



# TCM 1 Content

WEDNESDAY MEETING FOR THURSDAY COMPETITION



# ASAA/First National Bank Alaska Nordic Ski Championships

HOSTED BY LATHROP HIGH SCHOOL  
ORGANIZED BY NORDIC SKI CLUB OF FAIRBANKS  
BIRCH HILL RECREATION AREA  
FEBRUARY 21-22-23, 2019

# Team Captains' Meeting #1

Wednesday, February 20 - Agenda

- u Roll Call of Schools
- u Introduction of ASAA and Host School Personnel
- u Introduction of Competition Jury and Key Organizing Committee Personnel
- u Check Entries and Seeding
- u Areas of Emphasis from Chief of Competition and Technical Delegate
- u Review Schedule
- u Event Information
  - u Course and Stadium, Grooming/Tracksetting, Course Opening/Closing, Testing and Warmup
  - u Bib Pickup
- u Weather Forecast
- u Coach and Competitor Bib Distribution
- u Adjournment

# ASAA 2018 – Roll Call of Schools

Anchorage Bowl	Region 3	Region 6, etc.
Holy Rosary	Colony	West Valley
Bartlett	Homer	Lathrop
Chugiak	Kenai	
Dimond	Palmer	
Eagle River	Seward	
East Anchorage	Soldotna	
Grace Christian		
Service		
South Anchorage		
West Anchorage		

# ASAA 2019 – ASAA and Host School Personnel

- u Rus Schreckengost, ASAA
- u Steve Zanazzo, Lathrop HS Activities Director

# ASAA 2019 – Competition Jury

- u *Matt Pauli*, Technical Delegate,
- u *John Estle*, Chief of Competition, NSC Fairbanks
- u *Scott Jerome*, Assistant Technical Delegate,
- u *Kent Slaughter*, Assistant Chief of Competition, NSC Fairbanks
- u *Rus Schreckengost*, ASAA

# ASAA 2019 – Appeals Board

- u ASAA-Rules and Policies-Specific Matters will be Handled by
- u *Rus Schreckengost, ASAA*
- u *Steve Zanazzo, Host School Administrator*
- u Player to be named later

# Jury Bib





# ASAA 2019 – Check Entries

- u Please check entries and seeding
- u Bring any changes to the Chief of Secretariat using the WRITTEN form only

# Welcome

- u The Nordic Ski Club of Fairbanks welcomes you to Fairbanks and the Birch Hill cross country ski complex
- u We will do everything we can to make your experience at these Championships as pleasant and as hassle-free as possible
- u Please offer suggestions in a constructive manner if you see areas where we can improve our performance
- u Please thank our volunteers, and have your skiers thank our volunteers – it is their only compensation!

# Some Important Points

- u If you have a problem, please come and see me or contact me directly. Don't whine to other coaches – come see me.
- u Schedule. We will run our events on schedule. We will not start events late unless there are external factors beyond our control requiring a Jury decision
- u To ensure that you and your team are on time, please go to <https://www.time.gov/> and set your watch by the atomic clock. That will be the standard time for all scheduled events
- u Event Information – all technical information concerning the 2019 ASAA Nordic Ski Championships is available at [www.nscfairbanks.org](http://www.nscfairbanks.org). This includes each Team Captains' Meeting PowerPoint presentation and all course and stadium information

# Some Important Points



## VOLUNTEER IDENTIFICATION

- u NSCF Volunteers will be wearing high-visibility bibs that identify them as volunteers. Please follow their instructions and display courtesy toward volunteers and officials.

# NSC Fairbanks Volunteer Bib



# Some Important Points

## COACH IDENTIFICATION / COURSE and START/FINISH ACCESS

- u Coaches must wear their assigned bibs to have access to all non-spectator areas, including the course. THESE BIBS MUST BE WORN AS THE OUTERMOST LAYER OF CLOTHING, COVERING WARMUP JACKETS, ETC.
- u It is permissible to wear a radio chest-pack over your coach bib
- u Having your coach bib around your neck (like a buff) or in your pocket will NOT give you access to controlled areas
- u One **RED** coach bib per team allows coaches to move on the course on skis during the MASS START competition only; no movement on the course on skis during other competitions
- u One **YELLOW/ORANGE** coach bib per team allows coaches entry to the start and finish areas (ON FOOT ONLY)
- u **GREEN** coach bibs allow coaches to be inside the fencing and v-board along the course, ON FOOT ONLY
- u Coach bibs worn by athletes will be forfeited and will not be replaced

# Coach Course Movement Bib



# Coach Start/Finish Access Bib





# Coach Course Access Bib

(no movement on skis on course during competition)



# Timing Technology

- u Chip-timing will NOT be used
- u We will be using a digital start clock, a start wand and photo-beam in the interval start race, with manual (electronic) backup
- u Interval start race: skiers may start when the light on the start clock turns green (+/- 3 seconds from listed start time)
- u In the relay and mass start we will use manual (electronic) timing
- u We will have 2 camcorders (oblique view from trail level) recording finish order in all events
- u The order of close finishes in the relay and mass start will be decided by photo-timing equipment (FAT)
- u Results will be available at [nscfairbanks.org](http://nscfairbanks.org), then clicking on Races > ASAA Championships

# Roster Substitutions

u From the ASAA Policies and Procedures Manual:

Substitutions: In the event an entered contestant is unable to compete due to extenuating circumstances (illness, injury, ineligibility), a substitute may be entered at the coaches meeting prior to the first day of competition. Once that meeting has ended, teams cannot add substitutes.

