

# ASAA/First National Bank Alaska 2023 Nordic Skiing State Championships

General Info  
Interval Start

Team Captains Meeting #1

# Roll Call

Glennallen	Colony	Valdez	Eagle River
Chugiak	Kuspuk ESSS	Seward	North Pole
Hutchison	Homer	Bettye Davis East	Service
Seward	Soldotna	West	South Anchorage
Dimond	West Valley	Lathrop	Kenai
Bartlett	Bartlett	Monroe Catholic	Palmer
Grace Christian			

# Race Jury

Technical Delegate (TD):	Colin Fay
Chief of Competition:	Matt Pauli
Assistant TD:	Lin Hinderman
ASAA Representative:	Kathleen Navarre
Host School Rep.:	Chris Kleckner


# Race information

ASAA

<https://asaa.org/activities/nordic-ski/nordic-ski-coaches/>

This will link to all schedules, ZOOM log in, course maps, start lists, results, Live Timing!

# Schedule for Championship Week



**2023 ASAA/FIRST NATIONAL BANK ALASKA  
NORDIC SKIING STATE CHAMPIONSHIPS**  
Kincaid Park - Anchorage / February 23-25  
Hosted by: ASAA, Dimond High School & Nordic Skiing Association of Anchorage

**SCHEDULE OF EVENTS**

**Wednesday, February 22**  
10:00am Official Training on Competition Courses (10:00am to 4:00pm)  
12:00pm Facilities open for inspection  
5:00pm Coaches Meeting virtual  
9:45pm Kincaid Park Gate Closes

**Thursday, February 23**  
7:00am Gates Open/Kincaid Park Wax Bunker open  
9:30am Bib Pick-Up & Coaches Packets (by Coach only) in Chalet  
10:40am Presentation of Colors  
11:00am Boys 7.5K Interval Start Classic Technique Race  
1:00pm Girls 5K Interval Start Classic Technique Race  
5:00pm Coaches Meeting virtual  
9:45pm Kincaid Park Gate Closes

**Friday, February 24**  
7:00am Gates Open/Kincaid Park Wax Bunker open  
9:30am Bib Pick-Up (by Coach only) in Chalet  
10:40am Presentation of Colors  
11:00am Girls 7.5K Mass Start Freestyle Technique Race  
1:00pm Boys 10K Mass Start Freestyle Technique Race  
5:00pm Awards at Dimond High School Cafeteria  
9:45pm Kincaid Park Gate Closes

**Saturday, February 25**  
7:00am Gates Open/Kincaid Park Wax Bunker open  
9:30am Bib Pick-Up (by Coach only) in Chalet  
10:00am Relay team changes due in timing building  
10:40am Presentation of Colors  
11:00am Girls 4 x 3K Mixed Technique (Classic-Classic-Free-Free)  
1:00pm Boys 4 x 5K Mixed Technique (Classic-Classic-Free-Free)  
TBD Awards at Kincaid Park

