

ASAA Cross Country
Ski Championships 2009

Team Captains' Meeting #3
Wedgewood Resort
Friday, February 27

Agenda

- Welcome
- Introductions
- Schedule
- Weather Forecast
- Check Entries
- Seeding/Draw
- Stadium
- Course
- Grooming and Tracks
- Wax/Ski Testing
- Training/Warming up on Course
- Technical Delegate
- ASAA Rep.
- Awards

Major Officials

- Chief of Competition/Meet Director: John Estle - 347-1061
- Technical Delegate: Matt Pauli, Anc.
- Jury Member: Kent Slaughter
- ASAA Representative: John Andrews
- Host School Representative: Missy Poeschl, West Valley HS

Check Relay Entries

- Please check your entries to make sure that:
 - All your skiers are listed
 - Your skiers are ordered correctly
 - Names are spelled correctly

Schedule - Saturday

- 0700 – Birch Hill
Gates Open
- 0730 – Waxing
Areas Open
- 0700 – Courses open
for testing/training
- 1045 – Forerunners
start
- 1045 – Courses close
for warming up
- 1100 – Men Start
- 1230 – Women Start
- 1400 – Awards
- 2145 – Waxing areas
close
- 2200 – Birch Hill
gates close

Weather Forecast

Friday night/Saturday

- Corey Bogel, National Weather Service Meteorologist
 - Temperature regime/trends
 - Precipitation forecast
 - Wind forecast
 - Weather for tomorrow's race
 - Likelihood of waxing nightmare
 - Longer term

Seeding/Draw Relay

- Bib number and start position = team rank after two races
- 20 Start lanes
- Chevron start formation
- Teams ranked 21, 22, 23 etc. will start in second row, 4m behind the first row
- All start positions will be marked with numbers

