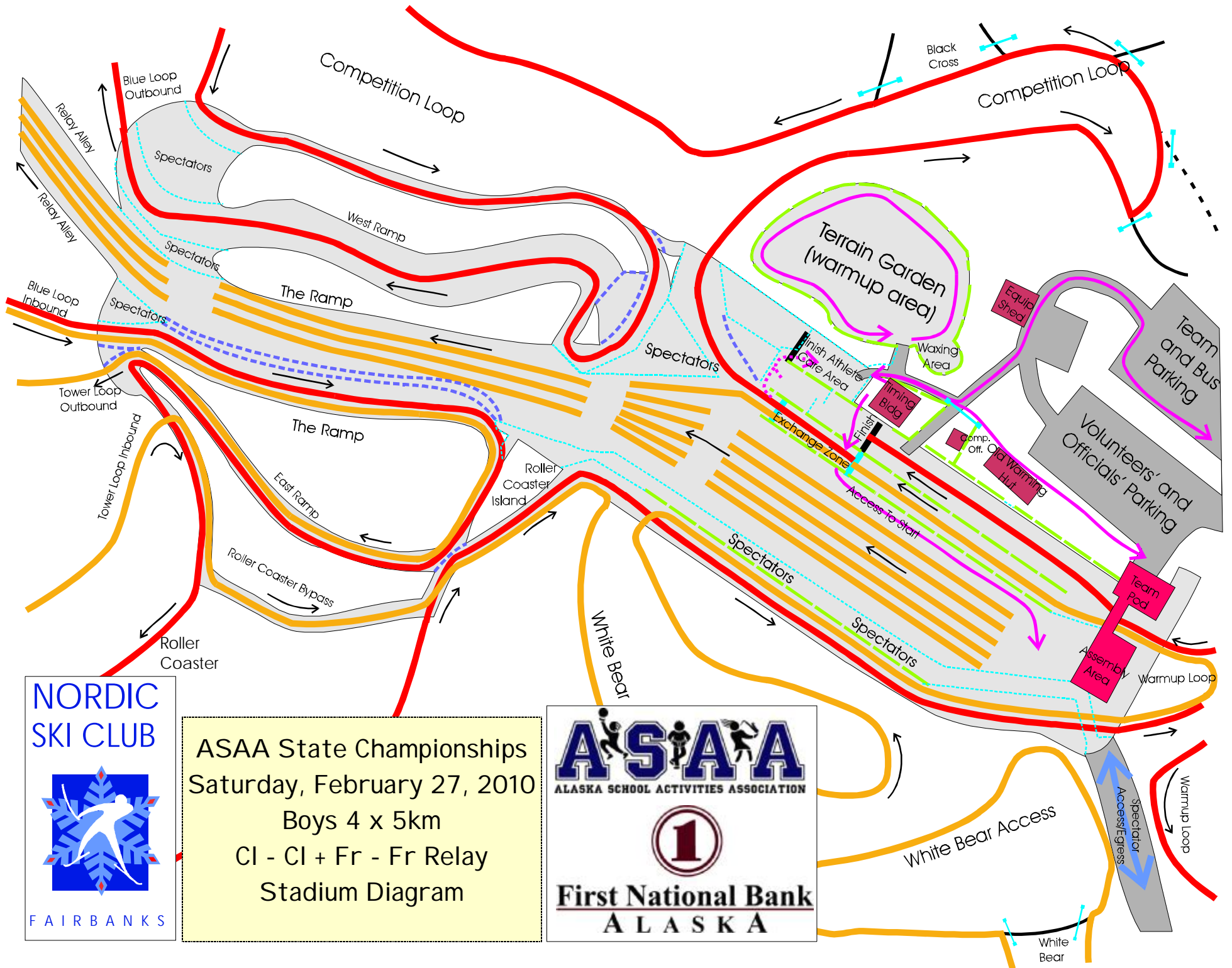
High School Boys Relay 5km Free Technique

Measured Length	5032 m	Height Difference (HD):	37 m
High Point	299 m	Total Climb (TC):	179 m
Low Point	263 m	Maximum Climb (MC):	42 m

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

Climb per km: 35.6m - FIS range climb/km: 30.0m - 42.0m





ASAA State Championships
 Saturday, February 27, 2010
 Boys 4 x 5km
 CI - CI + Fr - Fr Relay
 Stadium Diagram



