

ASAA/First National Bank Alaska  
2023 Nordic Skiing State Championships

Free Technique Mass Start  
Mixed Technique Relays

Team Captains Meeting #2

# 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			

# Great Racing!

Congratulations to the winners and great job by all athletes!

# 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



**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

# 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, Mass Starts

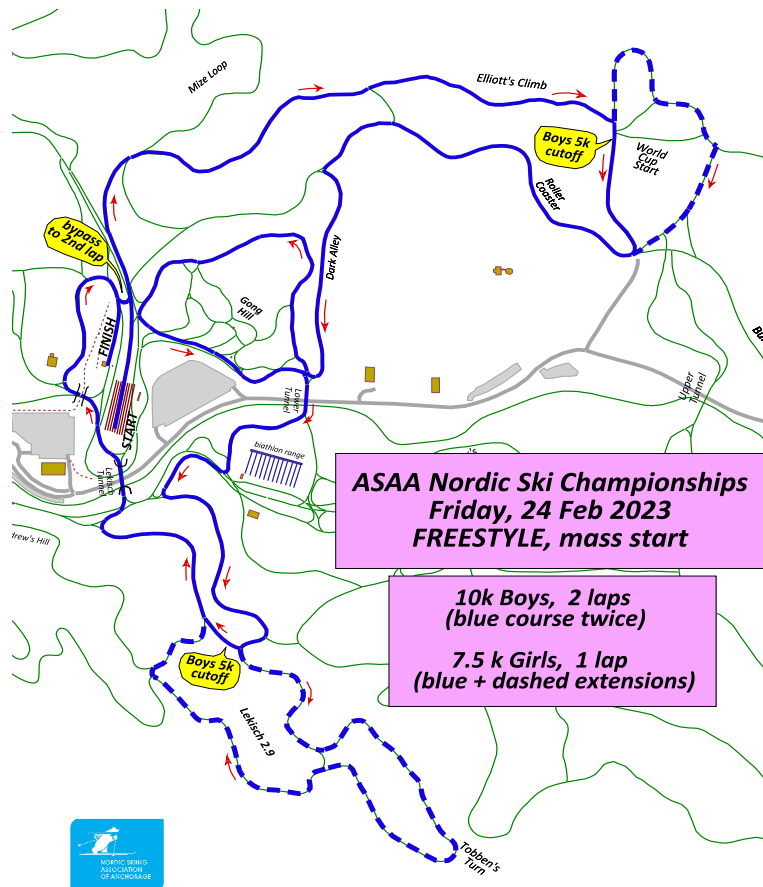
- 0700: Gates open
- 0900: Courses open for inspection
- 0930: Bibs available in chalet for team leader/coach pick-up
- 1045: Forerunners out
- 1055: Course closed
- 1100: Girls 7.5 km freestyle mass start
- 1200-1245: Boys course opened
- 1230: Flower ceremony, Girls race (top 3)
- 1245: Forerunners out
- 1255 Course closed
- 1300: Boys 10 km freestyle mass start
- 1415: Flower ceremony, Boys race (top 3)
- 1700: Awards Ceremony @ Dimond High School