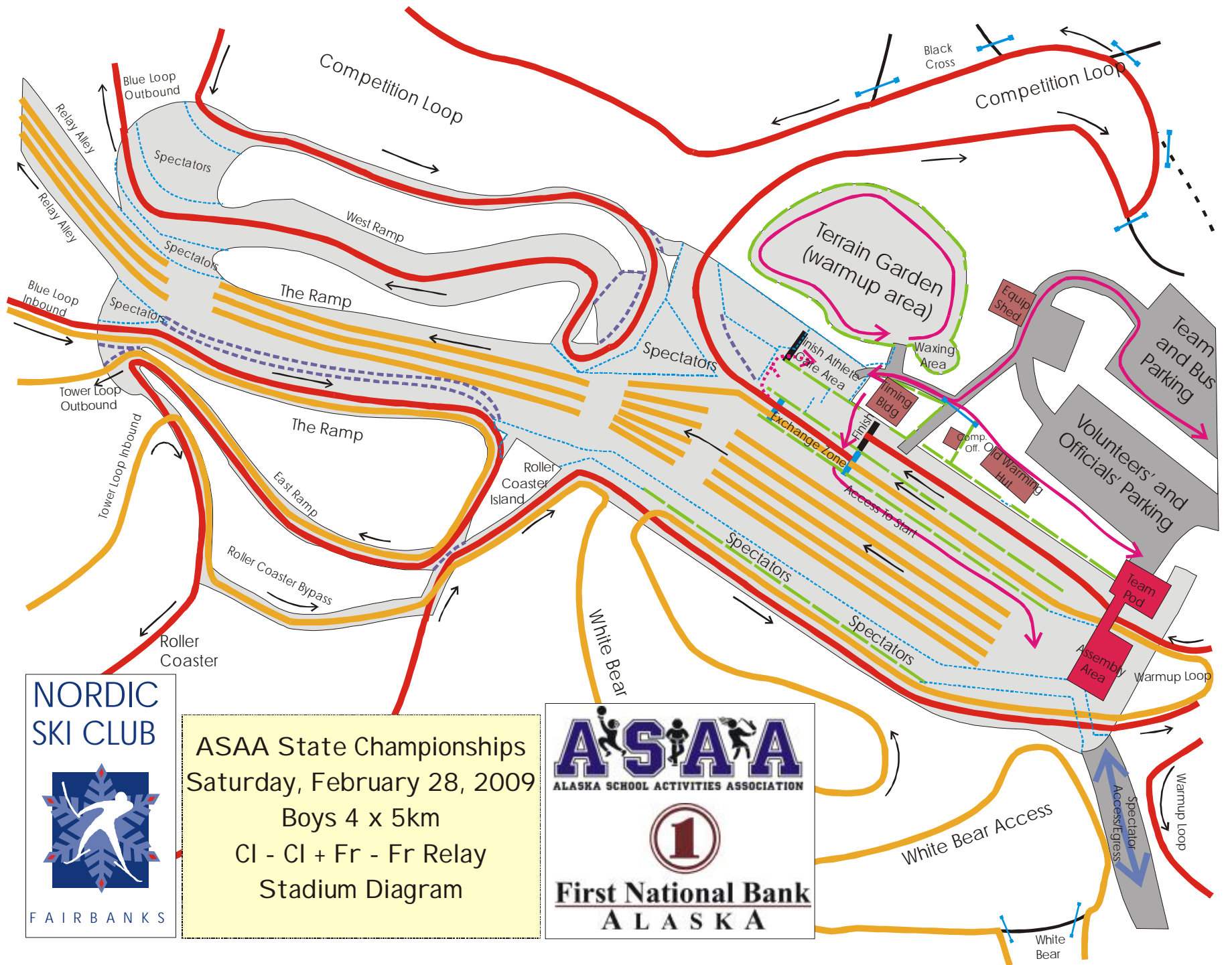
Bib Distribution

Relay / Saturday

- Bibs available at 9:00AM
- 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 at the finish