# Areas of Emphasis – All Days

## SKIER ACCESS TO START/EGRESS FROM FINISH

- u Skiers must access the start for EVERY EVENT by passing behind the timing building and crossing the start mesa.
- u Skiers attempting to enter the start via any other route will not be permitted to enter the start, regardless of how close it is to their start time
- u Skiers will be provided with numbered clothing bags with their race bibs. They should carry the bags to the start, put their warmup clothes in the bag, and leave the bag in a location as instructed by race staff
- u After they have finished, skiers' clothing will be available in the post-finish area on the start mesa where they can retrieve it immediately.
- u Coaches or parents who want to hold their skiers' clothing will not be admitted to the post-finish area. So let the athletes take care of their own clothing with bags.
- u Skiers must depart post-finish area by passing behind/West of the timing building

# Areas of Emphasis – All Days



## ATHLETE CARE/CLOTHING SERVICE

- u When competitor bibs are distributed, coaches will be provided with numbered bags for athlete clothing (numbers on the bags correspond to bib numbers)
- u Athlete Care crew will take bags from skiers before the start and arrange them in numeric order for retrieval by skiers following their finish
- u For the Mass Start, we will have sleds at the start chevron for the clothing bags which will then be hauled to the finish
- u For the Relay, we will take clothing on the Start Mesa or near the Exchange Zone and have it available in the post-finish area for athletes after they ski
- u Warm drinks and cookies will be available for skiers in the post-finish area

# Areas of Emphasis – All Days

## SPECTATING

- u Please emphasize with parents, family, friends that spectating is permitted ON FOOT ONLY
- u Spectating on skis IS PROHIBITED (including skiers after they have competed and including coaches)
- u Spectators on skis will be asked to remove their skis and store the skis out of the stadium
- u This rule is in place to assure the integrity of the competition, and the safety of the skiers, volunteers and other spectators

# Areas of Emphasis – All Days



## COACH ACCESS TO COURSE AND TO START AND FINISH AREAS

- u RED or GREEN coach bibs required for access to course
- u One coach per team (via RED bib) permitted to move on the course during the competition (mass start only)
- u One coach per team (via YELLOW/ORANGE bib) permitted in start/finish area
- u Please use course access/egress routes shown in stadium diagrams
- u Start/finish area is closed at 8:45AM – do not pass through this area once it is closed
- u Competitors warming up before the course is closed must wear their bibs on the OUTSIDE of their warmups with the number showing
- u After the first competition of the day is concluded, skiers from that competition are not permitted on the course on skis – spectating ONLY ON FOOT
- u Please tell parents they are prohibited from entering the start, finish and post-finish areas

# Areas of Emphasis – All Days

## TESTING AND WARMING UP ON THE COURSE

- u No timing gear allowed on the competition course for purposes of wax testing
- u Testing and warming up permitted ONLY in the correct direction; skiing in the incorrect direction can result in reprimand, withdrawal of coaches bibs, or disqualification of an athlete
- u All coaches and athletes must cease skiing on the course when the course closes



## Areas of Emphasis – All Days

### MEDICAL

- u Fairbanks Nordic Ski Patrol will have multiple personnel on-site each day.
- u Rescue sled with snow machine and driver are on-site and can be mobilized via live 2-way radio.
- u Athletic training services on-site will be provided by Lathrop HS.

# Areas of Emphasis for Thursday, February 21

## TECHNIQUE CONTROL (Technical Delegate)

- u Definition of classic technique and sub-definition of diagonal technique  
ICR 310.2.2
- u Definition of turning techniques
- u Turning zones will be in place in this competition
- u Technique violations may result in a sanction

# Areas of Emphasis for Thursday, February 21

## Classical Technique and Diagonal Technique Information

Form of Classic Technique	Permissible Anywhere on Course Other Than Diagonal Technique Zones	Permissible in Turning Zones	Permissible in Diagonal Technique Zones
<i>Diagonal Stride</i>	Yes	Yes	Yes
<i>Herringbone without glide phase</i>	Yes	Yes	Yes
<i>Double Pole</i>	Yes	Yes	<u>No</u>
<i>Double Pole with Kick</i>	Yes	Yes	<u>No</u>
<i>Turning Techniques</i>	<u>No</u>	Yes (and only here)	<u>No</u>
<i>Herringbone with Glide Phase</i>	<u>No</u>	<u>No</u>	<u>No</u>
<i>V1, V2, V2-alternate, marathon skating</i>	<u>No</u>	<u>No</u>	<u>No</u>





