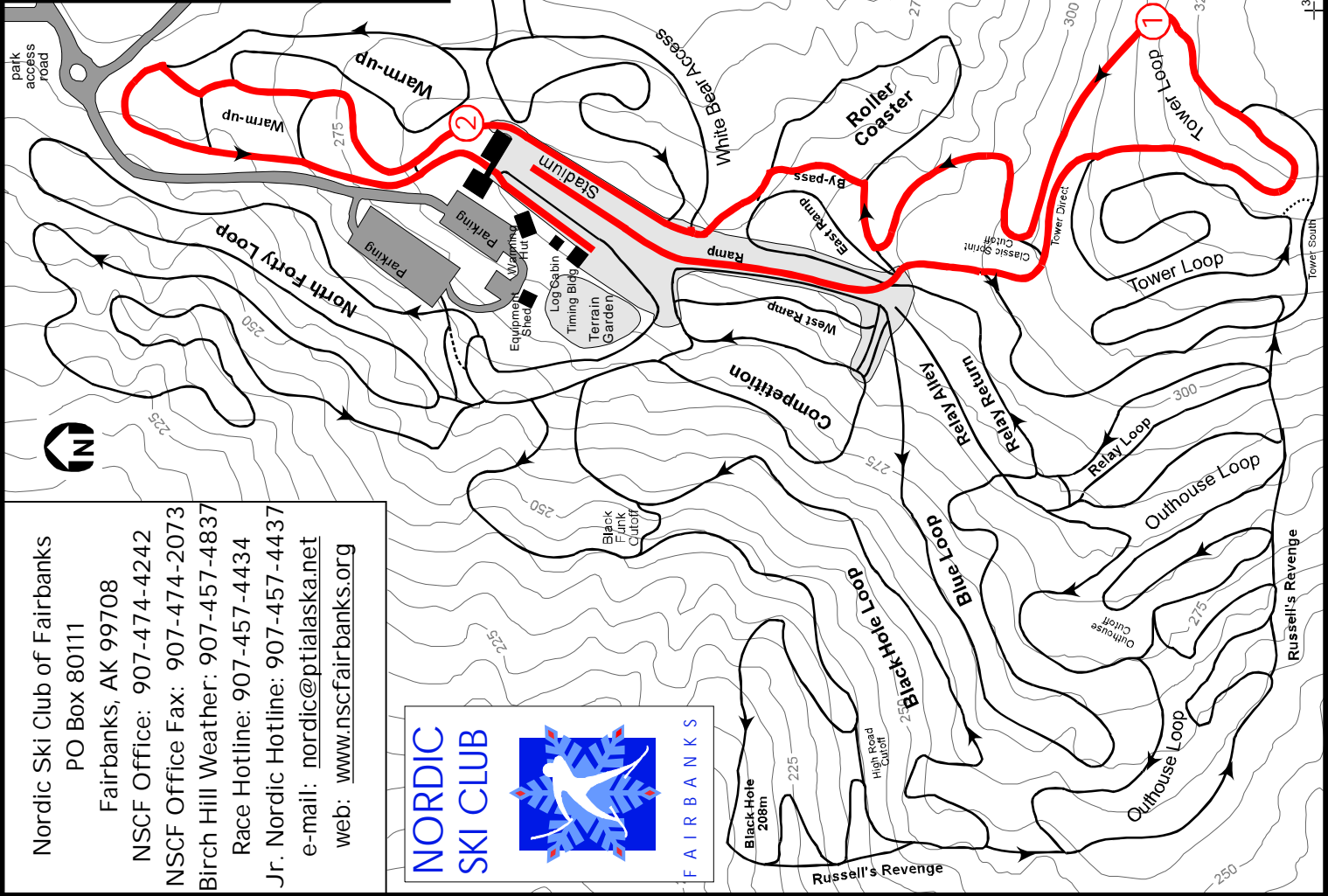


Nordic Ski Club of Fairbanks  
 PO Box 80111  
 Fairbanks, AK 99708  
 NSCF Office: 907-474-4242  
 NSCF Office Fax: 907-474-2073  
 Birch Hill Weather: 907-457-4837  
 Race Hotline: 907-457-4434  
 Jr. Nordic Hotline: 907-457-4437  
 e-mail: [nordic@ptialaska.net](mailto:nordic@ptialaska.net)  
 web: [www.nscfairbanks.org](http://www.nscfairbanks.org)