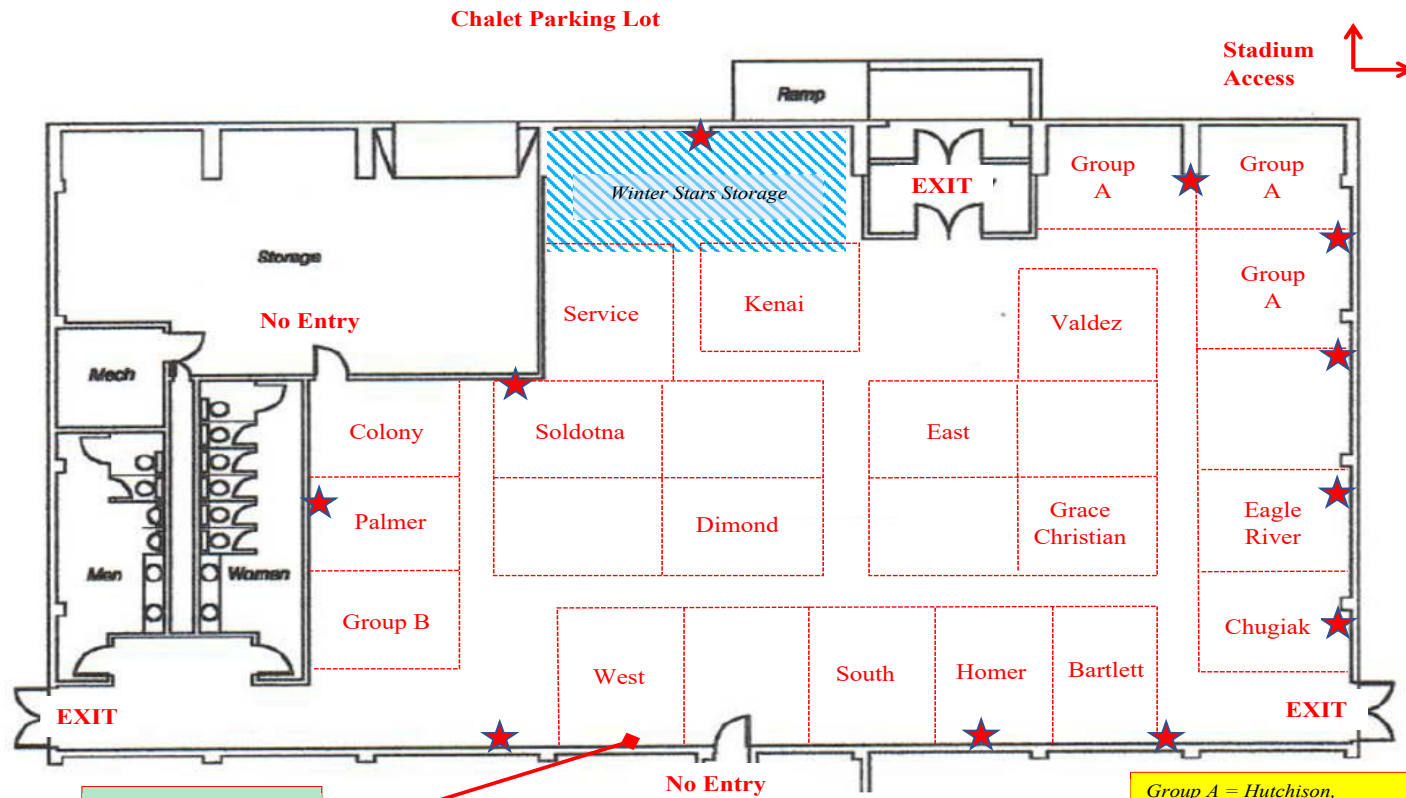
- Available in Coach's Packets
- Review additional terms and conditions with your athletes.

# Event Information

DHS

ASAA

# Wax Bunker



Fuse Boxes  
(circuit number labeled  
on each outlet)

**KINCAID WAXING BUNKER FLOOR PLAN** Fuse Boxes  
(circuit number labeled on each outlet)

★ = 4 plug electric outlet (please limit use of halogen lights)  
fire extinguisher at each exit; total building area about 115 ft x 62 ft

Group A = Hutchison,  
Lathrop, Monroe Catholic,  
North Pole & West Valley

Group B = Kuspuk ESSS,  
Glennallen & Seward

# Course Colors

Date	Thursday, 02/23	Friday, 02/24	Saturday, 02/25
Technique	Classic	Free	C,C,F,F
Course			
Girls 5 k Interval Start	1 X 5 k		
Boys 7.5 k Interval Start	1 X 7.5 k		
Girls 7.5 k Mass Start		1 X 7.5 k	
Boys 10 k Mass Start		2 X 5 k	
Girls 3 k Classic (C) Relay			2 X 3 k
Boys 5 k Classic Relay			2 X 5 k
Girls 3 k Freestyle (F) Relay			2 X 3 k
Boys 5 k Freestyle Relay			2 X 5 k