# Schedule for Thursday, February 21

0700	Birch Hill Recreation Area	Waxing areas open
0800	Birch Hill Recreation Area	Interval start courses open for testing and warmup
0845	Birch Hill Ski Stadium	Start and finish areas closed to competitors and coaches
1040	Birch Hill Ski Stadium	Presentation of Colors
<b>1055</b>	<b>Birch Hill Recreation Area</b>	<b><u>Boys' 7.5Km course closes</u></b>
<b>1100</b>	<b>Birch Hill Ski Stadium</b>	<b><u>Boys' 7.5Km Interval Start-first starter</u></b>
1125	Birch Hill Ski Stadium	Boys' 7.5Km Interval Start-first finisher
1150	Birch Hill Ski Stadium	Boys' 7.5Km Interval Start-last starter
1215	Birch Hill Ski Stadium	Boys' 7.5Km Interval Start-last finisher
<b>1220</b>	<b>Birch Hill Recreation Area</b>	<b><u>Girls' 5Km course open for testing/warmup</u></b>
1250	Birch Hill Ski Stadium	Boys' 7.5Km Interval Start Flower Ceremony
<b>1255</b>	<b>Birch Hill Recreation Area</b>	<b><u>Girls' 5Km course closes</u></b>
<b>1300</b>	<b>Birch Hill Ski Stadium</b>	<b><u>Girls' 5Km Interval Start-first starter</u></b>
1320	Birch Hill Ski Stadium	Girls' 5Km Interval Start-first finisher
1350	Birch Hill Ski Stadium	Girls' 5Km Interval Start-last starter
1405	Birch Hill Ski Stadium	Girls' 5Km Interval Start-last finisher
1430	Birch Hill Ski Stadium	Girls' 5Km Interval Start Flower Ceremony
1440	Birch Hill Recreation Area	Mass start and relay courses open for training/testing
1700	Wedgewood/Taiga Lodge	Team Captains Meeting #2
2000	Birch Hill Recreation Area	Courses close for training
2200	Birch Hill Recreation Area	Birch Hill gate closes

# Event Details

- u 30-second start intervals
- u Boys – 2 laps of 3.75Km
- u Boys bibs – 1-100
- u First boy/bib 1 starts at 11:00:30
- u Boys flower ceremony 12:45PM – before the girls' start – ceremony in the stadium
- u Girls 1 lap
- u Girls bibs 201-300
- u First girl/bib 201 starts at 13:00:30
- u Girls flower ceremony following event, after TD has approved result

# Event Details

- u Bibs will be delivered to teams – do not try to pick them up
- u Remember that there will be numbered garbage bags with each of your bibs – have your skiers stick these in their pockets and take them to the start for their clothing
- u Any coach bibs not already delivered will be distributed following this meeting
- u If you did not enter all of your coaches when you entered your athletes, you may add them now and pick up additional green bibs up to a maximum of 4 green bibs per team. Bibs are for COACHES ONLY – not for parents.



Nordic Ski Club of Fairbanks  
 101 Wilderness Drive  
 Fairbanks, AK 99712  
 Birch Hill Weather: 907-457-4837  
 e-mail: info@nscfairbanks.org  
 web: www.nscfairbanks.org



## First National Bank ASAA Nordic Ski Championships February 21-22-23, 2019

Organized by Nordic Ski Club Fairbanks  
 Jim Whisenant Ski Trails  
 Birch Hill Recreation Area, Fairbanks, Alaska

Boys 7.5Km Interval Start Classic Technique  
 Thursday, February 21  
**2 laps of 3.75Km Red Course**

