



2019

ASAA/First National Bank Alaska
**NORDIC SKI STATE
CHAMPIONSHIPS**

1
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ASAA
ALASKA SCHOOL ACTIVITIES ASSOCIATION
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For nearly 30 years, we've helped Alaska's youth become tomorrow's leaders. We're proud to support ASAA as the Title Sponsor of championship and main events.

We believe in Alaska



First National Bank
ALASKA MEMBER FDIC

NMLS# 640297  EQUAL HOUSING LENDER

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Welcome

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2019 ASAA First National Bank Alaska Nordic Ski State Championships! To the student-athletes, we applaud your dedication to doing your best for yourself and for your school. To the coaches, counselors and parents, thank you for continuing to support interscholastic sports and activities. And to the spectators, we appreciate your being part of this statewide championship event.



Billy Strickland
ASAA Executive Director





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@ASRC_AK



@WeAreASRC

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Sponsoring ASAA provides ACC with great opportunity to extend that same dedication to the youth of our villages.



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People Behind the Scenes

ASAA extends its appreciation to the following people for contributing their time and energy in making this year's ASAA First National Bank Alaska Nordic Ski State Championships a success.

- Nordic Ski Club Fairbanks
- Birch Hill Trails Facility
- John Estle & Crew
- Fairbanks Borough School District

PLUS THE COUNTLESS NUMBER OF VOLUNTEERS THAT MAKE THIS STATE CHAMPIONSHIP POSSIBLE!! THANK YOU!!

Thanks for All You Do!

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Production Engineer
BP Alaska



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You're the coolest athletes on the trail. Alaska Airlines is proud to support the 2019 ASAA/First National Bank Alaska Nordic Ski State Championships. Take pride in your stride.



Alaska
AIRLINES



2019 ASAA/FIRST NATIONAL BANK ALASKA NORDIC SKI STATE CHAMPIONSHIPS

Birch Hill - Fairbanks / February 21-23, 2019

Hosted by: Lathrop High School & Nordic Ski Club of Fairbanks

2019 SCHEDULE OF EVENTS

Wednesday, February 20

- 10:00am Waxing areas open to teams (waxing areas will be assigned by organizers)
- 12:00pm Official Training on Competition Courses (12:00 to 8:00pm)
- 6:00pm Coaches and Team Captains Meeting (Wedgewood/Taiga Lodge)
- 10:00pm Birch Hill Recreation Area Gate Closes

Thursday, February 21

- 7:00am Waxing Areas open
- 10:40am Presentation of Colors
- 11:00am Boys 7.5K Individual Start Classic Technique Race
- 1:00pm Girls 5K Individual Start Classic Technique Race
- 5:00pm Coaches Meeting (Wedgewood/Taiga Lodge)
- 10:00pm Birch Hill Recreation Area Gate Closes

Friday, February 22

- 7:00am Waxing Areas open
- 10:40am Presentation of Colors
- 11:00am Girls 7.5K Mass Start Free Technique Race
- 1:00pm Boys 10K Mass Start Free Technique Race
- 4:00pm Coaches Meeting (West Valley Library)
- 5:00pm Awards Presentation (West Valley PAC -Thursday & Friday Awards)
- 6:15pm Spaghetti Feed (Hosted by Lathrop Ski Team) at West Valley Commons
- 10:00pm Birch Hill Recreation Area Gate Closes

Saturday, February 23

- 7:00am Waxing Areas open
- 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 Birch Hill Cross Country Ski Center

We're on the sidelines, so you don't have to be.



OPA Certified Athletic Trainers

*Brittany Bergens,
MA, MEd, ATC*

*Mary Perez,
MS, ATC*

*Bryan Beechem,
MS, ATC*

*Lynne Young,
MEd, ATC, ITAT*

*James Berry,
MS, ATC, LAT*

*Kristi Castellaw,
ATC*

*Kimberly Gilmore,
LAT, ATC*

OPA provides full-time certified athletic trainers to all Anchorage and Mat-Su area high schools — free of charge.

These full-time medical professionals work with student-athletes, coaches and parents to prevent injuries, save thousands of health care dollars and help build a stronger, healthier community.

Learn more about OPA's individual trainers, injury prevention tips and more at:

OPAlaska.com

As a division of OrthoAlaska, OPA is an in-Network Preferred Provider for Blue Cross Blue Shield and many other insurance providers.

Injury Walk-in Hours

Anchorage:

Mon - Fri, 12-8p; Sat & Sun, 12-6p
3801 Lake Otis Pkwy., Suite 300

Wasilla:

Mon - Fri, 12-6p
1700 E Bogard Rd., Suite 102

Appointments

Anchorage & Eagle River, 562-2277
Wasilla, 357-2267



OrthoAlaska complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

NOT A CERTIFIED EMERGENCY MEDICAL SERVICE AS DESCRIBED IN ALASKA STATUTE 18.08.082.084,200.