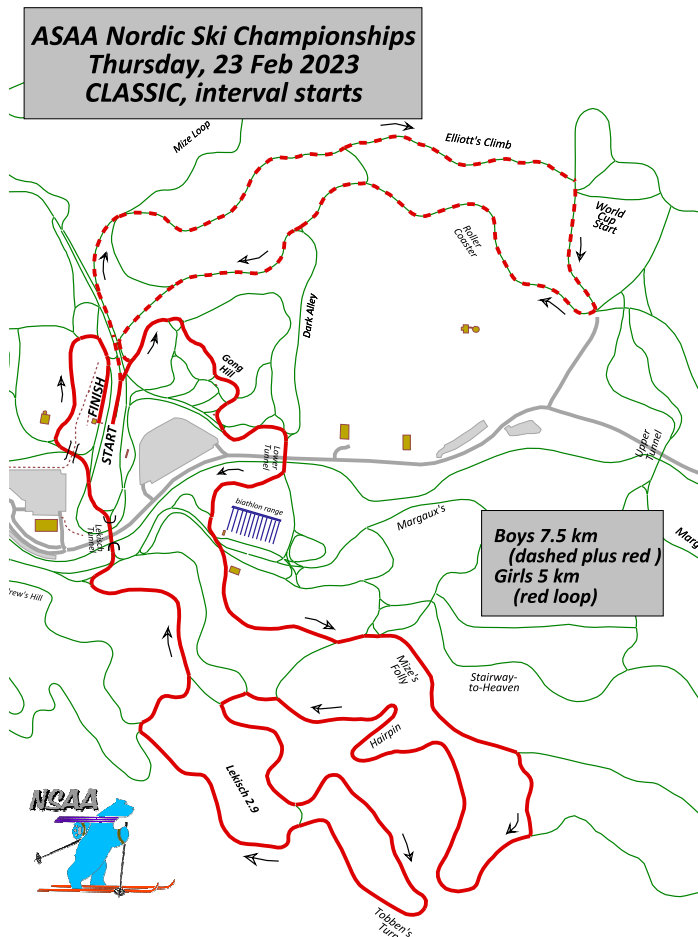
# Schedule, Interval Starts

- 0700: Gates open
- 0900: Courses open for inspection
- 0930: Bibs available in chalet for team leader/coach pick-up
- 1045: Forerunners out
- 1055: Course closed
- 1100: Boys 7.5 km classic interval start
- 1205-1215: Girls course opened
- 1230: Flower ceremony, Boys race (top 3)
- 1245: Forerunners out
- 1255 Course closed
- 1300: Girls 5 km classic interval start
- 1415: Flower ceremony, Girls race (top 3)
- 1700: TCM via Zoom, Mass start and mixed technique relays