# Mass Start Seeding/Bibs

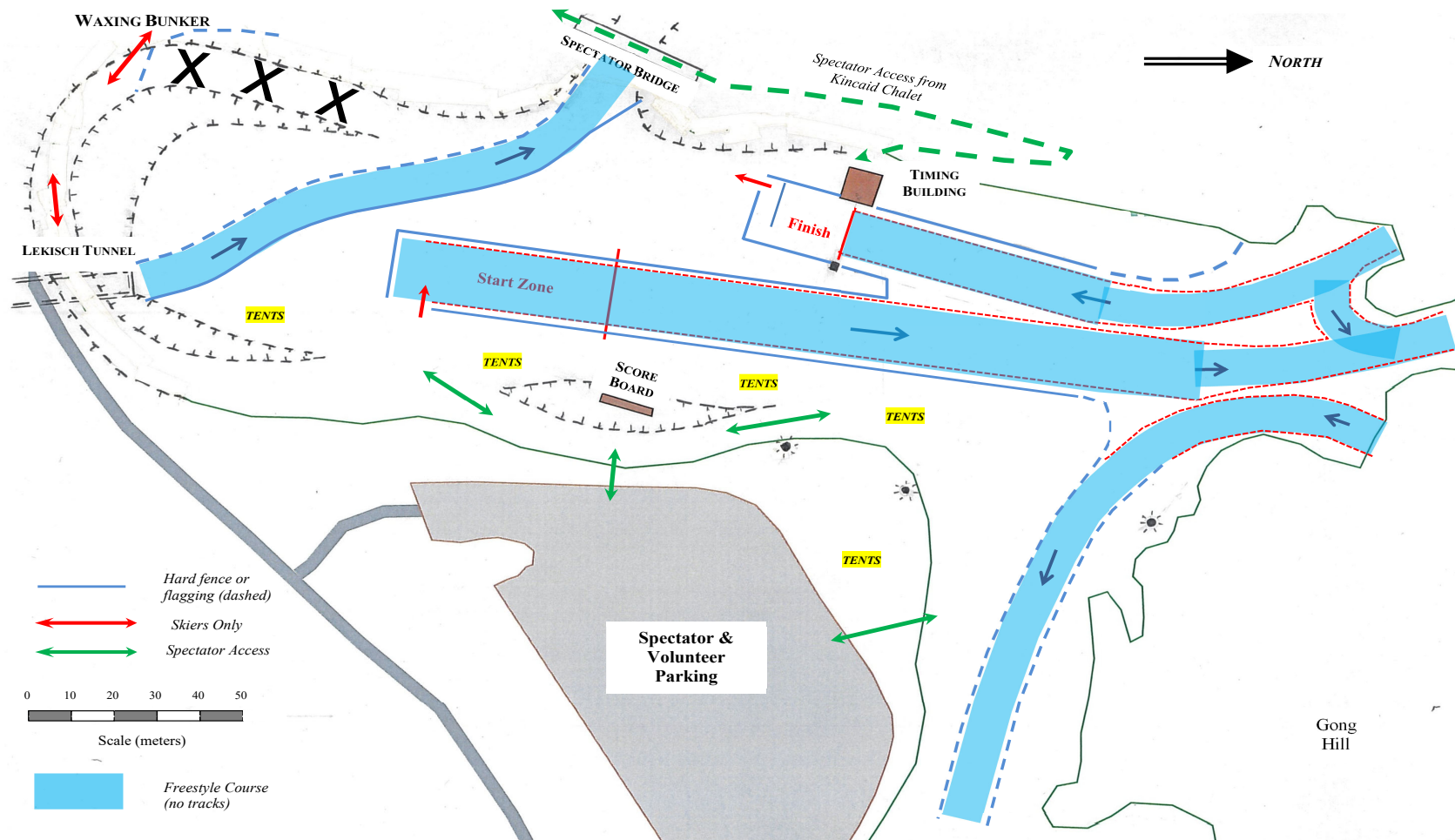
- Based on the results of the interval start
- Athletes provided bib which corresponds to their position in the start grid
- Athletes will be assisted in finding their start position
- Bibs: Distributed Friday morning @ 0930 downstairs of the chalet grouped by teams and intended to be picked up by a team representative

# Girls 7.5 k, Boys 10 k Freestyle, Mass Start



- Girls: 1100 Start, One X 7.5 k (Blue + Blue Dash course)
- Boys: 1300 Start, Two X 5 k (Blue course)
- Arrive 10 minutes before start to ensure athlete receives chip
- Five start corridors, bib corresponds to start position
- Start positions to athlete's right, paint dot for set position
- 5, 2, 1 minute start warning to be given, 30 second warning then release

# Stadium Plan



**STADIUM LAYOUT – RACE #2 (Friday 24 Feb): FREESTYLE, MASS STARTS**

# Stadium

- Tents set-up on east side adjacent to but not in front of scoreboard
- Athletes: Look for the big START banner
- Access to stadium floor from wax bunker over Lekisch Tunnel
- Racers and officials only in start grid

# Mass 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 grid, 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!**