BOYS 7.5K INDIVIDUAL START CLASSIC TECHNIQUE - THURSDAY

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



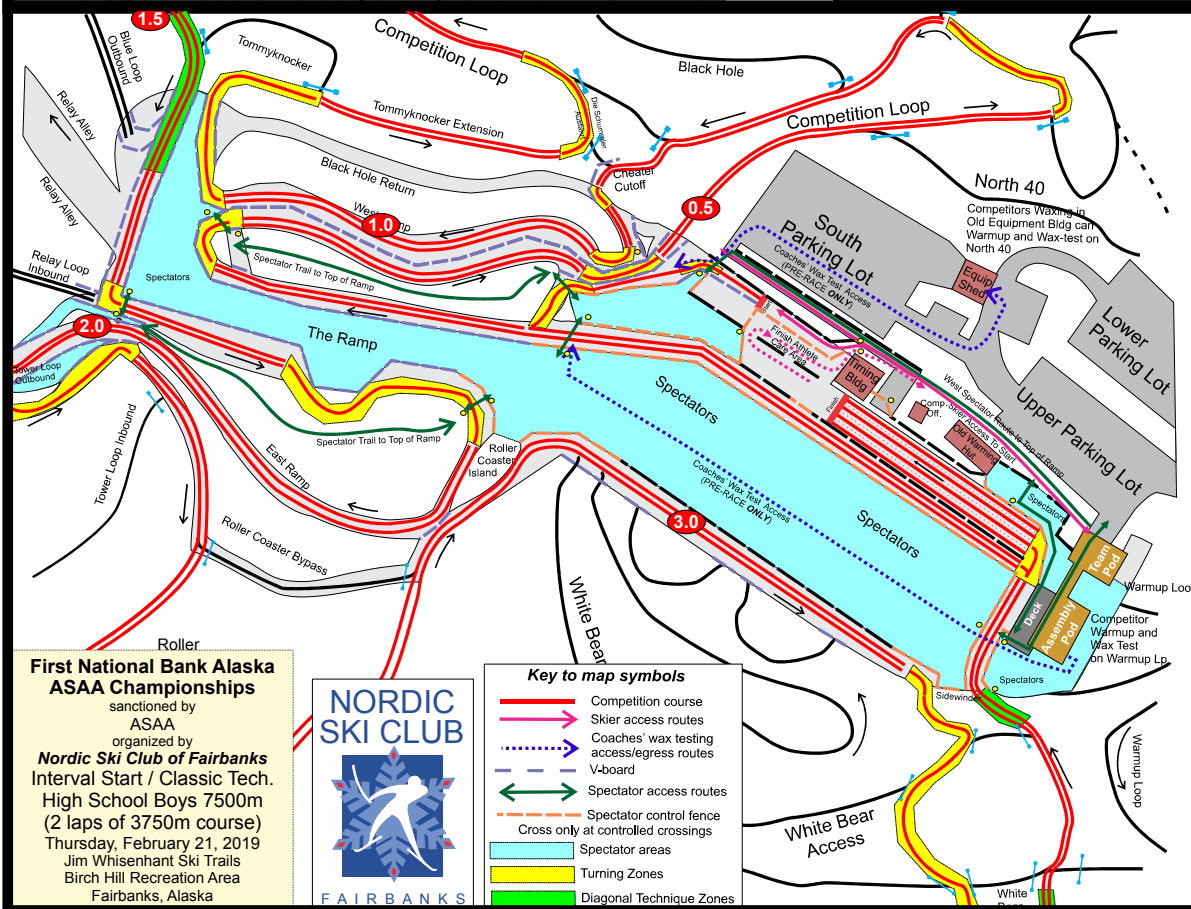
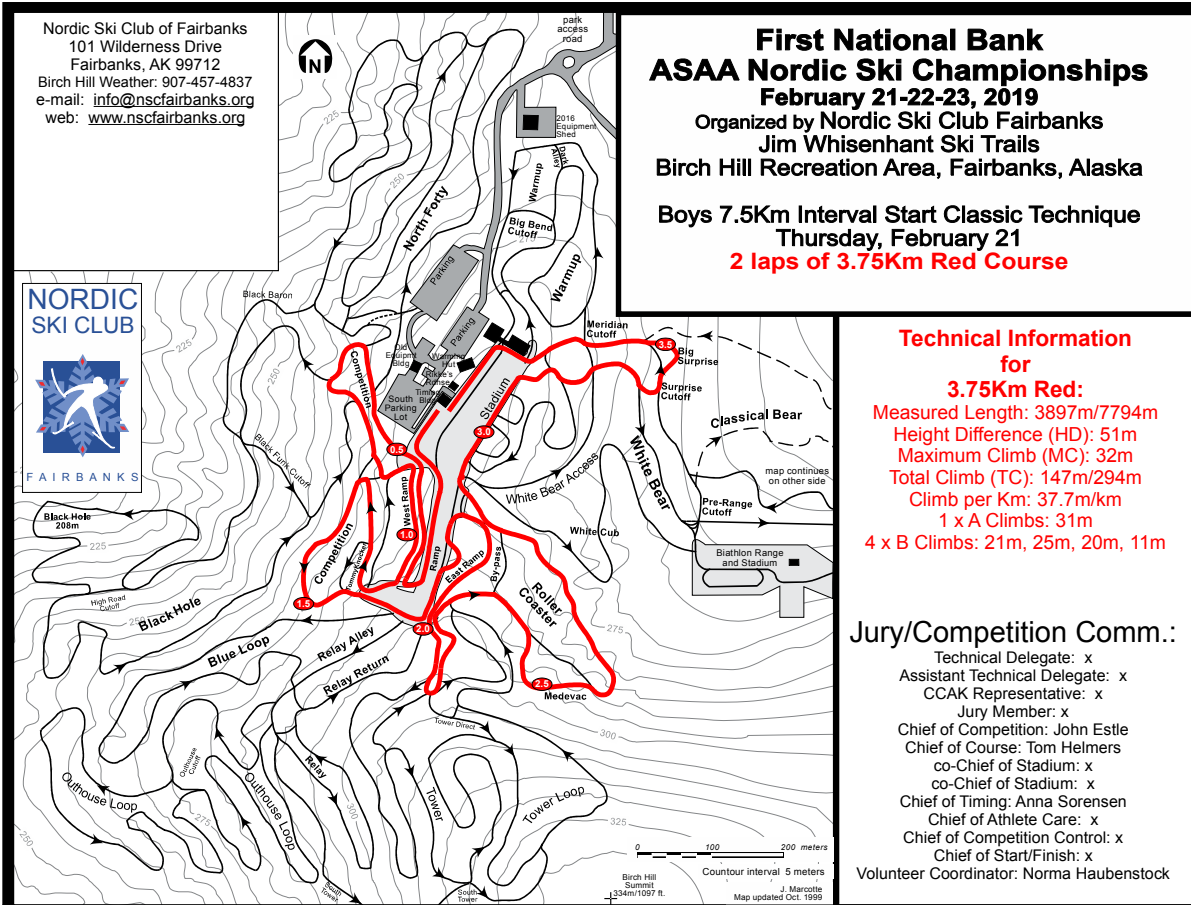
**First National Bank
 ASAA Nordic Ski Championships**
February 21-22-23, 2019
 Organized by Nordic Ski Club Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Recreation Area, Fairbanks, Alaska