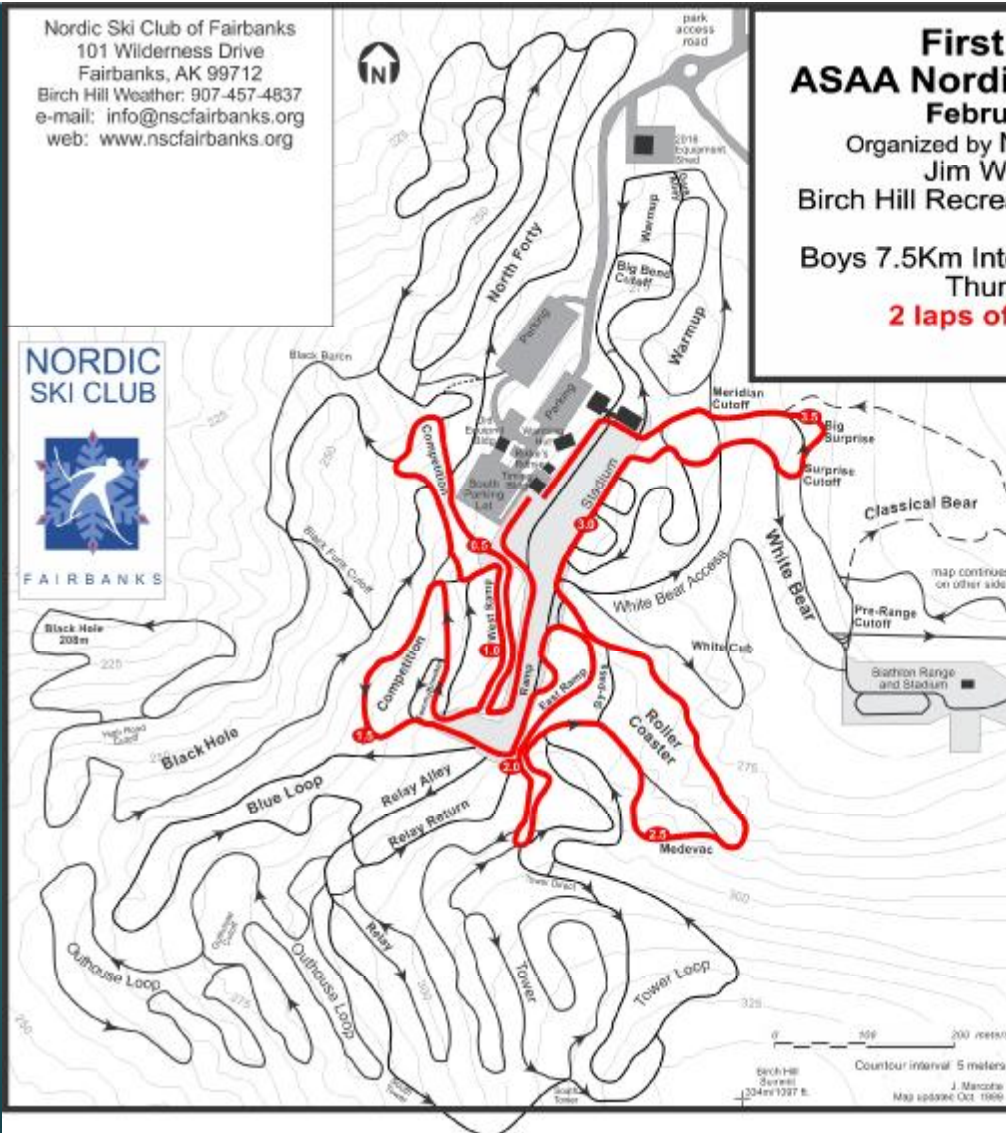
### Technical Information for

#### 3.75Km Red:

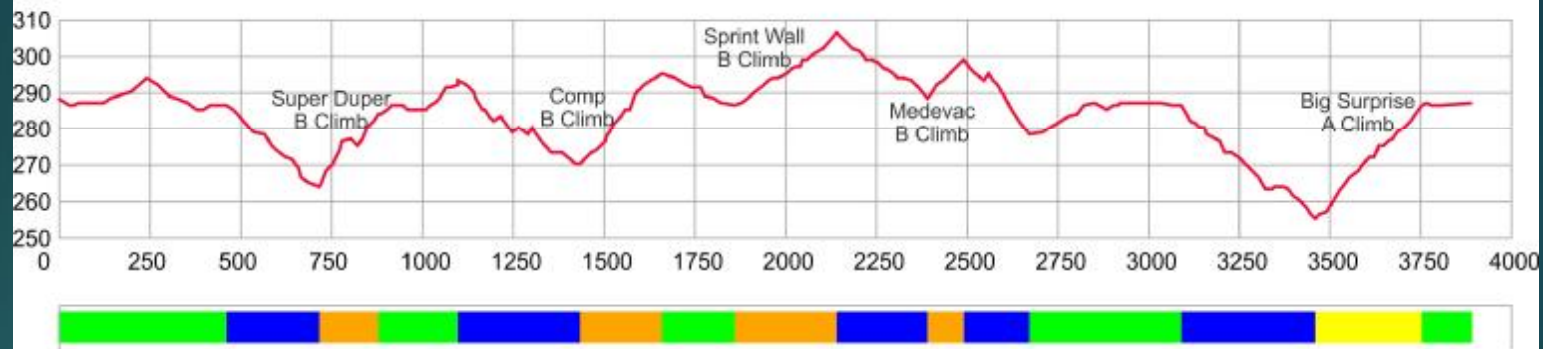
Measured Length: 3897m/7794m  
 Height Difference (HD): 51m  
 Maximum Climb (MC): 32m  
 Total Climb (TC): 147m/294m  
 Climb per Km: 37.7m/km  
 1 x A Climbs: 31m  
 4 x B Climbs: 21m, 25m, 20m, 11m