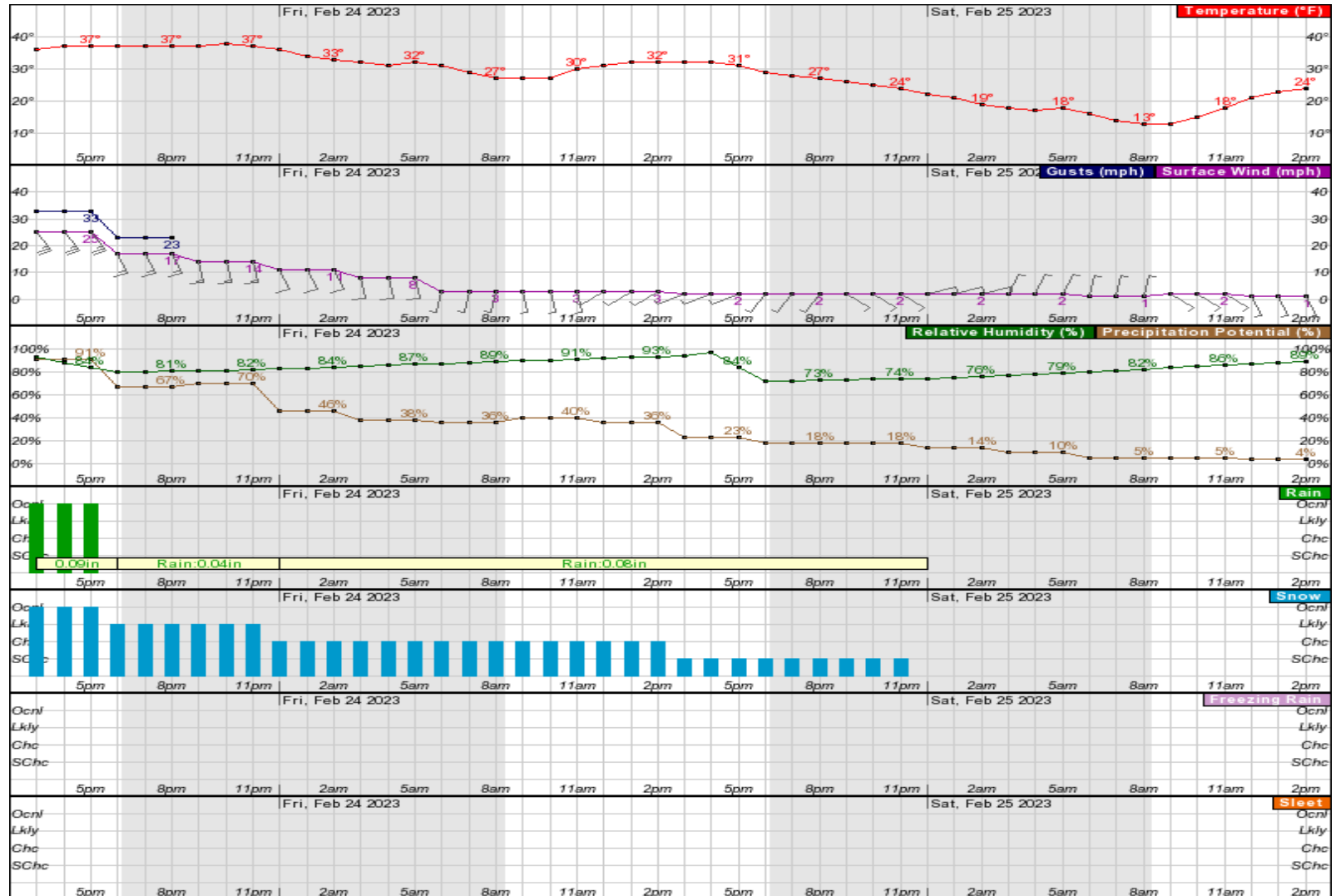
# TD Comments

- Ski in direction of race course at all times
- Calling for track on command is not applicable