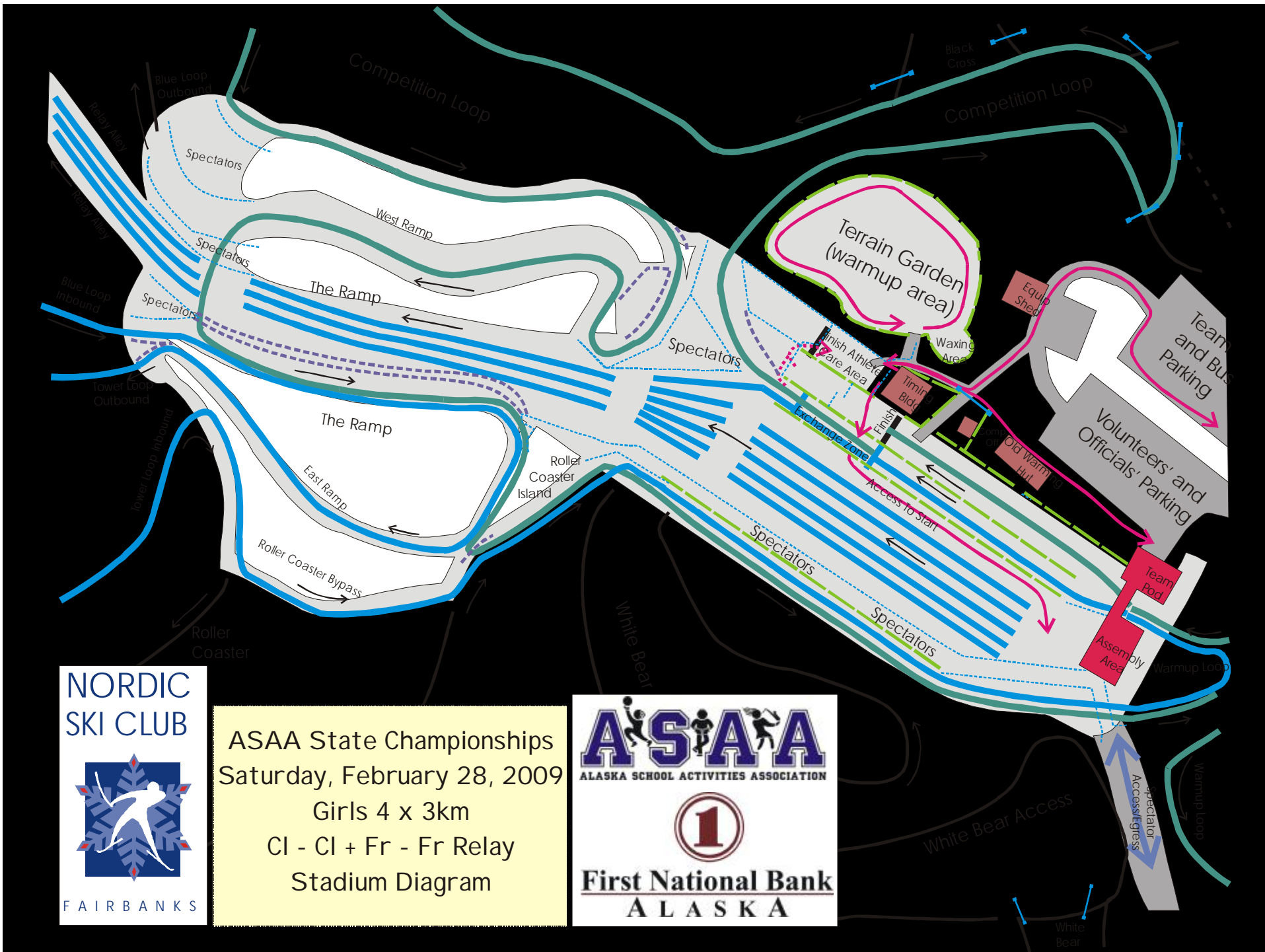
Stadium

- 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



ASAA State Championships
 Saturday, February 28, 2009
 Boys 4 x 5km
 CI - CI + Fr - Fr Relay
 Stadium Diagram