# Region VI Championships

Friday-Saturday, February 12-13, 2010  
 Hosted by Region VI  
 Organized by NSC Fairbanks  
 Jim Whisenant Ski Trails  
 Birch Hill Park Recreation Area  
 Fairbanks, Alaska

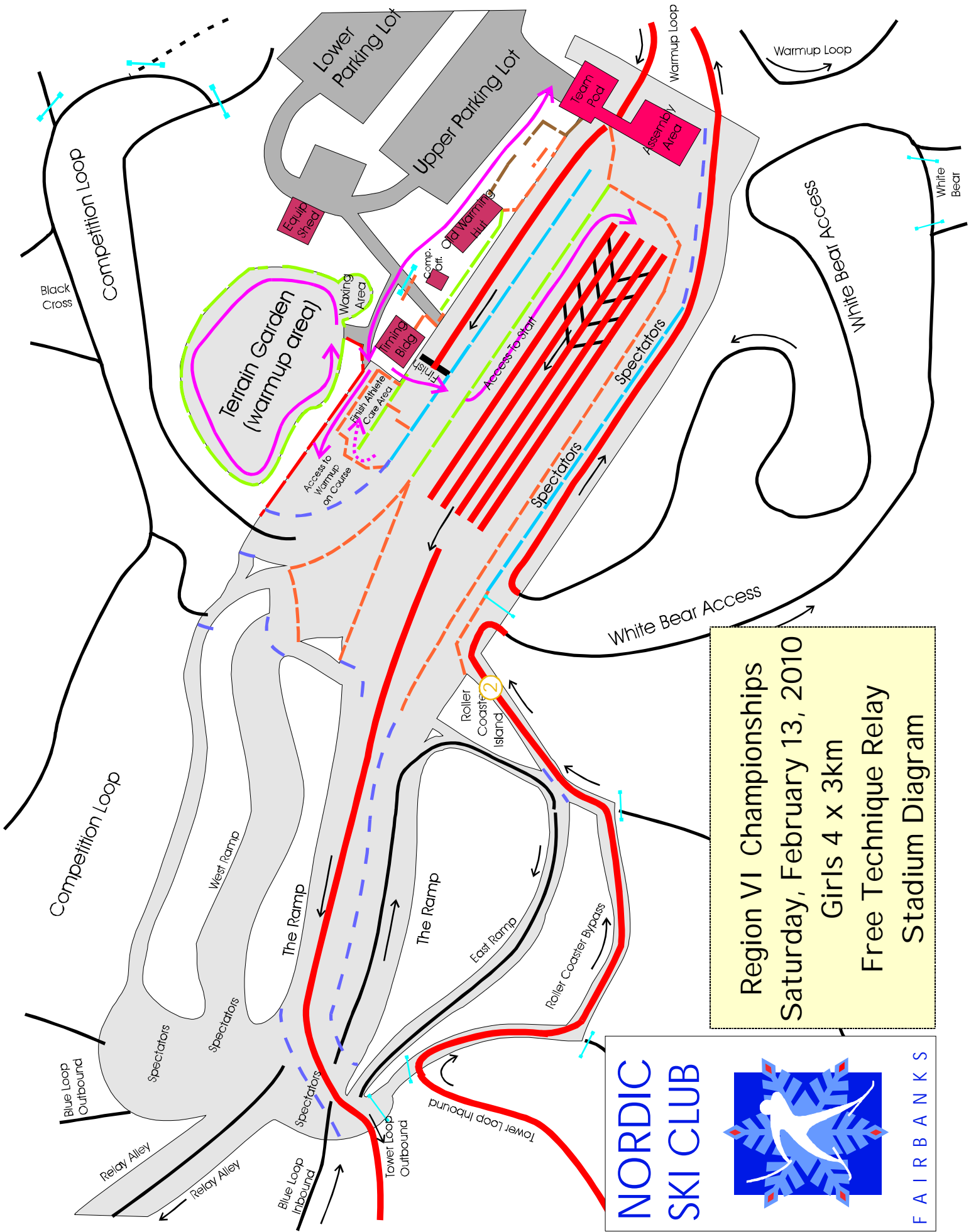
Saturday, February 13  
 HS Girls 4 x 3Km Relay  
 Free Technique Red Course

## Technical Information:

Measured Length: 2856m  
 Height Difference (HD): 63m  
 Total Climb (TC): 79m  
 Maximum Climb (MC): 4.3m  
 Climb per Km: 27.5m/km