### Jury/Competition Comm.:

Technical Delegate: x  
 Assistant Technical Delegate: x  
 CCAK Representative: x  
 Jury Member: x  
 Chief of Competition: John Estle  
 Chief of Course: Tom Helmers  
 co-Chief of Stadium: x  
 co-Chief of Stadium: x  
 Chief of Timing: Anna Sorensen  
 Chief of Athlete Care: x  
 Chief of Competition Control: x  
 Chief of Start/Finish: x  
 Volunteer Coordinator: Norma Haubenstock



# ASAA State Championships 2019 Boys' Interval Start Classic Technique 7.5Km 3750m Course (two laps)

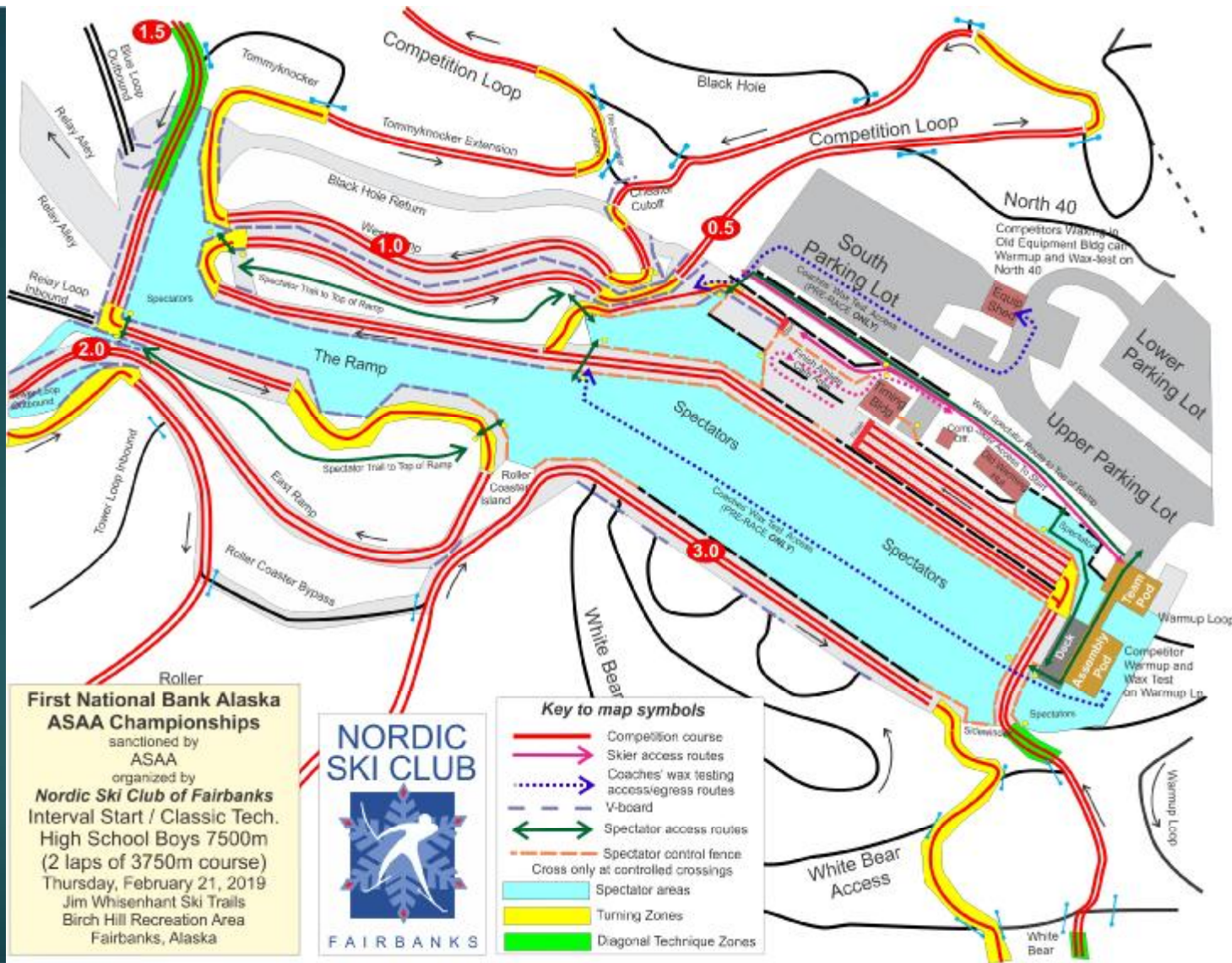


## Categorized Climbs

- Super Duper B Climb - 22m total climbing / average gradient 12.3%
- Comp B Climb - 25m total climbing / average gradient 11.4%
- Sprint Wall B Climb - 20m total climbing / average gradient 7.1%
- Medevac B Climb - 11m total climbing / average gradient 11.0%
- Big Surprise A Climb - 31m total climbing / average gradient 10.7%