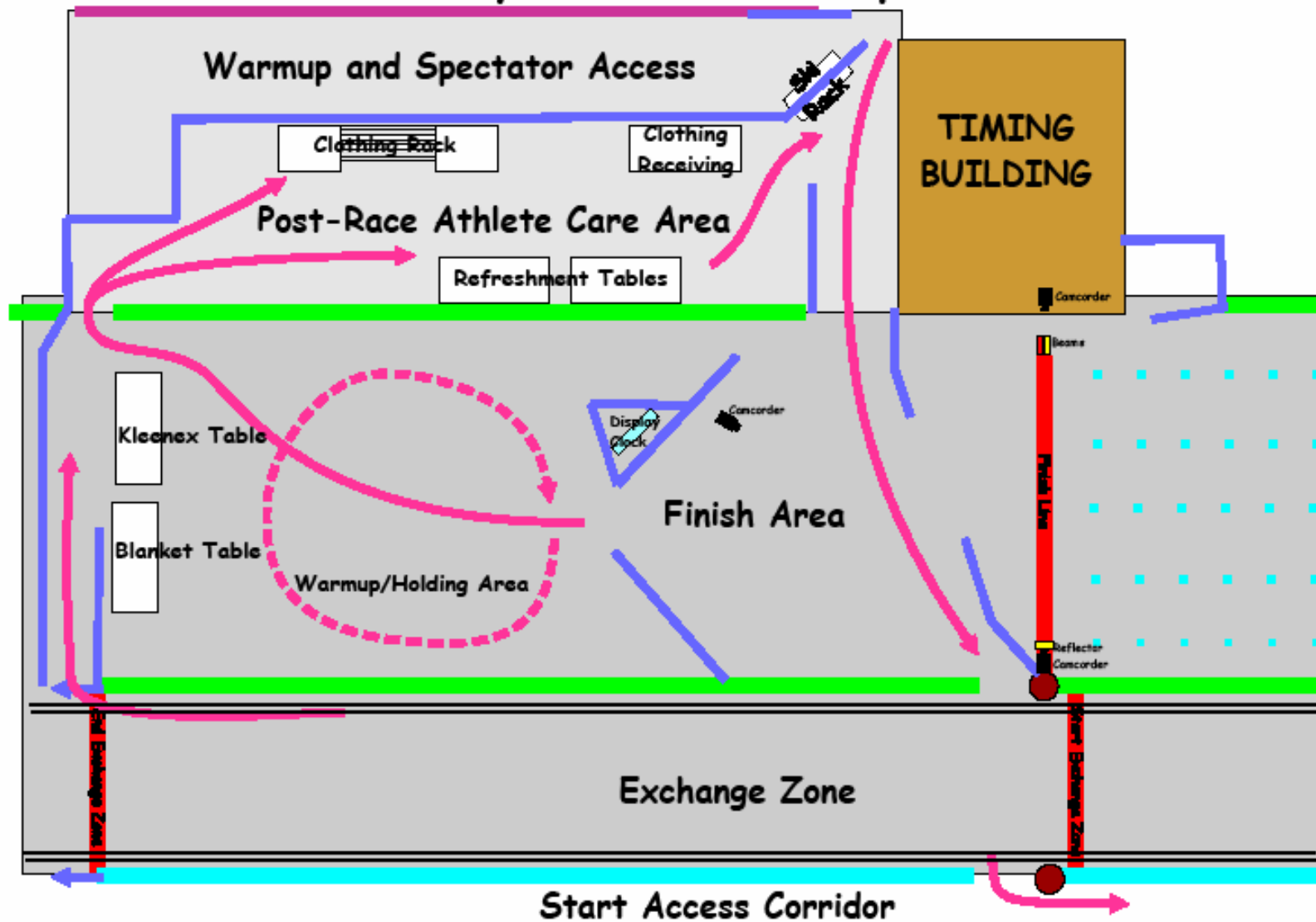




ASAA State Championships
 Saturday, February 28, 2009
 Girls 4 x 3km
 CI - CI + Fr - Fr Relay
 Stadium Diagram