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



**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



GIRLS 5K INDIVIDUAL START CLASSIC TECHNIQUE - THURSDAY

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

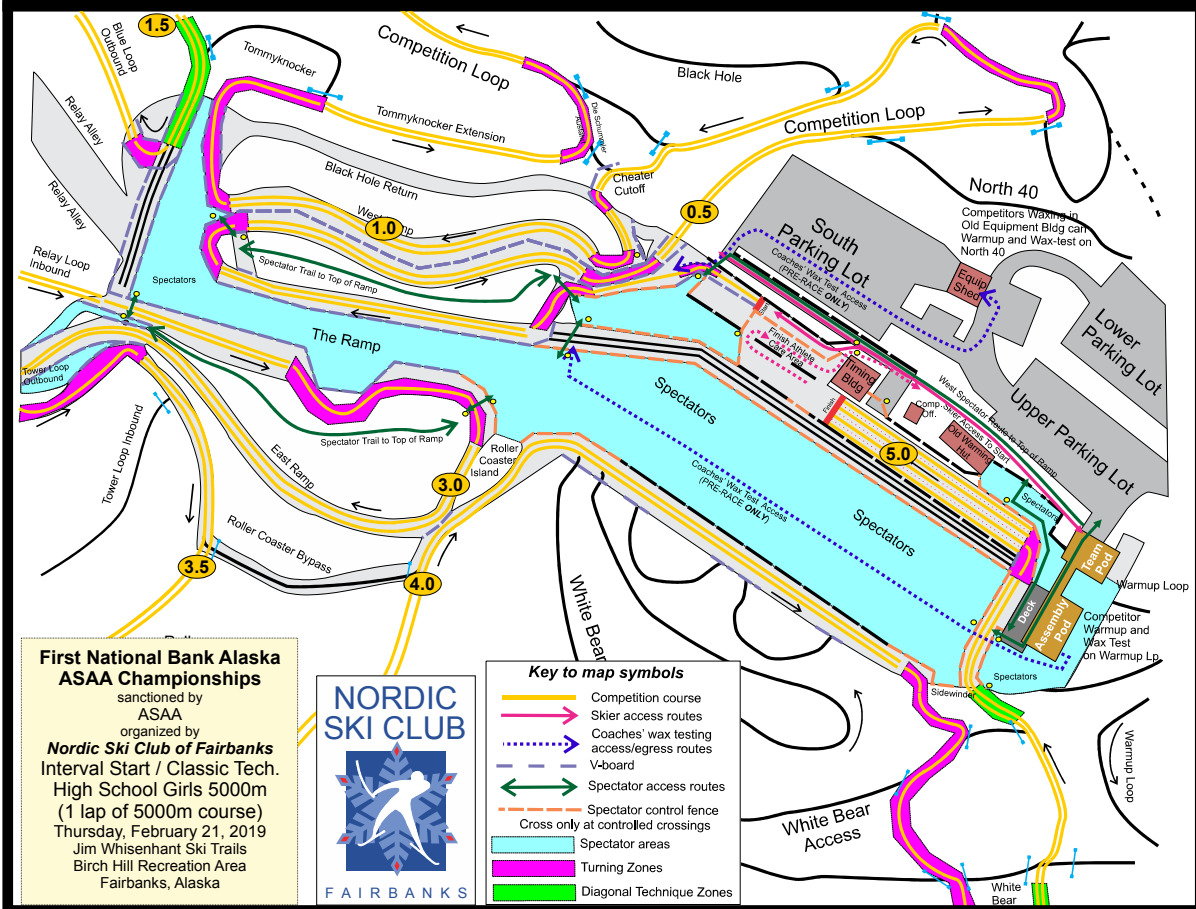
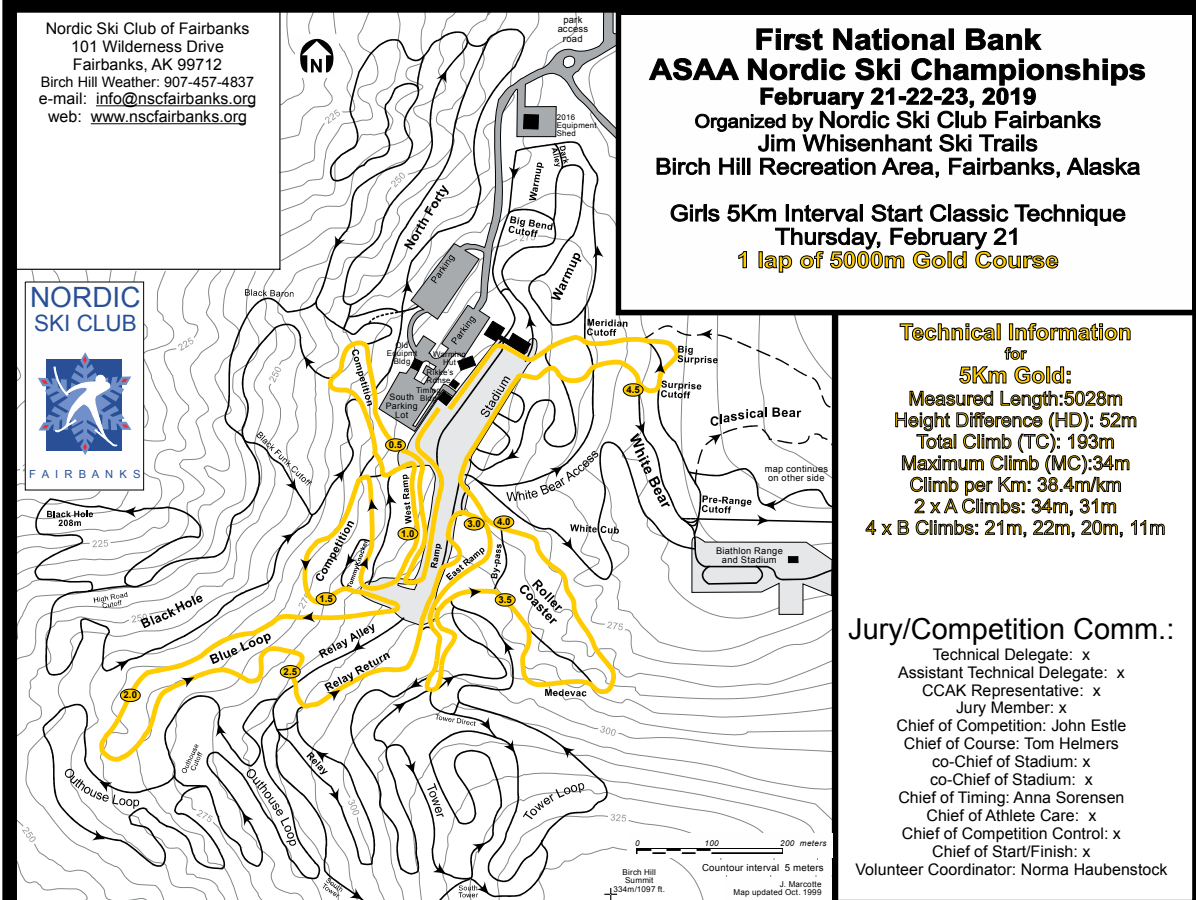
Girls 5Km Interval Start Classic Technique
Thursday, February 21
1 lap of 5000m Gold Course

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



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



- Key to map symbols**
- Competition course
 - Skier access routes
 - Coaches' wax testing access/egress routes
 - V-board
 - Spectator access routes
 - Spectator control fence
 - Cross only at controlled crossings
 - Spectator areas
 - Turning Zones
 - Diagonal Technique Zones

GOOD TEAMMATES MAKE GREAT FRIENDS.