# Flower Ceremony

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

# Weather





# Grooming Plan

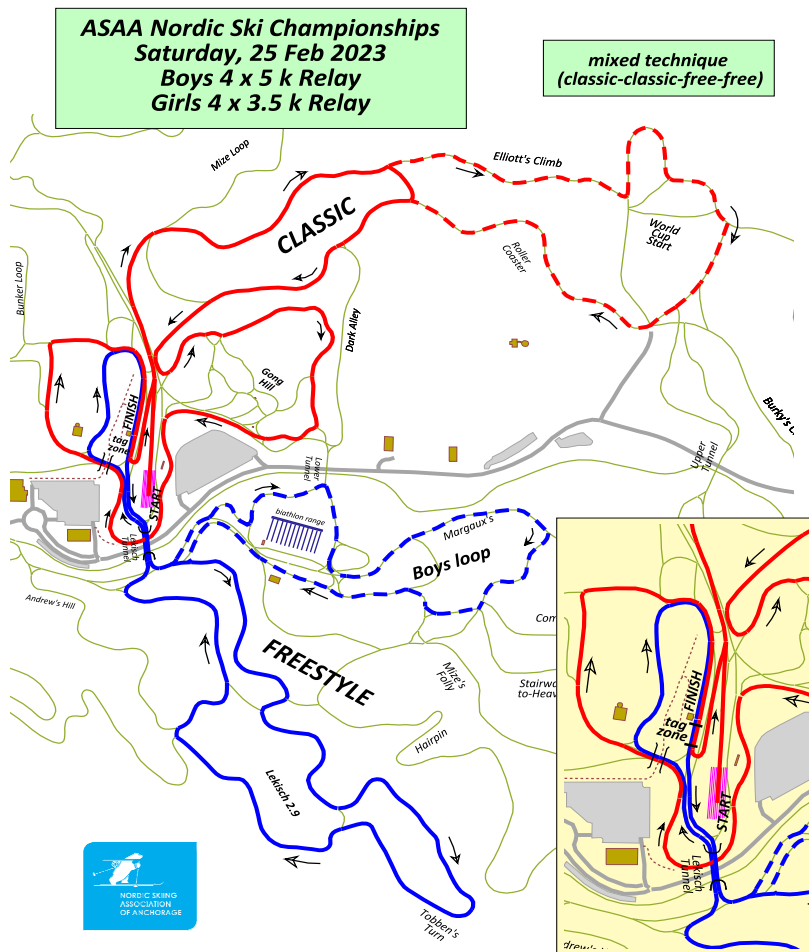
- Wipe stadium and course clean
- No track on the course
- Window of opportunity is early on
- Fresh snow mixed in but still have a very hard base
- Soft but generally the top couple cm
- Break up the drifting on Lekisch