## Competition Committee:

Chief of Competition: John Estle  
 Chief of Secretariat: tba  
 Chief of Course: Tom Helmers  
 Chiefs of Stadium: Dave Murray,  
 Bob Wilkinson, Susan Faulkner  
 Chief of Timing: Carol Haas  
 Chief of Competition Control: tba  
 Region VI Representative: Missy Poeschl



Region VI Championships  
 Saturday, February 13, 2010  
 Girls 4 x 3km  
 Free Technique Relay  
 Stadium Diagram

**NORDIC**  
**SKI CLUB**

**F A I R B A N K S**

11/10/2009

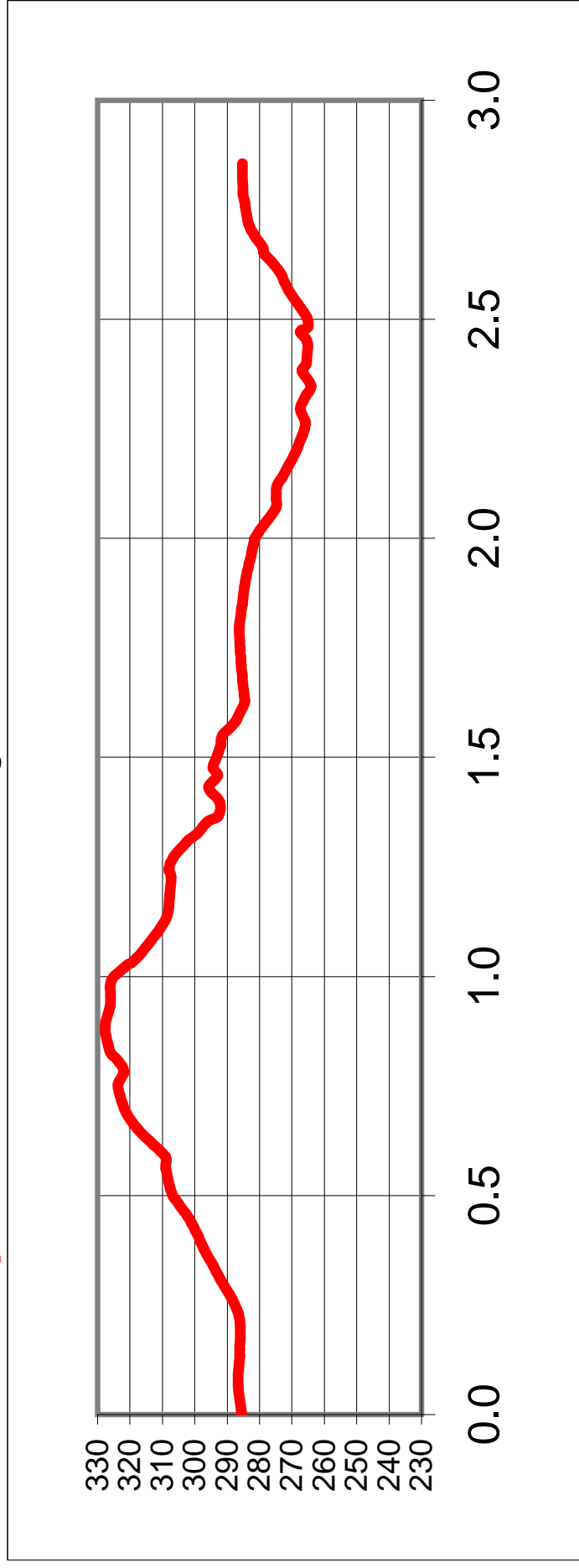
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## High School Girls 4.3km Relay Free Technique

