TEXTING & DRIVING... it can wait
take the pledge

ItCanWait.com
#ItCanWait
Welcome from ASAA

On behalf of the Alaska School Activities Association Board of Directors and ASAA’s corporate partners, welcome to the 2016 First National Bank Alaska State High School Nordic Skiing Championships!

Student-athletes, we applaud your dedication to doing your best for yourself and for your school. 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, Executive Director

Table of Contents

• 2016 Championship Schedule & Scoring ............. 3
• Nordic Ski Scoring ............................................. 4
• 2017 Team Profiles .......................................... 9-17
• 2014 Boys State Championship Results ............ 27
• 2014 Girls State Championship Results ............. 29

Sportsmanship Creed

“This contest is being played under the authority of the Alaska School Activities Association. ASAA rules provide for fair play and good sportsmanship among athletes and coaches. Since booing and jeering do not support anyone, we expect fans to be positive in supporting their favorite team with encouraging comments and cheers. Please refrain from words or actions that would reflect negatively on your school and team. In other words, BE A FAN—NOT A FANATIC.”

About the Cover: Photos taken during the 2015 ASAA/First National Bank State High School Nordic Skiing Championships.
We go further so that you can too.

There are more than 20 brands of cars being sold in America.

How do we make Ford stand out?

Not just with all-electric vehicles that get a projected 100 miles per gallon equivalent (MPGe) but also with a line of gas vehicles equipped with innovative EcoBoost engines – combining power with efficiency.

Our technology will go to work just from hearing your voice plus will practically park and open doors for you.

And we make this kind of advanced technology available in our cars.

We have to go further than anyone thought we could. So you can too.

Proud Sponsor of Alaska School Activities Association

(1)Estimate based on Ford Development Testing and U.S. EPA petroleum equivalence factor. (Optional SYNC) active park assist and hands-free liftgate. SYNC is available on most Ford vehicles. Features/functionality vary by vehicle/model. Driving while distracted can result in loss of vehicle control. Only use SYNC/MyFord Touch/other devices, even with voice commands, when it is safe to do so. Some features may be locked out while the vehicle is in gear. Traffic alerts and turn-by-turn directions available in select markets. Message and data rates may apply.

Go Further

Your Local Alaska Ford Store

CompareFord.com
ASAA/FNBA 2016 NORDIC SKIING STATE CHAMPIONSHIPS
Hosted by: Dimond High School & Nordic Skiing Association of Anchorage

2016 SCHEDULE OF EVENTS

Wednesday, February 24
10:00am  Facilities open for inspection
3:00pm  ASD Middle School Ski Meet
6:00pm  Coaches Meeting at Dimond High School in MPR 1

Thursday, February 25
7:00am  Kincaid Park Wax Bunker open
11:40pm  Presentation of Colors
12:00pm  Girls 5k Interval Start Freestyle Technique Race
1:00pm  Boys 7.5K Interval Start Freestyle Technique Race
6:00pm  Coaches Meeting at Dimond High School in MPR 1

Friday, February 26
7:00am  Kincaid Park Wax Bunker open
10:40pm  Presentation of Colors
11:00am  Boys 10k Mass Start Classic Technique Race
12:00pm  Girls 7.5k Mass Start Classic Technique Race
4:00pm  Coaches Meeting at Dimond High School in MPR 1
5:00pm  Awards at Dimond High School Cafeteria (Thursday and Friday Awards)

Saturday, February 27
7:00am  Kincaid Park Wax Bunker open
10:40pm  Presentation of Colors
11:00am  Girls 4 x 3 K Mixed Technique (Classic-Classic-Free-Free)
12:30pm  Boys 4 x 5 K Mixed Technique (Classic-Classic-Free-Free)
2:30pm  Awards
Scoring Skiing

Individual Awards
Racers are awarded medals based on their order of finish in the race - in the state meet, the top 10 in each event will receive an award.

In addition, there will be individual medals awarded members of the 1st and 2nd place relay teams, and members of the teams placing 1st and 2nd place overall.

An All-State team composed of the top ten individuals overall will receive a certificate and the top skier will be declared “Skimeister”.

Team Awards
There will be 1st and 2nd place team trophies awarded for both boys and girls. A first place plaque for the highest scoring 2A/3A team for boys and girls.