# Schedule

## Mixed Technique Relays

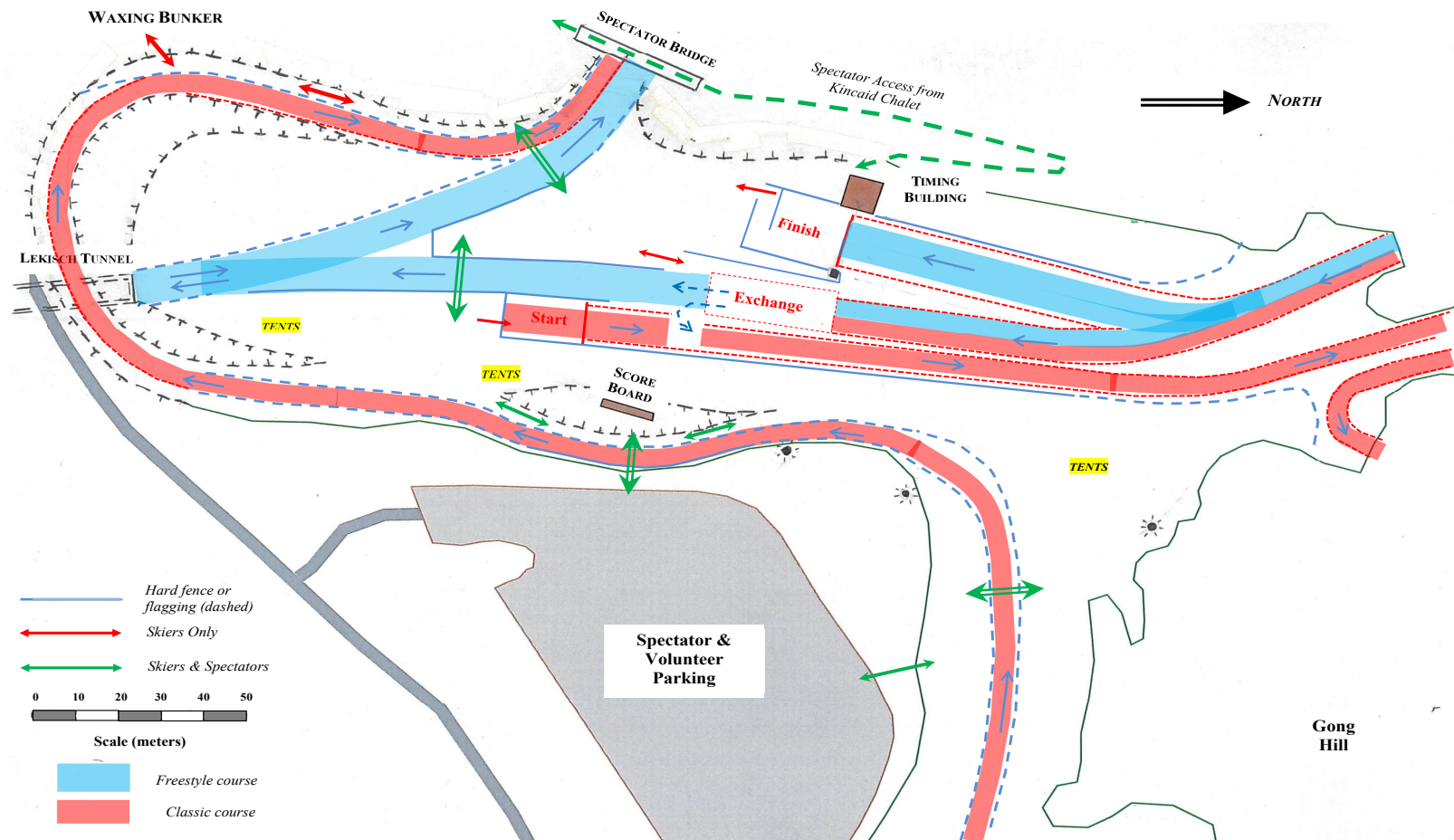
- 0700: Gates open
- 0900: Courses open for inspection
- 0930: Bibs available in chalet for team leader/coach pick-up
- 1000: Team changes due for both relays @ Timing Building
- 1055: Course closed
- 1100: Girls 4 X 3 km relay (Classic, Classic, Free, Free)
- 1200-1245: Boys course opened
- 1255 Course closed
- 1300: Boys 4 X 5 km relay (Classic, Classic, Free, Free)
- TBD: Final Awards, Kincaid Park

# Girls 4X3 k, Boys 4X5 k Mixed Technique Relays



- Girls: 1100 Start, 4 X 3 k, (Classic, Classic, Free, Free)
- Boys: 1300 Start, 2 X 5 k (Classic, Classic, Free, Free)
- 7 start lanes, Chevron Start
- Start positions seeded by team rankings after first two events (p. 10)
- Start position will correspond to bib number
- Bib order: Red, Green, Yellow, Blue
- Relay team roster and order of start to be emailed per previous instructions

# Stadium Plan



**STADIUM LAYOUT – RACE #3: MIXED TECHNIQUE RELAY, MASS STARTS**

# Tag Zone

- Athletes receive chip upon entering exchange corral.
- Separate from finish zone.
- Enter corridor between exchange zone and finish corral.
- Two tracks on left. Freestyle on right.
- Hand to body tag. Skiers will not be called back for missed tags; infractions noted.

# Hand to Body Tag



# Classical Technique Definitions

## FIS ICR (Legs 1 & 2)

### **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





# TD Comments Relays

- Hand to body tag
- Classical Technique

# MOOSE



Have a GREAT Competition!