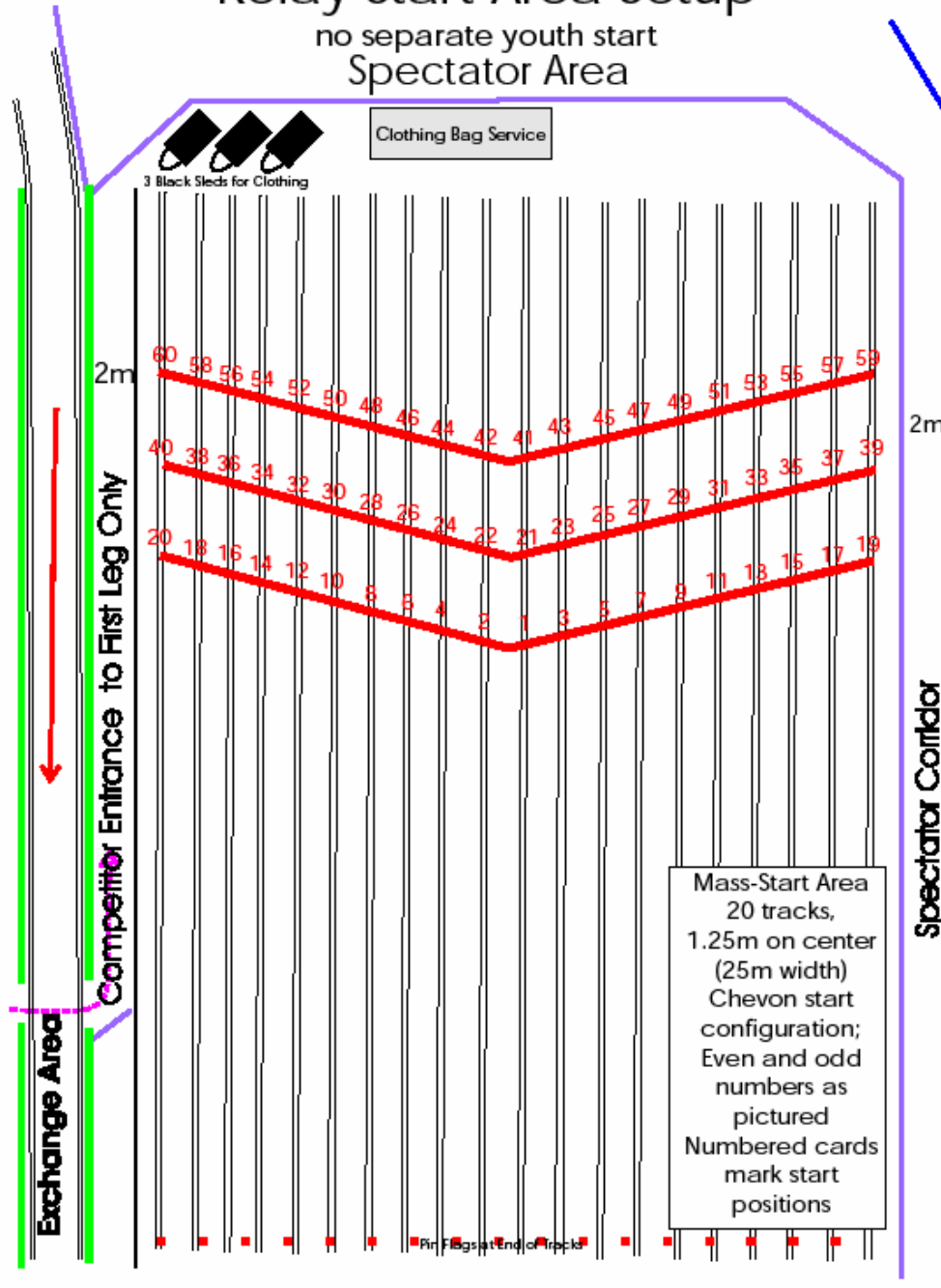


Start Mesa and Lap/Finish Area Setup Relay - Mixed Technique



Relay Start Area Setup

no separate youth start
Spectator Area



Course

- 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)

Course Marking

Classic to Free

- Any skiers who are still skiing the classic leg when course changes **MUST** be made for the skating legs will be responsible for skiing the correct course.
- The classic courses will not be closed, but the skating course will be the obvious choice.
- Know the course colors and arrows!

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

**NORDIC
 SKI CLUB**



FAIRBANKS

ASAA Cross Country Skiing State High School Championships

February 26-28, 2009

Hosted By Region VI
 Organized by NSC Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