## General Course Specs

Measured distance: 3896m - 2 laps = 7792m  
HD = 51m (Height Difference)  
MC = 31m (Maximum Climb)  
TC = 148m (Total Climb)  
Average climb per kilometer = 38.0m/Km



**First National Bank Alaska  
ASAA Championships**  
 sanctioned by  
 ASAA  
 organized by  
**Nordic Ski Club of Fairbanks**  
 Interval Start / Classic Tech.  
 High School Boys 7500m  
 (2 laps of 3750m course)  
 Thursday, February 21, 2019  
 Jim Whisenant Ski Trails  
 Birch Hill Recreation Area  
 Fairbanks, Alaska



Nordic Ski Club of Fairbanks  
 101 Wilderness Drive  
 Fairbanks, AK 99712  
 Birch Hill Weather: 907-457-4837  
 e-mail: info@nscfairbanks.org  
 web: www.nscfairbanks.org



## First National Bank ASAA Nordic Ski Championships February 21-22-23, 2019

Organized by Nordic Ski Club Fairbanks  
 Jim Whisenant Ski Trails  
 Birch Hill Recreation Area, Fairbanks, Alaska

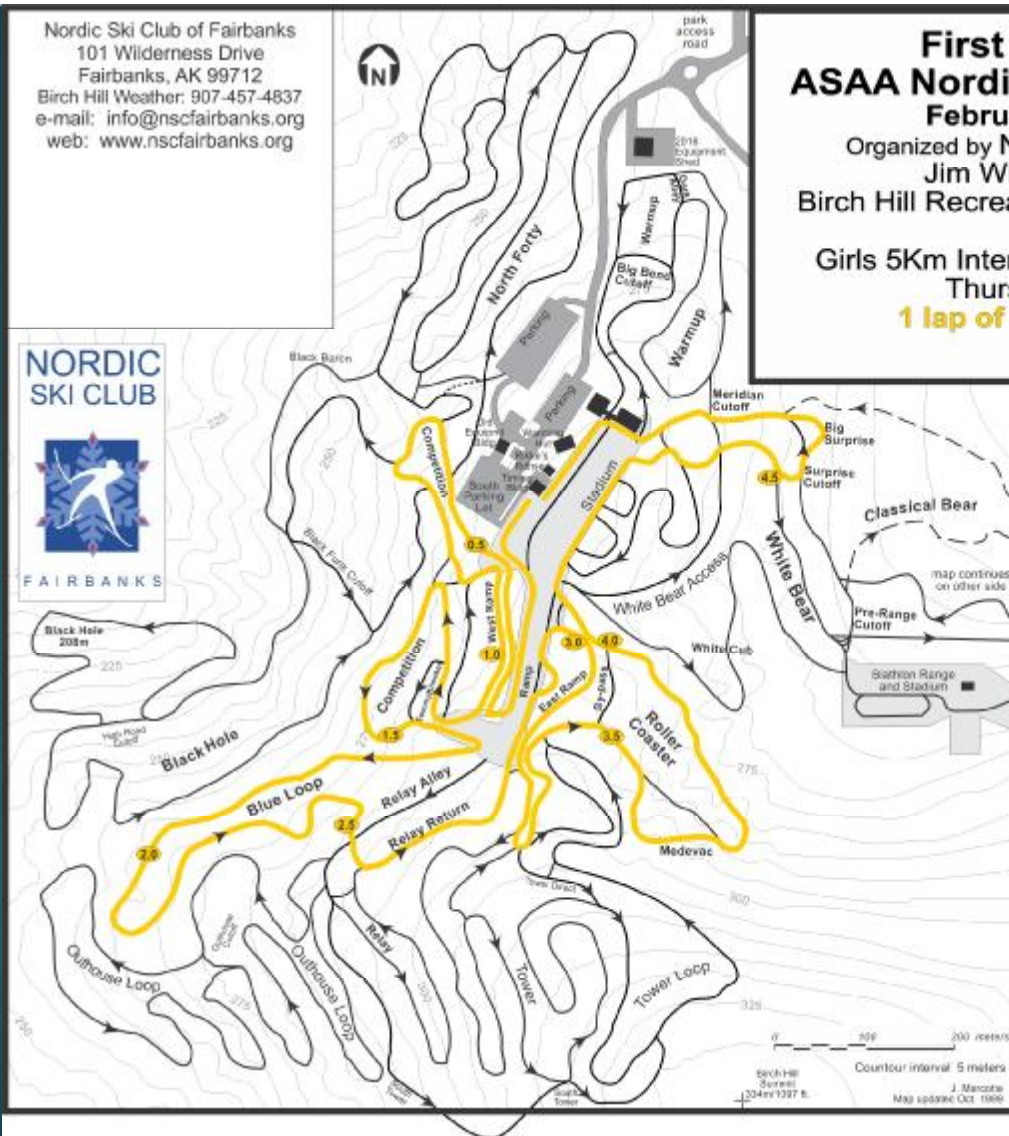
Girls 5Km Interval Start Classic Technique  
 Thursday, February 21  
**1 lap of 5000m Gold Course**