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CHAMPIONSHIP PROGRAMS

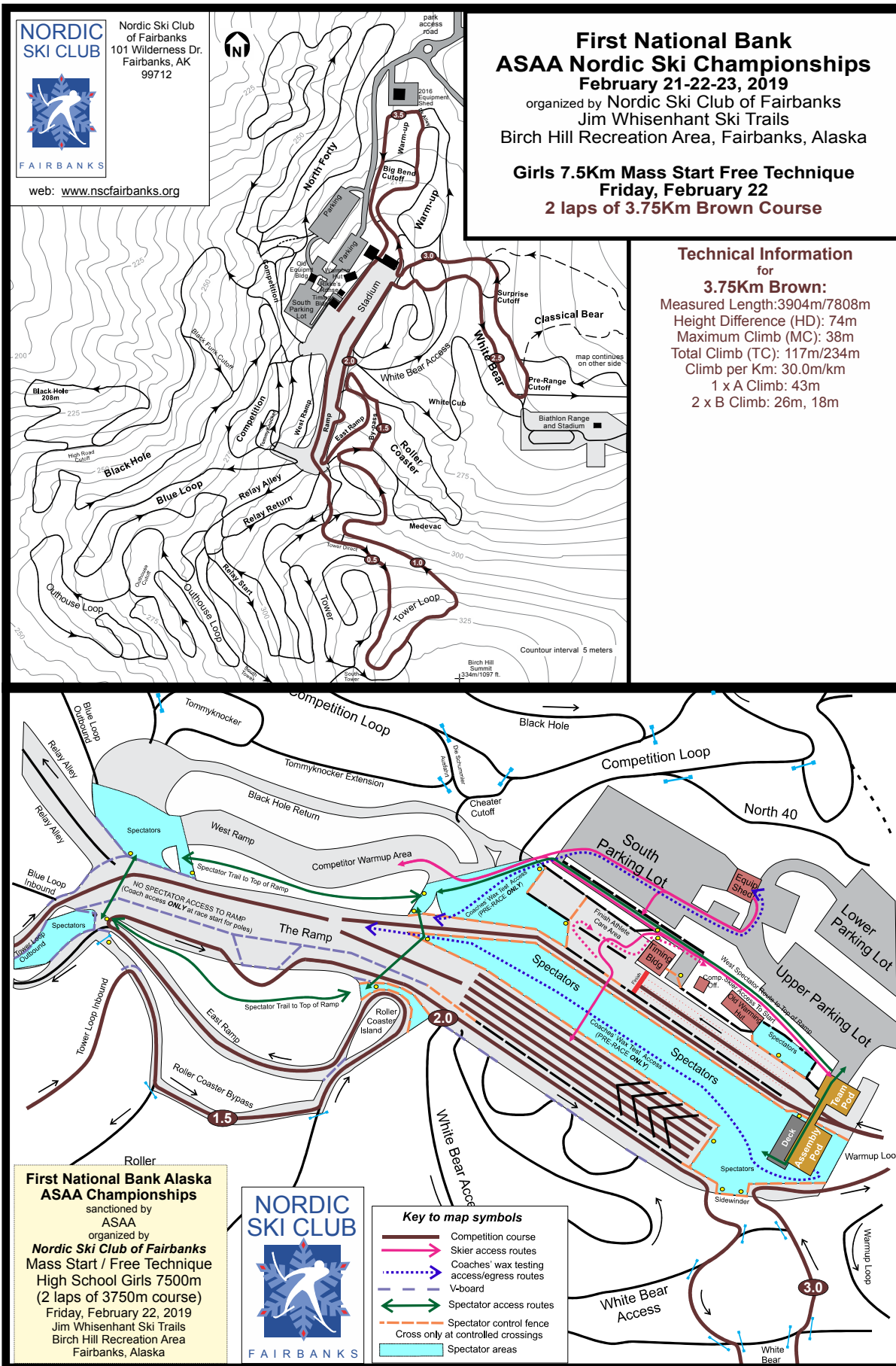
2019 MEET SCHEDULE & MAPS | TEAM ROSTERS & PHOTOS | 2018 CHAMPIONSHIP RESULTS



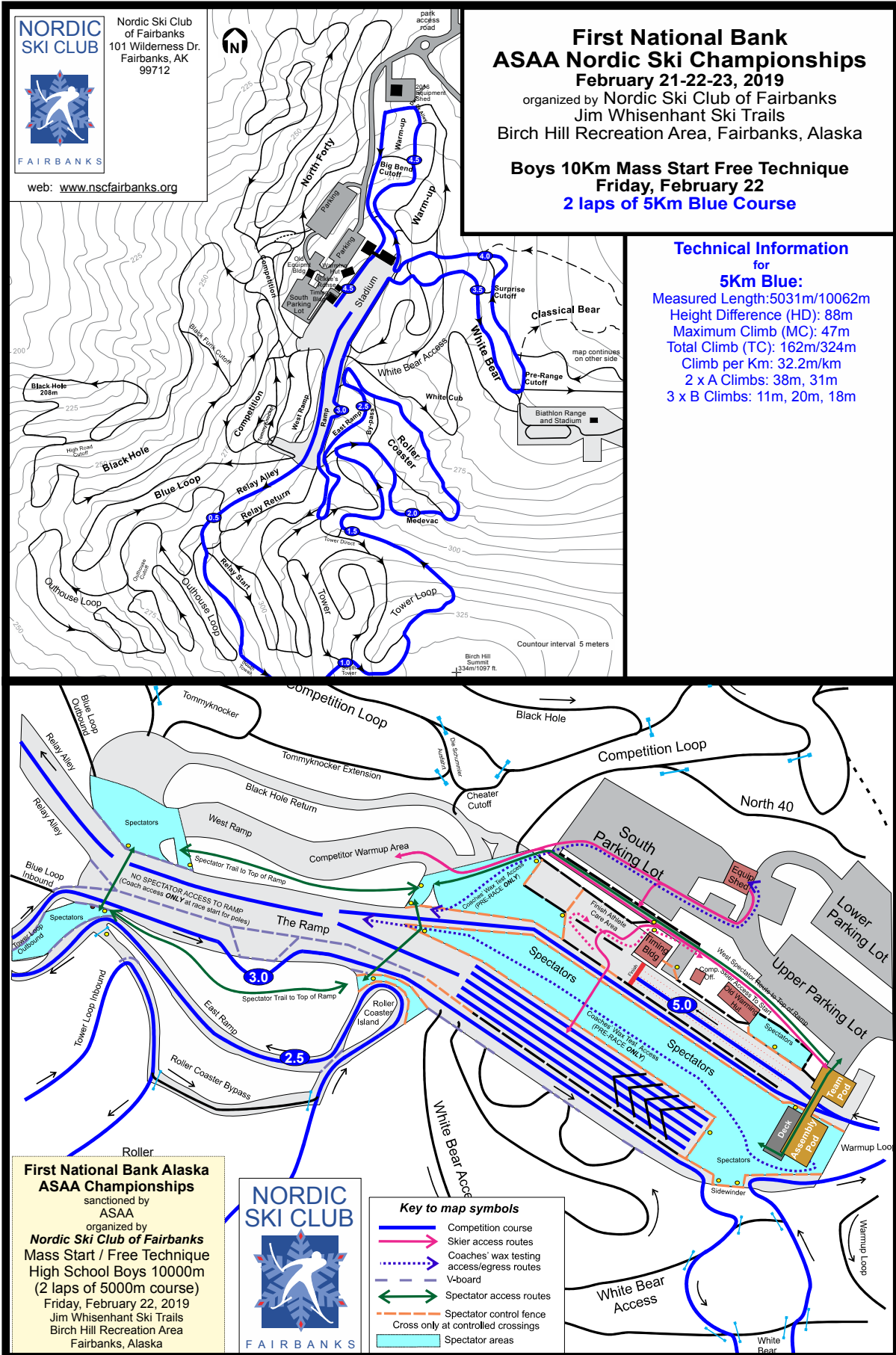
Souvenir ASAA Championship Programs complete with results and award information are available to order via The Book Patch print on-demand service. Programs are available to order approximately 30 days after the event has finished.

ORDER ONLINE
<http://asaa.org/go/programs>

GIRLS 7.5K MASS START FREE TECHNIQUE MAP - FRIDAY



BOYS 10K MASS START FREE TECHNIQUE MAP - FRIDAY





**How can Alaskans improve their health?
What health issues are most important to you?**

**Take our survey:
HA2020.alaska.gov**



**ALASKA NATIVE
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The mission of Healthy Alaskans, a partnership between DHSS and the Alaska Native Tribal Health Consortium, is "Healthy Alaskans in Healthy Communities." Results from this survey will help inform Alaska's state health improvement plan, Healthy Alaskans 2030 (HA2030).