Saturday, February 28, 2009
 Boy's 4 x 5km

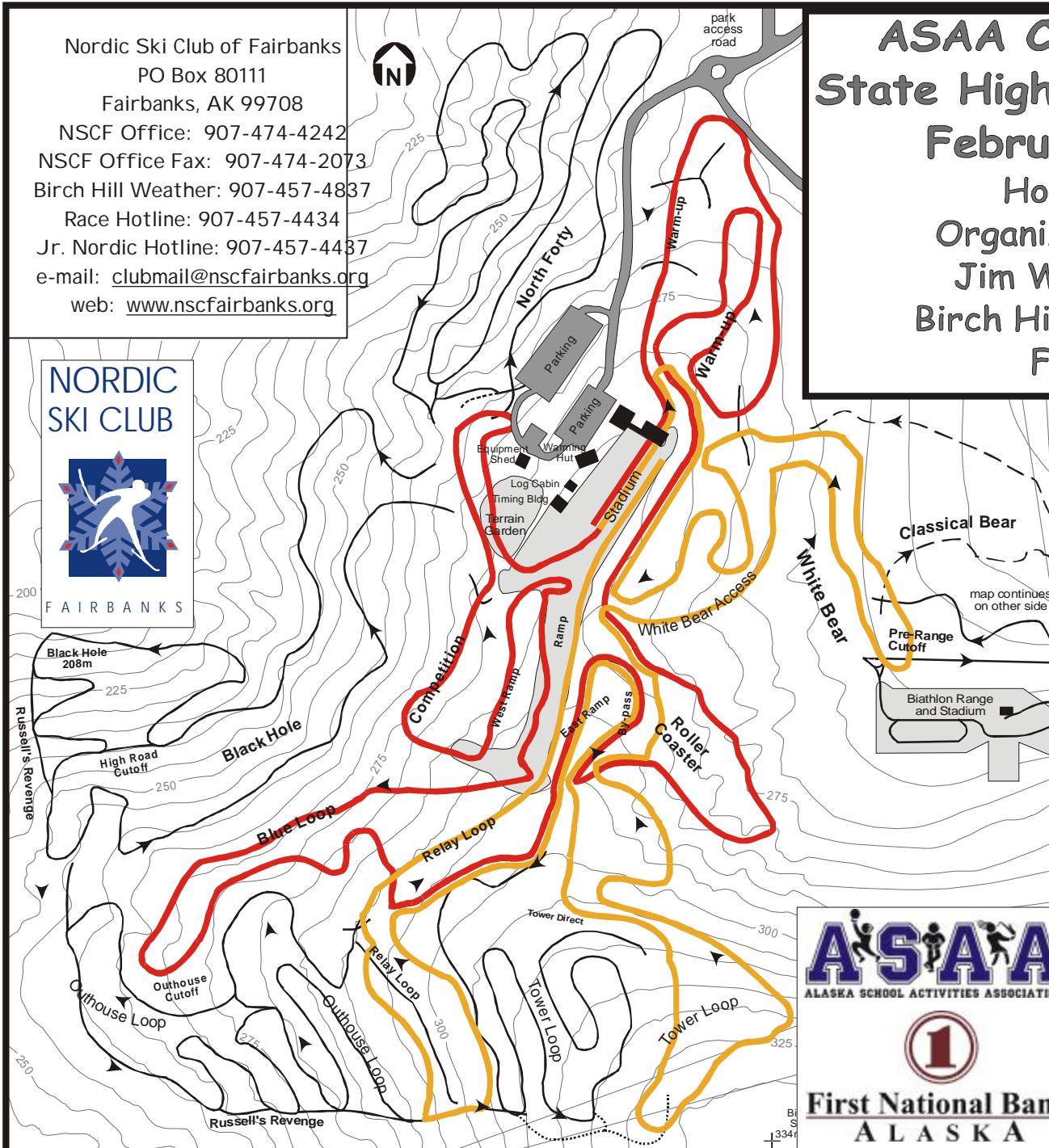
Cl - Cl - Fr - Fr Relay
 Classic/Gold and Free/Red

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
 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 Brod
 Chief of Athlete Care: Susan Paskvan



**First National Bank
 ALASKA**

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 Fairbanks, AK 99708
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ASAA Cross Country Skiing State High School Championships