# Entries/Seeds/Bibs

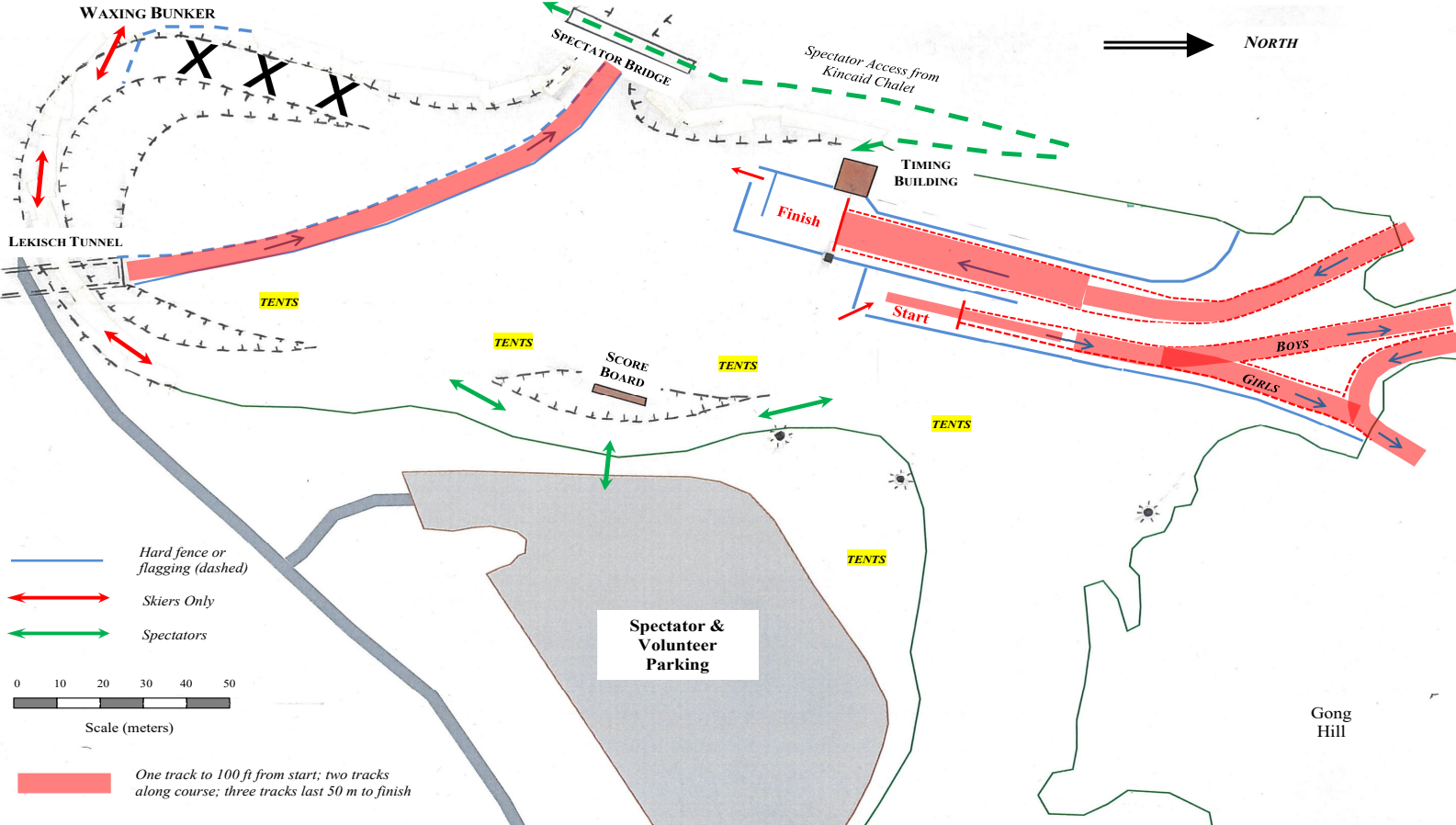
- All entries and interval start seeds are final after the conclusion of this meeting for the rest of the tournament.
- Interval start: Six seed groups, 1-6.
- Coach places one (1) athlete in each group.
- All athletes randomized within respective group.
- Groups go out in order, 1-6.
- Bibs: Distributed Thursday morning @ 0930 downstairs of the chalet grouped by teams and intended to be picked up by a team representative

# Boys 7.5 k, Girls 5 Classic, Interval Start



- Boys: 1100 Start, One X 7.5 k (Red + Red Dash course)
- Girls: 1300 Start, One X 5 k (Red course)
- 30 second start interval
- Electronic digital clock with audible countdown signal
- Skiers leave when lamp goes from red to green (+/- 3 seconds).
- False starts to be reviewed as needed
- Forerunners out at 1045 and 1245 respectively.

# Stadium Plan



**STADIUM LAYOUT – RACE #1 (Thursday 23 Feb): CLASSIC, INTERVAL STARTS**

# Stadium

- Tents set-up on east side adjacent to scoreboard
- Athletes: Look for the big START banner
- Access to stadium floor from wax bunker over Lekisch Tunnel
- Racers and officials only in start corral

# Interval Start

- Warm-up on course until course closure, interior of stadium, multi-use trail, adjacent trails
- Course closed 5 minutes prior to start
- Prior to entering start corral, chip/transponder attached. Athletes prohibited from leaving area.
- No ski movement on course by coaching staff or spectators on skis during races
- No dogs or fat bikes or dogs on fat bikes in stadium area or trails.
- **SPECTATORS AND COW BELLS REQUIRED!**

# Flower Ceremony

- Boys: 1230-1245
- Girls: 1415-1430
- Attendance by all available athletes, coaches requested

# Classical Technique





# Classical Technique Definitions

## FIS ICR

### **310.2.2 Classical Technique**

**310.2.2.1** Classical technique includes the Diagonal Stride techniques, the double poling with or without diagonal kick, herringbone without a gliding phase and turning techniques.

**310.2.2.2** Diagonal Stride technique is comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground (trail surface, ed.) at any time.