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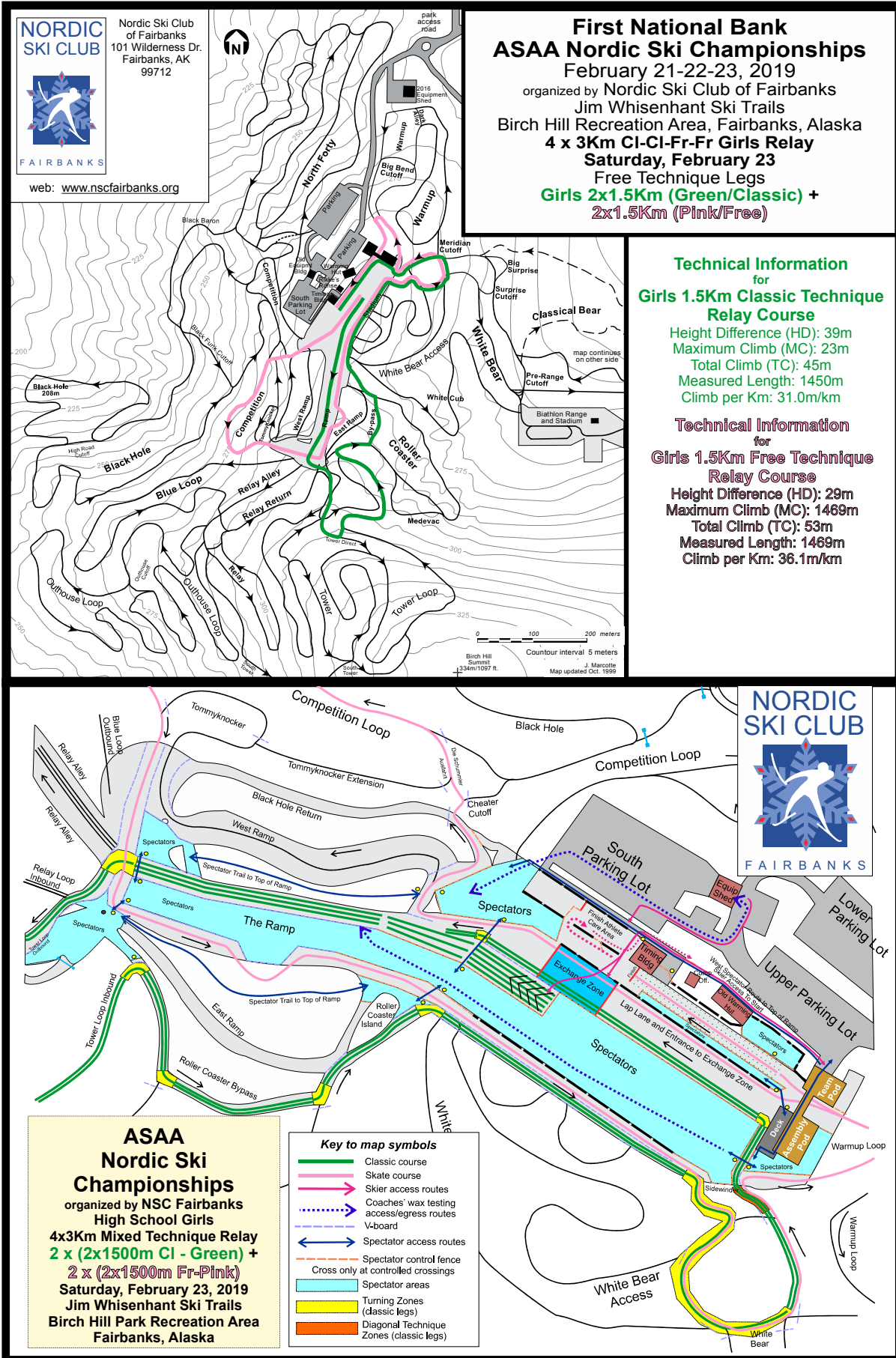
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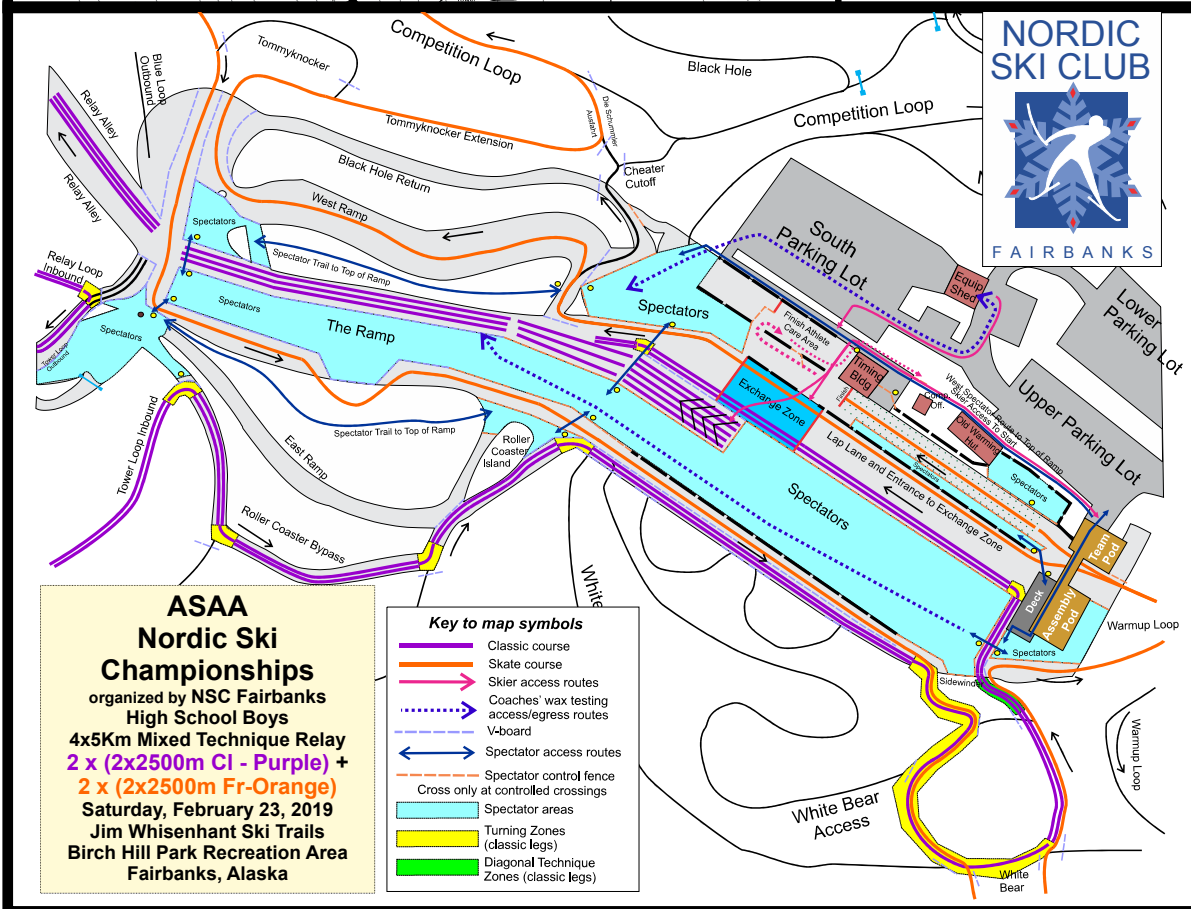
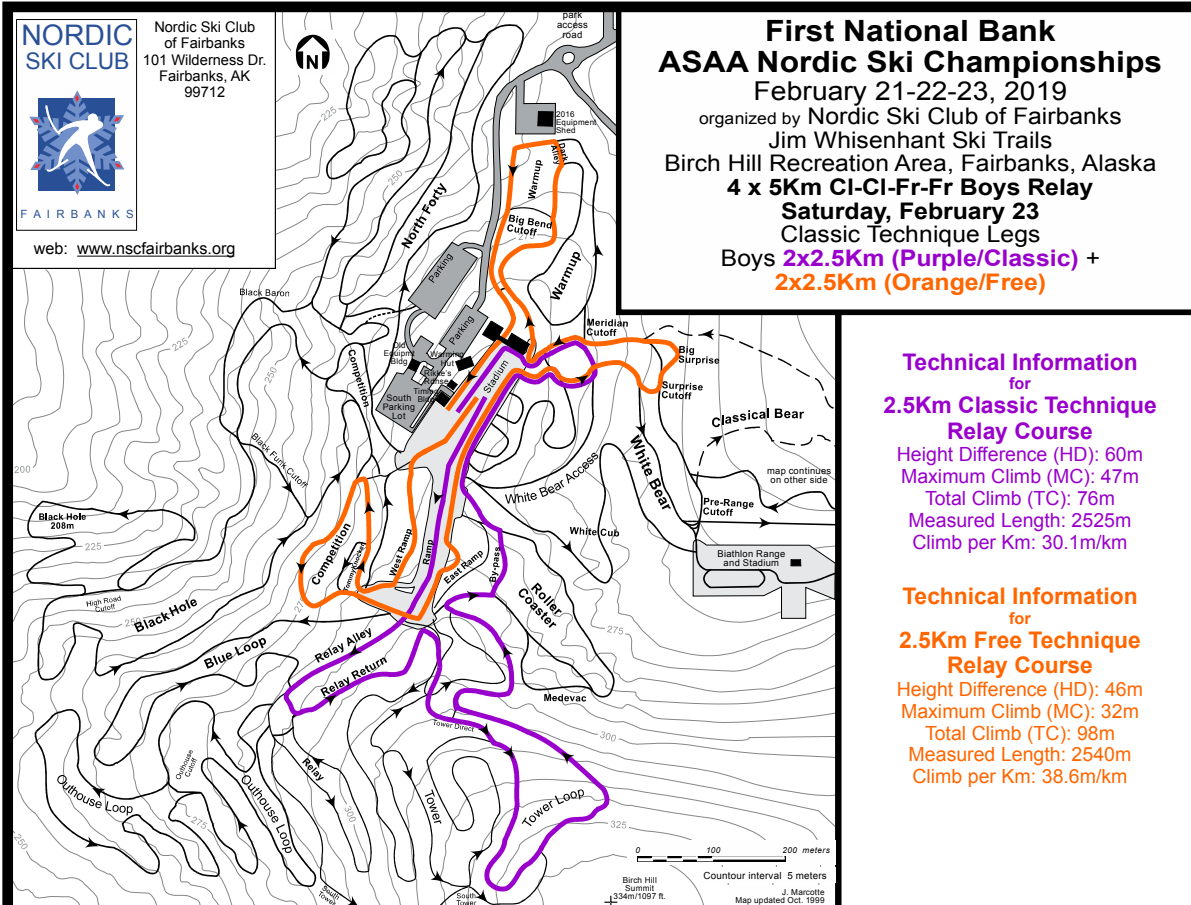
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GIRLS 4X3 MIXED TECHNIQUE MAP - SATURDAY