Other Awards
ASAA recognizes a Good Sport Team, chosen from among participating schools with at least four skiers. This award recognizes the good citizenship and sportsmanship demonstrated throughout the whole season. Good Sport Team members are selected by each qualifying team’s head coach. An Academic Award is presented to the team with the highest GPA.
Just a Kid
FROM
ALASKA
POWERADE.

Coca-Cola
a division of The Coca-Cola Company
BELIEVE IN THE BUILDING

We believe in the home. We believe in the office park. We believe in the building and we want to help you make each one great. We operate more than 20 building material facilities all across the state, all devoted to those who create the buildings that shape Alaska. We are Spenard Builders Supply. And we believe in the building. If you do too, visit us at www.sbsalaska.com.

YOUR SOURCE FOR ALL YOUR HOME IMPROVEMENTS

21 locations statewide

- Lumber
- Cabinets
- Decking
- Doors
- Windows
- Insulation
- Millwork
- Roofing
- Paint

Spenard Builders Supply
www.sbsalaska.com
Most of the hard work happens when no one is looking.

Alaska Airlines is proud to support Nordic skiing programs in Alaska and all the tough Alaskans who have the guts to get out there.
I was born and raised in Alaska, but in high school, I was just as uncertain about the future as my classmates.

Thankfully, I was blessed to participate in several ASAA activities and sports that helped put my future on the right track.

As a participate of East High School Student Government and soccer team, I learned the value of teamwork and proactive participation. Today, as Princess Guest Services Manager for the Anchorage Transportation and Guest Services Division, my life is still right on track.

I’m proud to work for a company who sponsors the Alaska School Activities Association (ASAA), providing today’s young Alaskans with 22 sports and activities to enrich their lives and ensure Alaska’s future.

- Kathi Porter
Manager, Guest Services

For more information about employment possibilities in Alaska with Princess Cruises, go to www.alaskatourjobs.com
Team Rosters

Bartlett Golden Bears

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<tr>
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School Colors: Blue, Gold, White
Principal: Sean Prince
Athletic Administrator: David Little
Assistant Coaches: Kelly Fitzgerald, Tom Grenier
Head Coach: Mark Larsen

Chugiak Mustangs

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School Colors: Black, Aqua
Principal: David Legg
Athletic Administrator: Carrie Fleischhacker
Head Coach: Cody Priest
Assistant Coaches: Andy Hall, Benjamin Smith, Stan Carrick, Gretchen Carrick

Colony Knights

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School Colors: Green, Black, White
Principal: Justin Ainsworth
Athletic Administrator: Michael Boyd
Assistant Coaches: David Knopp, Justin Aullie
Head Coach: Mark Strabel

Dimond Lynx

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<td>Scott Morton</td>
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School Colors: Maroon and Gold
Principal: Tina Johnson-Harris
Athletic Administrator: Holly Morris
Assistant Coaches: Shelly Law, Sarah Freestone, Kyle Whisenhunt
Head Coach: Nate Normandin
Managers: Jenna Eppke
50/50 Raffle

LASKA FUTURE SPORTS
BENTON BAY ATHLETIC LIONS

Watch for the Gold and you may win the Green!

Benton Bay Athletic Lions, dressed in gold, will be circulating among you during the game, selling tickets for the 50/50 Raffle. Buy a chance and you could win one-half (50%) of the total proceeds from ticket sales at each contest. You will also become part of a major source of revenue support for Alaska School Activities Association activities - 25% of the proceeds goes directly to ASAA.

The 50/50 Raffle is simple and easy to play. One raffle ticket costs just $1 and $5 buys six tickets. Or purchase 13 chances to win for just $10! The winning ticket will be announced during the final minutes of the game. Join thousands of fans who support ASAA athletics. Play the Benton Bay Athletic Lions 50/50 Raffle each game. You could take home the Green!

The “10 and 2” driving technique NEVER included a cheeseburger and cell phone!

Distracted Driving is **ANY** activity or diversion that decreases your focus on driving. Distracted Driving is comparable to a blood alcohol level of .08%!

**What are the consequences of Distracted Driving?**

- **5,474 Americans** **DIED** and **448,000** were injured in 2009.