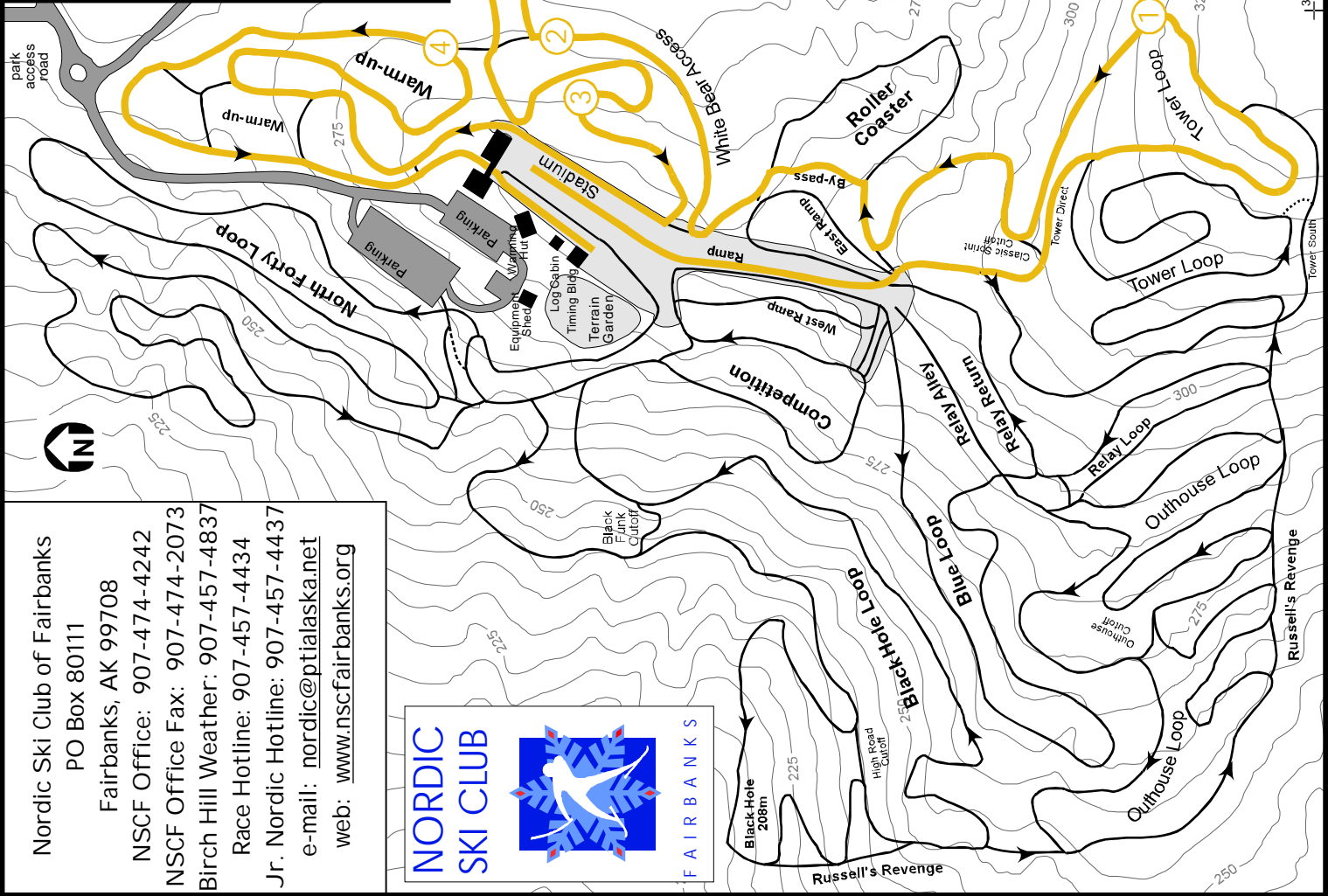
**Measured Length** 2856 m      **Height Difference (HD):** 63 m  
**High Point** 328 m      **Total Climb (TC):** 79 m  
**Low Point** 264 m      **Maximum Climb (MC):** 54 m