**310.2.2.3** Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked.

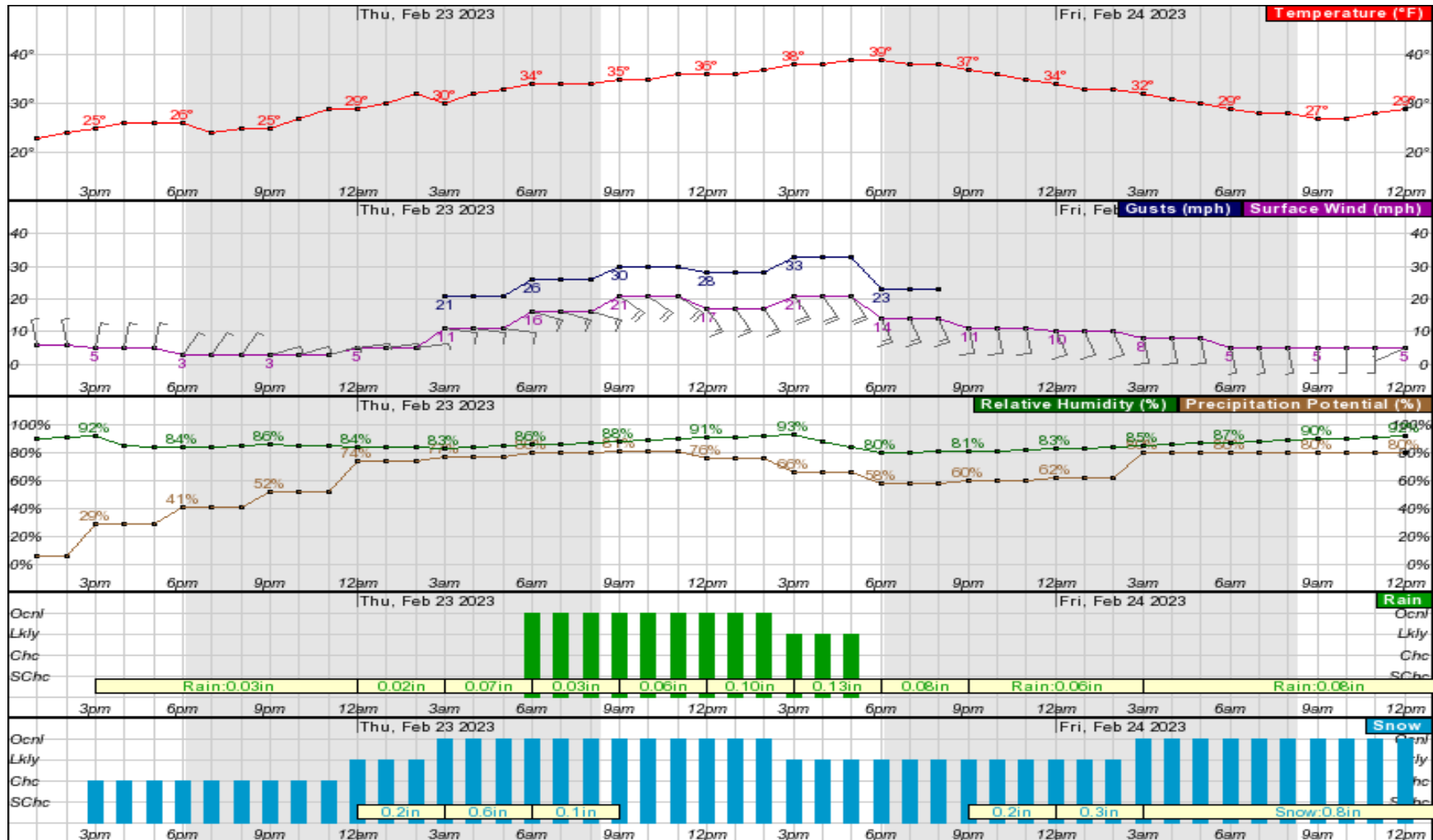
**310.2.2.4** Where there are one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed.

**310.2.2.5** Single or double-skating is not allowed (Marathon Skate, V1 or V2).

# Turning Zone Marking



# Weather



# Grooming Plan

- Double-tracked best line
- Turning zones (TZ) marked at beginning and end of TZ with blue V board
- Monitoring weather conditions will dictate when final groom will occur (sooner rather than later)
- Expect to use PB 400 for pre-groom and PB 100 to follow for best line

# TD Comments

- Ski in direction of race course at all times
- Classical Technique, Course Control
- Turning Technique and TZ's
- Overtaking other athletes

# MOOSE



Have a GREAT Competition!