- Distracted Driving fatalities **INCREASED** 6% since 2005.  
  **[U.S. DEPT. OF TRANSPORTATION STATISTICS]**

Drive as if your life depends on it. **It does!**

**Play for Keeps**
**Win For Life!**
www.playforkeepsalaska.org
# Team Rosters

## Eagle River Wolves

![Eagle River Wolves](image)

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<tr>
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School Colors: Maroon and Gold
Principal: Chris Gionet

## Grace Christian Grizzlies

![Grace Christian Grizzlies](image)

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School Colors: Navy Blue and Silver
Principal: Martin Lang

## East Anchorage Thunderbirds

![East Anchorage Thunderbirds](image)

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School Colors: Red and Blue
Principal: Sam Spinella

## Homer Mariners

![Homer Mariners](image)

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School Colors: Navy Blue & Gold
Principal: Doug Waclawski

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2016 Alaska High School Nordic Skiing Championships
Strengthening Alaska Through Our Values
Proud sponsor of the Alaska School Activities Association
## Team Rosters

### Hutchison Hawks

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**School Colors:** Columbia Blue, Black, Silver  
**Principal:** Robyn Taylor  
**Athletic Administrator:** Beth Reagin  
**Assistant Coaches:** Greg Whisenhunt

### Kenai Kardinals

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**School Colors:** Red and Black  
**Principal:** Alan Fields  
**Athletic Administrator:** Dale Ewart  
**Head Coach:** Brad Nyquist  
**Assistant Coaches:** Shelli Franckowiak  
**Managers:** Lisa Krol

### Lathrop Malemutes

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<td>Kevin Brune</td>
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<td>Jonathan Burrell</td>
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<td>Andrew Hanneman</td>
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<td>Nathan Sanches</td>
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<tr>
<td>Chandler Wappet</td>
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**School Colors:** Purple & Gold  
**Principal:** Bob Meade  
**Athletic Administrator:** Steve Zanazzo  
**Assistant Coaches:** Brandy Harty

### Palmer Moose

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Sidney Feige</td>
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<tr>
<td>Morgen Lundin</td>
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<td>Ana Taylor</td>
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<td>Eva Bingham</td>
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<td>Ruby Woodings</td>
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<td>Rya Berrigan</td>
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<tr>
<td>Manveer Singh</td>
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<td>Jeremy Houston</td>
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<td>Josiah Alverts</td>
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**School Colors:** Blue and White  
**Principal:** Reese Everett  
**Athletic Administrator:** Dale Ewart  
**Head Coach:** Mikey Evans  
**Assistant Coaches:** Shelli Franckowiak
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Team Rosters

Service Cougars

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>Emma Tarbath</td>
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<td>Caitlin Gohr</td>
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<td>Julia Ditto</td>
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<td>Nadia Dworian</td>
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<td>Amanda Moore</td>
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<td>Canyon Tobin</td>
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<td>Zach Bassett</td>
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<td>Jastin Carpenter</td>
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<td>Duncan Wright</td>
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<tr>
<td>Ryan Brubaker</td>
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School Colors
Gold/green
Principal
John Gaskins

Head Coach
Jan Buron

Assistant
Kelsey Coolidge
Jake Todd
Rebecca Haviland

Athletic Administrator
James Hancock

Seward Seahawks

<table>
<thead>
<tr>
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<td>Ruby Lindquist</td>
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<td>Sadie Lindquist</td>
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<td>Logan Smith</td>
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<tr>
<td>Alex Estes</td>
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<tr>
<td>Jedediah Christianson</td>
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School Colors
Green and Gold
Principal
Trevan Walker

Head Coach
Luke Rosier

Assistant
Albert Plan

Athletic Administrator
Jim Eberhardt

Soldotna Stars

<table>
<thead>
<tr>
<th>Name</th>
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<td>Kealey Hendrick</td>
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<td>Selby Hill</td>
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<td>Brianna Bennett</td>
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<td>Mieka Chythlook</td>
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<td>Hannah Pothast</td>
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<td>Addison Downing</td>
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<td>Jeremy Kupferschmid</td>
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<td>Koby Binson</td>
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<td>John-Mark Pothast</td>
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<td>Levi Michael</td>
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School Colors
Blue & White
Principal
Tony Graham