### Technical Information for 5Km Gold:

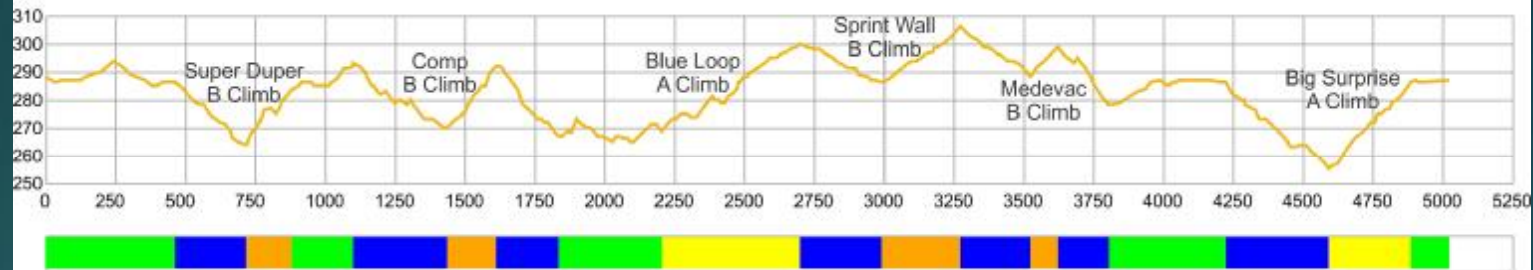
Measured Length: 5028m  
 Height Difference (HD): 52m  
 Total Climb (TC): 193m  
 Maximum Climb (MC): 34m  
 Climb per Km: 38.4m/km  
 2 x A Climbs: 34m, 31m  
 4 x B Climbs: 21m, 22m, 20m, 11m

### Jury/Competition Comm.:

Technical Delegate: x  
 Assistant Technical Delegate: x  
 CCAK Representative: x  
 Jury Member: x  
 Chief of Competition: John Estle  
 Chief of Course: Tom Helmers  
 co-Chief of Stadium: x  
 co-Chief of Stadium: x  
 Chief of Timing: Anna Sorensen  
 Chief of Athlete Care: x  
 Chief of Competition Control: x  
 Chief of Start/Finish: x  
 Volunteer Coordinator: Norma Haubenstock