BOYS 4x5 MIXED TECHNIQUE MAP - SATURDAY





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Saltchuk is proud to support Alaska high school athletics and those students showing determination and commitment to their team.


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When your team is in Anchorage, take advantage of our special ASAA room rate. From Sept 15-May 14 , The Lakefront Anchorage is offering a special rate to all of our Alaska School Activities Association friends.

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NORDIC SKI TEAM ROSTERS & INFORMATION



BARTLETT GOLDEN BEARS

Region 4 School



Girls Entries			
First	Last	Grade (9-12)	Group
Leola	Atkinson	11	1
Lucy	Atkinson	9	2
Morgan	Bolan	11	3
Tylyn	Bushman	11	4
Nyamiiri	Biel	12	6
Boys Entries			
First	Last	Grade (9-12)	Group
Wyatt	Chadwick	12	1
Carson	Chadwick	10	2
Luke	Lilly	11	3
Luis	Rasgado	9	4
Aden	Lunn	10	5
Mackenzie	Tracey	9	6

SCHOOL & TEAM INFORMATION

PRINCIPAL	Sean Prince
ATHLETIC DIRECTOR	Leif Jacobsen
HEAD COACH	Tom Grenier
ASSISTANT COACHES	Zoey Grenier



CHUGIAK MUSTANGS

Region 4 School



GIRLS ENTRIES			
First	Last	Grade (9-12)	Group
Adrianna	Proffitt	11	1
Hannah	Cryder	11	2
Lindsey	Gerlach	11	3
Patricia	Casey	9	4
Kali	Smedley	11	5
Reagan	Blackley	11	6
BOYS ENTRIES			
First	Last	Grade (9-12)	Group
Michael	Earnhart	10	1
Miles	Dennis	12	2
Max	Beiergrohslain	11	3
Torsten	Renner	12	4
Michael	Connelly	10	5
Konrad	Renner	10	6

SCHOOL & TEAM INFORMATION

PRINCIPAL	Megan Hatswell
ATHLETIC DIRECTOR	Ben Johrendt
HEAD COACH	Branden Fontana
ASSISTANT COACH	Autumn Person

NORDIC SKI TEAM ROSTERS & INFORMATION



COLONY KNIGHTS

Region 4 School



Girls Entries			
First	Last	Grade (9-12)	Group
Annika	Hanestad	12	3
Lydia	Bushey	10	4
Nicole	Bell	10	5
Kylee	Deering	10	6
Sofija	Spaic	11	2
Ava	Straub	10	1
Boys Entries			
First	Last	Grade (9-12)	Group
Calum	Colver	11	1
Noah	Hanestad	9	3
Norse	Iverson	12	6
Nate	Kristich	12	4
Simeon	Ramirez	10	5
Garrett	Streit	10	2

SCHOOL & TEAM INFORMATION

PRINCIPAL	Brendon McMahon
ATHLETIC DIRECTOR	Kristy Johnston
HEAD COACH	Mark Strabel
	David Knopp



DIMOND LYNX

Region 6 School



Girls Entries			
First	Last	Grade (9-12)	Group
Maria	Cvancara	10	6
Tarja	Latva-Kiskola	9	5
Sophia	Cvancara	10	4
Katherine	Puls	10	3
Madeline	Troxell	10	2
Annika	Ostberg	10	1
Delainey	Zock	10	Alternate
Boys Entries			
First	Last	Grade (9-12)	Group
George	Cvancara	12	6
Nicholas	Jablonski	11	5
Bryce	Pintner	12	4
Martin	Rygh	11	3
Noah	Rygh	10	2
Nicholas	Von Imhof	11	1
Cameron	Sheldon	12	Alternate

SCHOOL & TEAM INFORMATION

PRINCIPAL	Tina Johnson-Harris
ATHLETIC DIRECTOR	James Hancock
HEAD COACH	Nate Normandin
ASSISTANT COACHES	Shelly Laws
	Morgan Hartley
	Sarah Freistone
	Julia Stutzer

NORDIC SKI TEAM ROSTERS & INFORMATION



EAGLE RIVER WOLVES

Region 4 School



Girls Entries			
First	Last	Grade (9-12)	Group
Helen	Wilson	12	1
Emily	Walsh	10	2
Claire	Nelson	10	3
Elizabeth	Ruehle	10	4
Laura	Ripp	11	5
Riley	Wilson	9	6
Boys Entries			
First	Last	Grade (9-12)	Group
Nicholas	Carl	12	1
Alexander	Carl	10	2
Curtis	Bay	11	3
Carter	Gladwill	12	4
Michael	Olson	11	5
Dylan	Garbe	12	6

SCHOOL & TEAM INFORMATION

PRINCIPAL	Tim Helvey
ATHLETIC DIRECTOR	Vikki McConnekk
HEAD COACH	Liz Turner
ASSISTANT COACHES	Chris Morhain Annie Connelly



EAST ANCHORAGE THUNDERBIRDS

Region 4 School



Girls Entries			
First	Last	Grade (9-12)	Group
Ariana	O'harra	12	2
Boys Entries			
First	Last	Grade (9-12)	Group
Dylan	Haley	9	2
Eli	Stierwalt	9	3
William	Sanchez	11	4
Luke	Howe	10	5
Noah	Rehberg	9	6

SCHOOL & TEAM INFORMATION

PRINCIPAL	Sam Spinella
ATHLETIC DIRECTOR	Denise Edwards
HEAD COACH	Douglas Spurr
ASSISTANT COACHES	Nora Matell Ryan Gough

NORDIC SKI TEAM ROSTERS & INFORMATION



GRACE CHRISTIAN GRIZZLIES

Region 3 School



Girls Entries			
First	Last	Grade (9-12)	Group
Mazzy	Jackson	12	
Grace	Annett	12	
Charlee	Demientief	12	
Anna	McLaughlin	11	
Ainsley	Rinner	9	
Libbey	Gionet	10	
Boys Entries			
First	Last	Grade (9-12)	Group
Luke	Frtizel	12	
Cole	Fritzel	10	
Warren	Metzger	11	
Will	Wallace	12	
Kevin	Leach	12	
Seth	Kniegge	11	

SCHOOL & TEAM INFORMATION

PRINCIPAL	Chris Gionet
ATHLETIC DIRECTOR	Paul Salma
HEAD COACH	Troy Fritzel
ASSISTANT COACHES	Kari Fritzel Anna Trujillo