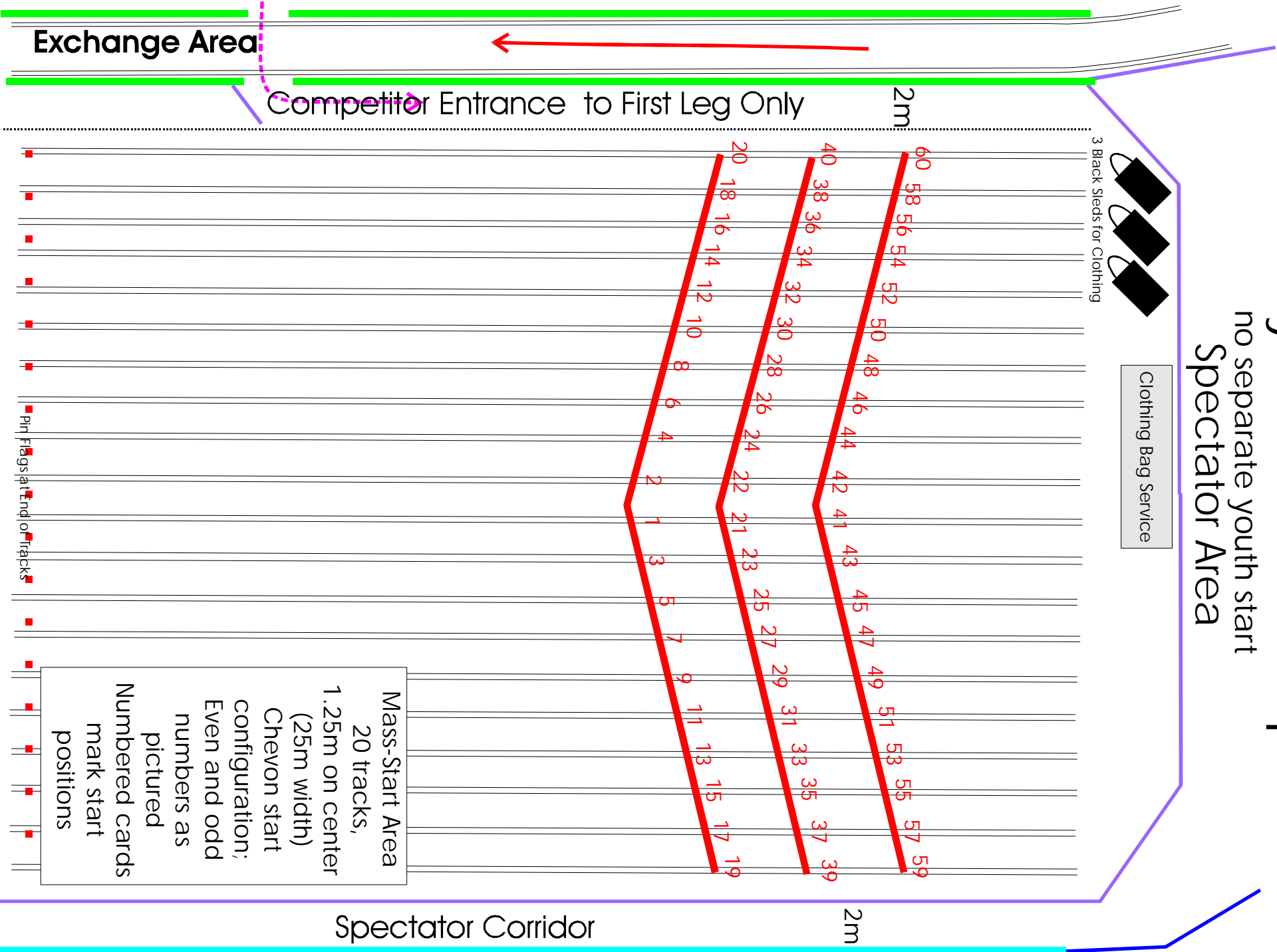
Relay Start Area Setup

no separate youth start
Spectator Area



3 Black Sleds for Clothing

Clothing Bag Service



Start Mesa and Lap/Finish Area Setup

Relay - Mixed Technique