# ASAA State Championships 2019 Girls' Interval Start Classic Technique 5Km 5000m Course

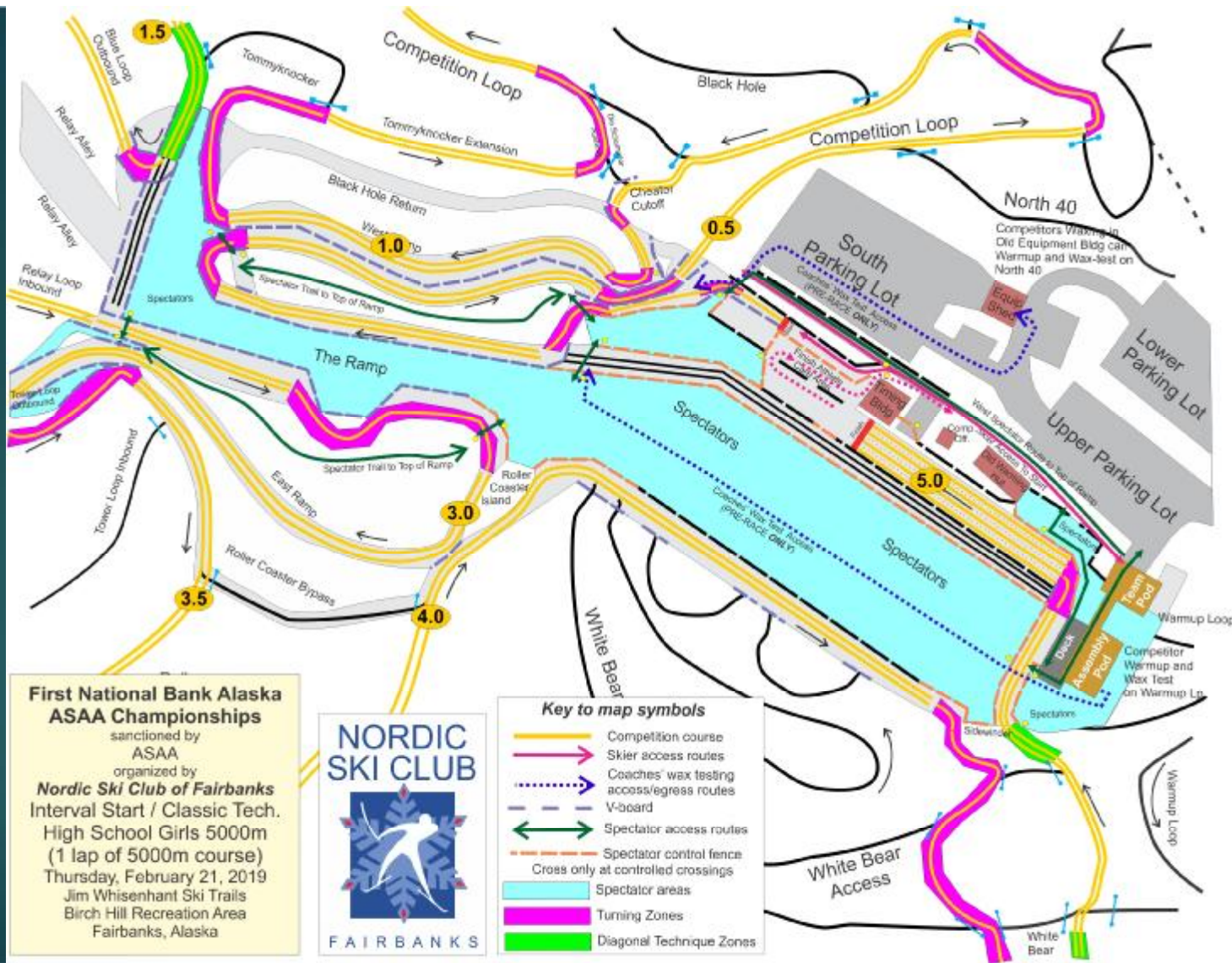


## Categorized Climbs

- Super Duper B Climb - 22m total climbing / average gradient 12.3%
- Comp B Climb - 22m total climbing / average gradient 11.4%
- Blue Loop A Climb - 34m total climbing / average gradient 6.2%
- Sprint Wall B Climb - 20m total climbing / average gradient 7.1%
- Medevac B Climb - 11m total climbing / average gradient 11.0%
- Big Surprise A Climb - 31m total climbing / average gradient 10.7%

## General Course Specs

- Measured distance: 5028m
- HD = 51m (Height Difference)
- MC = 34m (Maximum Climb)
- TC = 194m (Total Climb)
- Average climb per kilometer = 38.6m/Km



**First National Bank Alaska  
ASAA Championships**  
 sanctioned by ASAA  
 organized by  
**Nordic Ski Club of Fairbanks**  
 Interval Start / Classic Tech.  
 High School Girls 5000m  
 (1 lap of 5000m course)  
 Thursday, February 21, 2019  
 Jim Whisenant Ski Trails  
 Birch Hill Recreation Area  
 Fairbanks, Alaska



# Weather Forecast for Thursday, February 21

- u Wednesday Night Low Temperature –
  - u Airport -4F/-20C
  - u Birch Hill -1F/-18C
- u Thursday High Temperature (temp. and time) –
  - u Airport – lower teens Fahrenheit; -10C to -12C
  - u Birch Hill – slightly warmer than town
- u Inversion Conditions – no more than a mild inversion
- u Wind – North wind at 5mph, diminishing over the day
- u Clear or Cloud Cover – overcast enough for precipitation
- u Precipitation Forecast – 1"-3" possible (20%) tonight, beginning at about 10PM, continuing through the day tomorrow – a "Fairbanks blizzard"
- u Sunrise 0833AM / Sunset 1738PM – 9 hours and 5 minutes

# Grooming Plan for Thursday, February 21, p.1

## GENERAL GROOMING PLAN

- u Planned Grooming Schedule – Based on Current Forecast
  - u Start Grooming 3AM-4AM
  - u Tracks set on last pass – tracks will be set as early as possible so they can set up, but if there is snow, tracksetting will be delayed to minimize fresh snow in tracks
- u Planned Grooming Schedule – If Forecast Changes to No Snow
  - u Start Grooming At Lights Out – 9:30PM
  - u Tracks set tonight
- u Planned Equipment Usage
  - u PistenBully with tiller and dual track pans
- u Plan B if additional Grooming is necessary – Jury Decision



# Grooming Plan for Thursday, February 21, p.2

## TRACKSETTING PLAN

- u One track out of the start
- u Two tracks on the remainder of the courses
- u Where tracks are set NO SKATING STEPS ARE PERMITTED
- u Where no tracks are set, classic turning techniques are permitted, but not skating steps (i.e. no V1, no V2, no V2 alternate)
- u Zones without tracks may be marked with "Turning Zone" signs

# Grooming Plan for Thursday, February 22, p.3

## WARMUP AREAS

- u If there is heavy snow, warmup areas will be second priority after competition course
- u North 40 Upper Loop (approximately 1 Km) will be open for warming up during the competition; this loop is accessible from a point right near the Old Equipment building
- u Entire Warmup Loop will be open for warming up during the competition
- u Competition course is open for warmup and testing between races
- u Tracks will be set on all warmup courses

## FORERUNNERS

- u We are planning to have forerunners.

Questions?

Comments?

Good luck to all skiers and coaches!

Adjourn!