Head Coach
Dan Harbison

Assistant
Isaac Harbison

Athletic Administrator
Kyle McFalls

South Anchorage Wolverines

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Maggie Meeds</td>
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<tr>
<td>Naomi Kiekintveld</td>
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<td>Jenni Grunblatt</td>
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<td>Kaylee Heck</td>
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<td>Sadie Oswald</td>
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<td>Savannah Ulrich</td>
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<td>Alice Michaelson</td>
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<td>Hamish Wolfe</td>
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<td>Matthew Hoeffer</td>
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<td>Will Balcaio</td>
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<td>Grant Klug</td>
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<td>Chip Schaff</td>
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<tr>
<td>Kai Meyers</td>
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<td>Alternate</td>
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School Colors
Black and Gold
Principal
Kristen Johnson-Streuemper

Head Coach
Sam Sterling

Assistant
Erika Kloet

Athletic Administrator
Kerri McKenzie

Assistant
Elizabeth Brewster

Principal
Kristen Johnson-Streuemper

Head Coach
Sam Sterling

Assistant
Erika Kloet

Athletic Administrator
Kerri McKenzie

Assistant
Elizabeth Brewster

Principal
Kristen Johnson-Streuemper

Head Coach
Sam Sterling

Assistant
Erika Kloet

Athletic Administrator
Kerri McKenzie

Assistant
Elizabeth Brewster

Principal
Kristen Johnson-Streuemper

Head Coach
Sam Sterling

Assistant
Erika Kloet

Athletic Administrator
Kerri McKenzie

Assistant
Elizabeth Brewster

Principal
Kristen Johnson-Streuemper

Head Coach
Sam Sterling

Assistant
Erika Kloet

Athletic Administrator
Kerri McKenzie

Assistant
Elizabeth Brewster
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Team Rosters

**Valdez Buccaneers**

Name | Grade | Seeding
--- | --- | ---
Taylor Huston | 11 | 2
Angie Alfaro | 11 | 3
Rylee Norris | 11 | 4
Josie McNelly | 12 | 5
Stu Relay | 12 | 1
Colton Prevost | 11 | 2
Isaiah Amberg | 9 | 3
Ben Swanson | 10 | 4
Chris Cummins | 11 | 5
James Hancock | 11 | 6

School Colors: Red and Black
Principal: Rod Schug
Head Coach: Larkis
Assistant Coaches: Pete Toye

**Wasilla Warriors**

Name | Grade | Seeding
--- | --- | ---
Eli Ickes | 12 | 3

School Colors: Red and Black
Head Coach: Jeff Kase
Assistant Coaches: Pete Toye

**West Anchorage Eagles**

Name | Grade | Seeding
--- | --- | ---
Magdalen York | 11 | 6
Alejandra Legate | 11 | 5
Avery Mozen | 10 | 3
Aubrey LeClair | 9 | 4
Fiona Pick | 10 | 1
Elizabeth Mans | 11 | 2
Katja Grumman | 12 | Alt
Luke Jager | 10 | 6
Jack Consenstein | 12 | 5
Ryan Bickford | 10 | 3
Sam York | 10 | 4
Tristan Wiese | 11 | 2
Garrett Alderman | 12 | 1
Noah Ravens | 10 | Alt

School Colors: Orange and Black
Principal: Rick Stone
Head Coach: Anson Monness

**West Valley Wolfpack**

Name | Grade | Seeding
--- | --- | ---
Jenna Difolco | 11 | 6
Zoe Ratzlaff | 10 | 5
Amber Hajdukovich | 9 | 4
Emma Jerome | 9 | 3
Peyton Presler | 11 | 2
Pearl Wyatt | 9 | 1
Ben Koenig | 11 | 6
Ti Donaldson | 10 | 5
Sam Hiltenbrand | 12 | 4
Colin Lease | 11 | 3
Rhys Swingle-Yates | 9 | 2
Finn Swingle-Yates | 11 | 1

School Colors: Red and Gold
Principal: Shaun Krasa
Head Coach: Greg Whisenhunt
Assistant Coaches: Robert Colles

2016 Alaska High School Nordic Skiing Championships
OPA is dedicated to preventing sports injuries, enhancing athletic performance and providing immediate medical attention on the field of play. That’s why OPA provides the services of its certified athletic trainer team free of charge to work with athletes and coaches before, during and after their events. Orthopedic Physicians Anchorage — the right care at the right time.