**FIS Spec Ranges:** HD:75m, MC:50m, TC min:100m/TC max:150m

**Climb per km:** 27.5m - FIS range climb/km: 26.7m - 40.0m



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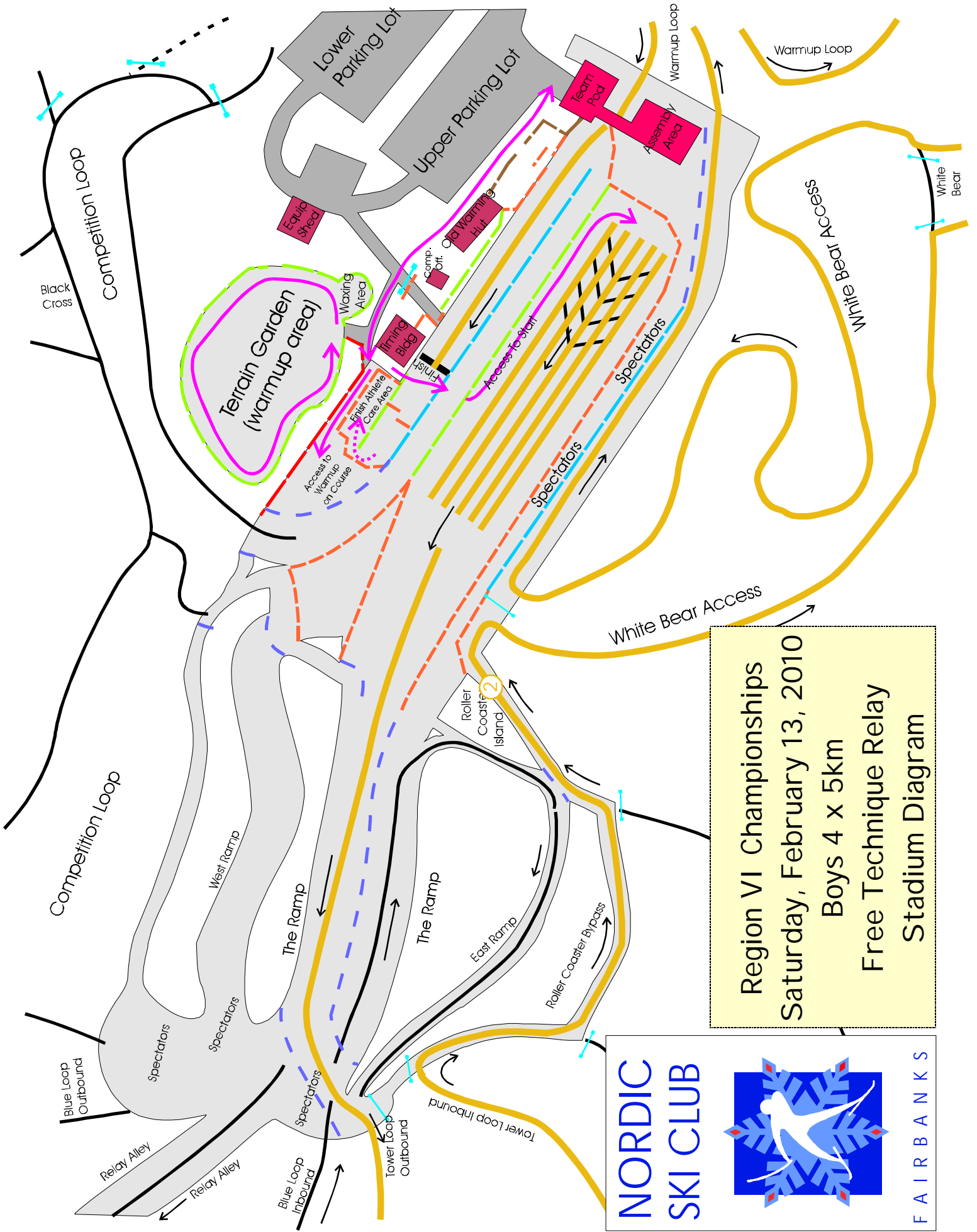
# Region VI Championships

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

Saturday, February 13  
 HS Boys 4 x 5Km Relay  
 Free Technique  
 Gold Course

**Technical Information:**  
 Measured Length: 4819m  
 Height Difference (HD): 73m  
 Total Climb (TC): 148m  
 Maximum Climb (MC): 4.3m  
 Climb per Km: 30.7m/km

**Competition Committee:**  
 Chief of Competition: John Estle  
 Chief of Secretariat: tba  
 Chief of Course: Tom Helmers  
 Chiefs of Stadium: Dave Murray,  
 Bob Wilkinson, Susan Faulkner  
 Chief of Timing: Carol Haas  
 Chief of Competition Control: tba  
 Region VI Representative: Missy Poeschl



Region VI Championships  
 Saturday, February 13, 2010  
 Boys 4 x 5km  
 Free Technique Relay  
 Stadium Diagram

**NORDIC  
 SKI CLUB**

**FAIRBANKS**

11/10/2009

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## High School Boys 4x5km Relay Free Technique

*Measured Length*      4819 m      *Height Difference (HD):*      73 m  
*High Point*            328 m                    *Total Climb (TC):*      148 m  
*Low Point*             254 m                    *Maximum Climb (MC):*   54 m

*FIS Spec Ranges:*      #N/A

*Climb per km:*        #N/A