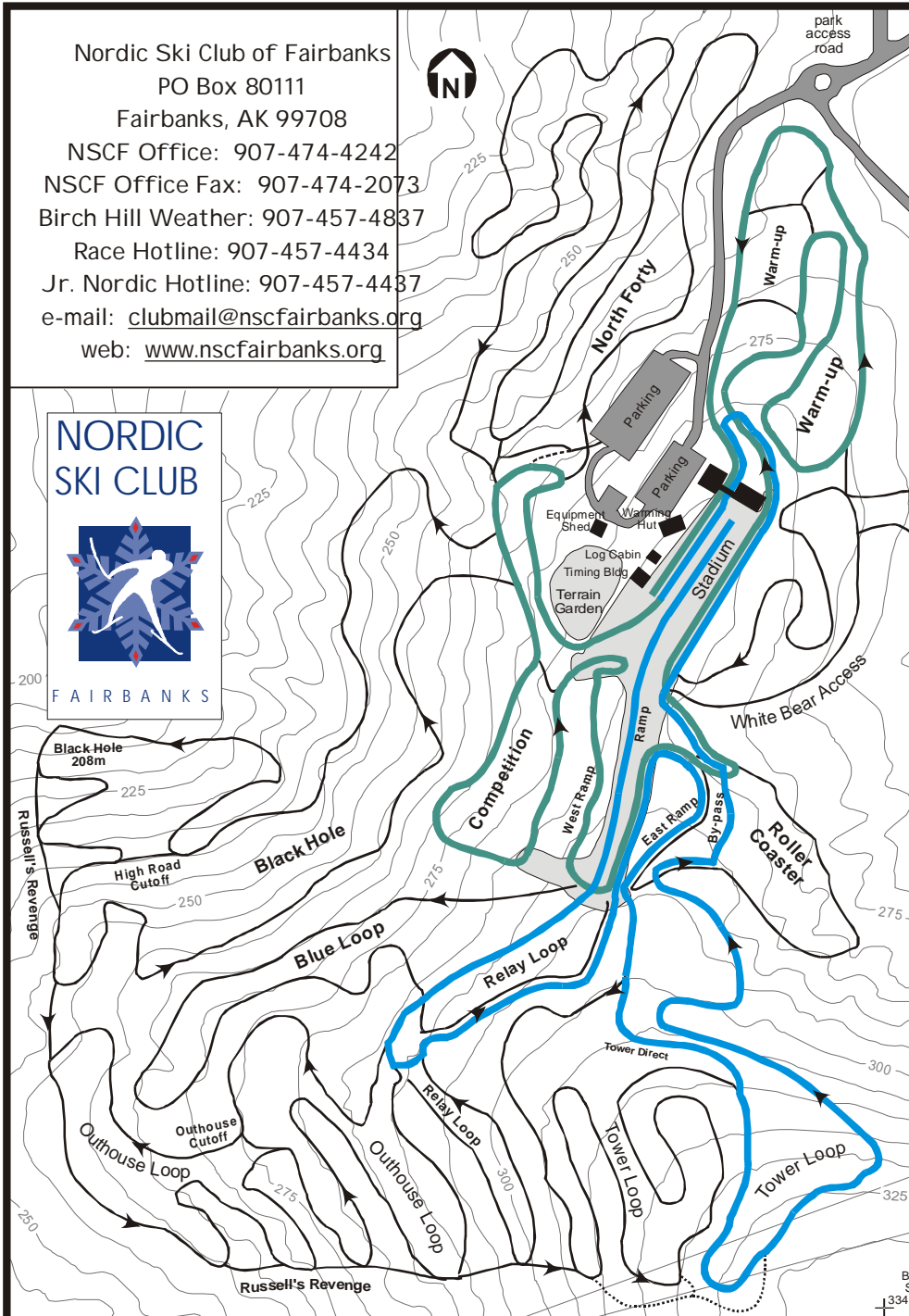
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 Jim Whisenant Ski Trails
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 Fairbanks, Alaska

**NORDIC
 SKI CLUB**



FAIRBANKS



Saturday, February 28, 2009
 Girls' 4 x 3km
 CI - CI - 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
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First National Bank
 ALASKA

Grooming / 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

Grooming / Tracksetting 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

Grooming / Tracksetting

Relay

- 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

Grooming / Tracksetting Finish

- Relay: Four lanes, 3m wide, no tracks – same setup as for mass-start skate race

Wax / Ski Testing

- 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

Wax / Ski Testing

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

Wax / Ski Testing

- Coaches During the Race
 - Two coaches per team may test during the relay event, but only before or after the mass of the field has passed

Wax Testing/Warming Up Areas During Competition

- Skiers who want to test wax during the competition must test wax on areas that are not on the competition course
- Available areas:
 - Saturday/Relay: North 40

Remarks by the TD

- Matt Pauli, FIS TD
- Definition of Classical Technique

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 . . .

Definition of Classic Technique

- 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

Remarks by ASAA Representative

- John Andrews, ASAA Representative
 - Coaches' packets, passes, housing forms
 - Complimentary program
 - Memorabilia sales
 - Awards ceremonies
 - Questions regarding ASAA Ski Manual rules

Awards

- Awards will be presented at 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

Questions

- Are there any questions?

Good Luck Tomorrow!

- May the fastest skiers win!

The End

That's all folks!

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