

Grade 7 & 8 Boys and Girls 3km Free Technique

Measured Length 2969 m **Height Difference (HD):** 33 m

High Point 295 m **Total Climb (TC):** 85 m

Low Point 263 m **Maximum Climb (MC):** 21 m

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

Climb per km: 28.6m - FIS range climb/km: 30.0m - 42.0m