HOLY ROSARY KNIGHTS

Region 2 School



Girls Entries			
First	Last	Grade (9-12)	Group
Carly	Syren	12	

SCHOOL & TEAM INFORMATION

PRINCIPAL	Lisa Williams
ATHLETIC DIRECTOR	John Woyte
HEAD COACH	Michael Wise

NORDIC SKI TEAM ROSTERS & INFORMATION



HOMER MARINERS

Region 3 School



Girls Entries			
First	Last	Grade (9-12)	Group
Autumn	Daigle	11	1
Katia	Holmes	12	2
Zoe	Stonorov	10	3
Brita	Restad	11	4
Aiyana	Cline	10	5
Sienna	Carey	12	6
Kara	Super	10	Alternate
Boys Entries			
First	Last	Grade (9-12)	Group
Andy	Super	12	1

SCHOOL & TEAM INFORMATION

PRINCIPAL	Doug Waclawski
ATHLETIC DIRECTOR	Chris Perk
HEAD COACH	Allison Ohara
ASSISTANT COACHES	Katie Miller



KENAI CENTRAL KARDINALS

Region 3 School



Girls Entries			
First	Last	Grade (9-12)	Group
Maria	Salzetti	12	1
Mickinzie	Ticknor	12	2
Leah	Fallon	9	3
Summer	Foster	9	4
Gabriella	Tewes	9	5
Elizabeth	Moffett	9	6
Boys Entries			
First	Last	Grade (9-12)	Group
Joshua	Foster	11	1
Tyler	Hippchen	9	2
Tristan	Summers	11	3
Samuel	Roberts	9	4
Nathan	Haakenson	9	5
Johann	Carranza	9	6
Tucker	Mueller	11	Alternate

SCHOOL & TEAM INFORMATION

PRINCIPAL	Alan Fields
ATHLETIC DIRECTOR	Jesse Settlemeier
HEAD COACH	Brad Nyquist
ASSISTANT COACHES	Kailey Mucha
Christine Bergholtz	Mike Bergholtz

NORDIC SKI TEAM ROSTERS & INFORMATION



**LATHROP
MALEMUTES**

Region 6 School



**PALMER
MOOSE**

Region 3 School



Girls Entries			
First	Last	Grade (9-12)	Group
Abigail	Haas	9	1
Tjarn	Bross	12	2
Clare	Hanneman	12	3
Madelyn	Wonderlich	9	4
Abby	Arens	12	5
Mesa	Arens	10	6

Boys Entries			
First	Last	Grade (9-12)	Group
Jonathan	Burrell	12	1
Daryn	Espinosa	11	2
Andrew	Stringfellow	11	3
Jonathan	Ebel	10	4
Beren	Vonnahme	11	5
Harrison	Riggs	10	6

SCHOOL & TEAM INFORMATION

PRINCIPAL	Carly Sween
ATHLETIC DIRECTOR	Steve Zanazzo
HEAD COACH	Tobias Albrigtsen
ASSISTANT COACHES	Dan Bross
	Morgan Hough
	Lance Cook

Girls Entries			
First	Last	Grade	Group
Scarlet	Mueller	10	1
Brittyn	Werner	10	2
Zoe	Copp	11	3
Rosie	Whittington-Evans	9	4
Aila	Berrigan	10	5
Katey	Houser	9	6
Mykennan	Rinella	9	Alternate

Boys Entries			
First	Last	Grade	Group
Jakob	Rogers	12	1
Levi	Miller	11	2
Jaxson	Lee	10	3
Kaj	Taylor	11	4
Joseph	Walling	11	5

SCHOOL & TEAM INFORMATION

PRINCIPAL	Paul Reid
ATHLETIC DIRECTOR	Dale Ewart
HEAD COACH	Susan Skvorc
ASSISTANT COACHES	Wayne Krier
	Beth Britton

NORDIC SKI TEAM ROSTERS & INFORMATION



**SERVICE
COUGARS**

Region 4 School



**SEWARD
SEAHAWKS**

Region 3 School



Girls Entries			
First	Last	Grade (9-12)	Group
Garvee	Tobin	11	1
Marit	Flora	9	2
Tatum	Witter	10	3
Neena	Brubaker	9	4
Zoe	Chang	9	5
Maya	Brubaker	11	6
Boys Entries			
First	Last	Grade (9-12)	Group
Alexander	Maurer	10	1
Joel	Power	10	2
Hayden	Ulbrich	11	3
Joshua	Bierma	12	4
Kai	Caldwell	9	5
Thomas	Simono	9	6

GIRLS ENTRIES			
First	Last	Grade (9-12)	Group
Sadie	Lindquist	12	1
Lucy	Hankins	10	2
BOYS ENTRIES			
First	Last	Grade (9-12)	Group
Cody	Bryden	10	1
Sam	Paperman	10	2
Clay	Petersen	10	3

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Trevan Walker
ATHLETIC DIRECTOR	Albert Plan
HEAD COACH	Zachary Cureton

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Frank Hauser
ATHLETIC DIRECTOR	James Bell
HEAD COACH	Jan Buron
ASSISTANT COACHES	Suzanne Ward Greta Anderson

NORDIC SKI TEAM ROSTERS & INFORMATION



GIRLS ENTRIES			
First	Last	Grade (9-12)	Group
Alison	Ulrich	9	1
Maura	Black	10	2
Ava	Earl	10	3
Elizabeth	Kilby	10	4
Lucy	Young	10	5
Abby	Robinson	10	6

BOYS ENTRIES			
First	Last	Grade (9-12)	Group
Zanden	McMullen	12	1
Kai	Meyers	12	2
Sean	Clapp	11	3
Ben	Fischer	10	4
Wyatt	Barrett	12	5
Aden	Rothmeyer	12	6

GIRLS ENTRIES			
First	Last	Grade (9-12)	Group
Hannah	Delker	12	1
Erika	Arthur	10	2
Katie	Delker	10	3
Sonora	Martin	10	4
Isabella	Dammeyer	10	5
Cameron	Blackwell	10	6

BOYS ENTRIES			
First	Last	Grade (9-12)	Group
Bradley	Walters	11	1
Jack	Harris	11	2
Jeremy	Kupferschmid	12	3
Foster	Boze	10	4
Lance	Chilton	11	5
Joseph	Dammeyer	12	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Tony Graham
ATHLETIC DIRECTOR	Kyle McFall
HEAD COACH	Issac Erhardt
ASSISTANT COACHES	Dan Harbison
	Krista Arthur
	Steve Milliron

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Wendy Pondolfino
ATHLETIC DIRECTOR	Vernon Lindo
HEAD COACH	Sam Sterling
ASSISTANT COACHES	Brian Kirchner
	Naomi Kiekintveld

NORDIC SKI TEAM ROSTERS & INFORMATION



**WEST
ANCHORAGE
EAGLES**
Region 4 School



**WEST
VALLEY
WOLFPACK**
Region 6 School



Girls Entries

First	Last	Grade (9-12)	Group
Aubrey	LeClair	12	6
Quincy	Donley	10	5
Ivy	Eski	11	4
Annie	Gonzales	12	3
Ellie	Mitchell	12	2
Morgan	Coniglio	11	1

Boys Entries

First	Last	Grade (9-12)	Group
Everett	Cason	12	6
Maxime	Germain	12	5
Kelly	Martin	11	4
Aaron	Maves	10	3
Matthew	Reiger	12	2
Richard	Gordon-Rein	12	1

Girls Entries

First	Last	Grade (9-12)	Group
Emma	Jerome	12	3
Maggie	Druckenmiller	11	2
Maggie	Whitaker	11	4
Kendall	Kramer	11	1
Hjelle	Personius	9	6
Hannah	Delamere	9	5

Boys Entries

First	Last	Grade (9-12)	Group
Sam	Delemare	12	3
Eric	Difolco	10	5
Jordan	Laker-Morris	11	4
Ari	Endestad	12	1
Josh	Baurick	9	6
Dale	Baurick	11	2

SCHOOL & TEAM INFORMATION

PRINCIPAL	Sven Gustavsen
ATHLETIC DIRECTOR	Ja Dorris
HEAD COACH	Anson Moxness
ASSISTANT COACHES	Hannah Lies

