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# Region 6 Cross Country Ski Championships

February 10-11, 2023

organized by Nordic Ski Club of Fairbanks  
 Jim Whisenhant Ski Trails  
 Birch Hill Recreation Area, Fairbanks, Alaska

Friday, February 10  
**Mass Start / Free Technique**  
**Boys 10Km (2 x 5Km)**

## Technical Information for South Tower 5K/ Red Course:

Course Length: 5048m  
 Height Difference (HD): 73m  
 Maximum Climb (MC): 39m  
 Total Climb (TC): 167m  
 10Km: TC = 334m  
 Climb per Km: 33.1m/km  
 2 x A Climb: 39m, 31m  
 3 x B Climb: 12m, 20m, 18m

## Competition Committee

Chief of Competition-John Estle  
 Chief of Course-Bill Husby  
 Head Groomer-Tom Helmers  
 Co-Chief of Stadium-Susan Faulkner  
 Co-Chief of Stadium-Gary Knuepfer  
 Chief of Timing-Anna Sorensen  
 Chief of Secretariat-TBD  
 Chief of Competition Control-Volunteer Coordinator-Norma Haubenstock

## Competition Jury

Chief of Competition-John Estle  
 Technical Delegate-Lin Hinderman  
 Assistant Tech. Del-Scott Jerome  
 Jury Member-Greg Whisenhant  
 ASAA Representative-

**Key to map symbols**

- Competition course (Red line with arrows)
- Skier access routes (Pink line with arrows)
- Coaches' wax testing access/egress routes (Dotted blue line with arrows)
- V-board (Green line with arrows)
- Spectator access routes (Green line with arrows)
- Spectator control fence (Orange line)
- Cross only at controlled crossings (Orange line)
- Spectator areas (Light blue shaded area)
- Turning Zones (Green shaded area)
- Diagonal Technique Zones (Yellow shaded area)