SCHOOL & TEAM INFORMATION

PRINCIPAL	Sarah Gillam
ATHLETIC DIRECTOR	Wayne Sawchuk
HEAD COACH	Greg Whisenant
ASSISTANT COACHES	Robert Marcotte
	Anna Rix

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- Tallon Shreeve, *Hotel Services Manager*
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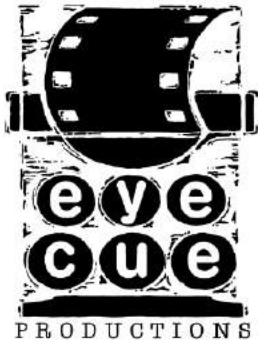
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2019 Nordic Ski State Championships Girls Results

TEAM AWARDS

Champion	West Anchorage	3:26:54
Runner-up	West Valley	3:30:58
3 rd	Service	3:32:05
4 th	Eagle River	3:49:39
5 th	South Anchorage	3:50:34
6 th	Palmer	3:57:15
7 th	Colony	3:59:34
8 th	Dimond	4:00:06
9 th	Homer	4:03:42
10 th	Soldotna	4:05:06
1 st Place D II	Homer	4:03:42

Academic Award: Bartlett, Grace, Lathrop, West (4.00)

Sportsmanship Award: Colony

INDIVIDUAL AWARDS

TOP TEN CLASSIC (5K)

1.	Kendall Kramer	West Valley	15:28
2.	Aubrey LeClair	West	16:51
3.	Garvee Tobin	Service	16:53
4.	Adrianna Proffitt	Chugiak	17:01
5.	Ivy Eski	West	17:10
6.	Quincy Donley	West	17:46
7.	Annika Hanestad	Colony	17:59
8.	Emma Jerome	West Valley	18:07
9.	Marit Flora	Service	18:08
10.	Annie Gonzales	West	18:13

TOP D II	Mazzy Jackson	Grace
	Maria Salzetti	Kenai
	Autumn Daigle	Homer

TOP TEN FREESTYLE (7.5K)

1.	Kendall Kramer	West Valley	23:37
2.	Garvee Tobin	Service	24:25
3.	Ivy Eski	West	24:33
4.	Aubrey LeClair	West	24:55
5.	Annika Hanestad	Colony	25:06
6.	Quincy Donley	West	25:17
7.	Annie Gonzales	West	25:30
8.	Adrianna Proffitt	Chugiak	25:36.1
9.	Emma Jerome	West Valley	25:36.3
10.	Katey Houser	Palmer	25:41

TOP D II	Maria Salzetti	Kenai
	Autumn Daigle	Homer
	Zoe Stonorov	Homer

ALL-STATE TEAM

1.	Kendall Kramer	West Valley	39:05
2.	Garvee Tobin	Service	41:18
3.	Ivy Eski	West	41:44
4.	Aubrey LeClair	West	41:46
5.	Adrianna Proffitt	Chugiak	42:37
6.	Quincy Donley	West	43:03
7.	Annika Hanestad	Colony	43:06
8.	Annie Gonzales	West	43:43
9.	Emma Jerome	West Valley	43:43
10.	Katey Houser	Palmer	44:08

Skimeister Award: Kendall Kramer

TOP TEN RELAY TEAMS

1.	West Anchorage	36:36
	LeClair, Donley, Gonzales, Eski	
2.	West Valley	36:57
	Jerome, Druckenmiller, Whitaker, Kramer,	
3.	Service	37:01
	Brubaker, Tobin, Witter, Flora	
4.	Eagle River	39:07
	Walsh, Ruehle, Nelson, Wilson	
5.	South Anchorage	40:01
	Ulrich, Earl, Young, Kilby	
6.	Colony	40:22
	Hanestad, Bushey, Bell, Spaic	
7.	Homer	41:27
	Holmes, Restad, Stonorov, Daigle	
8.	Dimond	41:32
	Latva-Kiskola, Cvancara, Cvancara, Puls	
9.	Palmer	41:33
	Evans, Copp, Berrigan, Houser	
10.	Soldotna	41:39
	Delker, Martin, Athur, Delker	



**TO SEE MORE RESULTS PRIOR
TO 2018, PLEASE VISIT:
[ASAA Nordic Ski Records](#)**

2019 Nordic Ski State Championships Boys Results

TEAM AWARDS

Champion	West Valley	4:30:12
Runner-up	South Anchorage	4:31:20
3 rd	Chugiak	4:32:39
4 th	West Anchorage	4:33:57
5 th	Service	4:36:31
6 th	Dimond	4:51:12
7 th	Lathrop	4:53:21
8 th	Grace Christian	5:03:22
9 th	Colony	5:05:08
10 th	Soldotna	5:05:40
1 st Place D II	Grace Christian	5:03:22

Academic Award: Chugiak (3.97)

Sportsmanship Award: Service

INDIVIDUAL AWARDS

TOP TEN CLASSIC (7.5K)

1.	Zanden McMullen	South	22:14
2.	Everett Cason	West	22:41
3.	Alex Maurer	Service	23:14
4.	Kai Meyers	South	23:45
5.	Michael Earnhart	Chugiak	23:47
6.	Joel Power	Service	24:12
7.	Dale Baurick	West Valley	24:16
8.	Eric Difulco	West Valley	24:34
9.	Jonathan Burrell	Lathrop	24:58
10.	Joseph Walling	Palmer	25:02

TOP D II	Cole Fritzel	Grace
	Luke Fritzel	Grace
	Warren Metzger	Grace

TOP TEN FREESTYLE (10K)

1.	Zanden McMullen	South	25:56
2.	Everett Cason	West	26:53.2
3.	Michael Earnhart	Chugiak	26:53.7
4.	Kai Meyers	South	26:55
5.	Eric Difulco	West Valley	27:15
6.	Alex Maurer	Service	27:33
7.	Joseph Walling	Palmer	27:53
8.	George Cvancara	Dimond	28:03
9.	Jordan Laker-Morris	West Valley	28:04
10.	Kelly Martin	West	28:06

TOP D II	Luke Fritzel	Grace
	Cole Fritzel	Grace
	Warren Metzger	Grace

ALL-STATE TEAM

1.	Zanden McMullen	South	48:10
2.	Everett Cason	West	49:34
3.	Michael Earnhart	Chugiak	50:41
4.	Kai Meyers	South	50:41.5
5.	Alex Maurer	Service	50:47
6.	Eric Difulco	West Valley	51:50
7.	Joseph Walling	Palmer	52:56
8.	Jonathan Burrell	Lathrop	53:12
9.	Joel Power	Service	53:23
10.	Max Beiergrohslein	Chugiak	53:27

Skimeister Award: Zander McMullen

TOP TEN RELAY TEAMS

1.	West Valley	59:00
	Delamere, Baurick, Laker-Morris, Difulco	
2.	South Anchorage	59:15
	Clapp, McMullen, Fischer, Meyers	
3.	Chugiak	59:46
	Beiergrohslein, Dennis, Connelly, Earnhart	
4.	Service	1:01:00
	Power, Maurer, Ulbrich, Bierma	
5.	West Anchorage	1:01:07
	Maves, Reiger, Martin, Cason	
6.	Dimond	1:03:58
	Pintner, Rygh, Cvancara, Rygh	
7.	Lathrop	1:04:42
	Stringfellow, Ebel, Espinosa, Burrell	
8.	Soldotna	1:05:48
	Kupferschmidt, Chilton, Harris, Walters,	
9.	Grace Christian	1:05:52
	Fritzel, Wallace, Metzger, Fritzel	
10.	Colony	1:05:59
	Kristich, Streit, Colver, Hanestad	



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