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ASAA
ALASKA SCHOOL ACTIVITIES ASSOCIATION

PROVIDENCE Health & Services Alaska

The Trust The Alaska Tobacco Trust Authority

Alaska Division of Public Health
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Providence – you have our word.

Kikkan Randall
Two-time Olympian, cross-country skiing

www.providence.org/alaska
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Tobacco is poison. For real.

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Win For Life!
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BP employees

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Alaska hire

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Production Engineer
BP Alaska

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2016 Alaska High School Nordic Skiing Championships

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- **80%** of alcohol-related fatalities are caused by beer consumption
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- **ONE** beer is the equivalent of a shot of **80 proof** hard liquor.

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*It does!*

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Win For Life!

www.playforkeepsalaska.org
2015 Boys Tournament Results

**CHAMPION: SERVICE 3:50:37**
Runner-up: South Anchorage 3:51:03
Academic Award: Service (3.97)
Skimeister Award: Max Donaldson (West Valley)

1st Place 2A/3A: Grace 4:14:55

**ALL-STATE TEAM**
1. Max Donaldson  West Valley  45:11
2. Hunter Wonders  South Anchorage  45:23
3. Gus Schumacher  Service  45:36
4. Conner Truskowski  Service  45:52
5. Travis Cooper  Kenai  45:54
6. Canyon Tobin  Service  46:25
7. Will Balcao  South Anchorage  46:31
8. Matthew Hoefler  South Anchorage  46:34
10. Will Mans  West Anchorage  47:00

**TOP TEN CLASSIC (7.5K)**
1. Travis Cooper  Kenai  20:24
2. Max Donaldson  West Valley  20:44
3. Hunter Wonders  South Anchorage  20:48
4. Gus Schumacher  Service  20:52
5. Canyon Tobin  Service  20:59
6. Conner Truskowski  Service  21:03
7. Will Balcao  South Anchorage  21:03
8. Kelson Denton  Dimond  21:15
9. Matthew Muffoletto  Service  21:21
10. Riley Bickford  West Anchorage  21:22

**TOP 2A/3A CLASSIC**
1. Trent Fritzel  Grace  22:04
2. Wyatt Brown  Grace  23:50
3. John Cosgrave  Grace  23:50

**TOP TEN FREESTYLE (10K)**
1. Max Donaldson  West Valley  24:26
2. Hunter Wonders  South Anchorage  24:35
3. Gus Schumacher  Service  24:44
4. Conner Truskowski  Service  24:49
5. Matthew Hoefler  South Anchorage  25:09
6. Benjamin Koenig  West Valley  25:17
8. Canyon Tobin  Service  25:26
9. Will Balcao  South Anchorage  25:27

**TOP 2A/3A FREESTYLE**
1. Trent Fritzel  Grace  25:36
2. John Cosgrave  Grace  28:20
3. Josh Roach  Grace  28:21

**TOP TEN RELAY TEAMS**
1. SOUTH ANCHORAGE  44:47
   Wolfe, Hoefler, Balcao, Wonders
2. SERVICE  44:48
   Truskowski, Muffoletto, Tobin, Schumacher
3. WEST VALLEY  44:49
   Koenig, Mayo, Koenig, Donaldson
4. WEST ANCHORAGE  45:59
   Jager, Mans, Weise, Consenstein
5. DIMOND  47:34
   Denton, Cvcanca, Cvcanca, Barber
6. KENAI  47:58
   Danielson, Butler, Theisen, Cooper
7. COLONY  48:21
   Knopp, Knopp, Peterson, Harrison
8. SOLDOTNA  49:37
   Pothast, Shuler, Vinson, Michael
9. GRACE  49:48
   Fritzel, Cosgrave, Brown, Roach
10. EAST ANCHORAGE  50:00
    Robicheaux, Matyas, Hickey, Jones

For a complete listing of past tournament results go to: www.asaa.org
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From youth education to community celebrations, we’re proud to support programs that fuel the spirit of competition and create a brighter future for all Alaskans.
2015 Girls Tournament Results

CHAMPION: WEST ANCHORAGE 2:56:06
Runner-up: South Anchorage 3:01:11
Academic Award: Homer (3.94)
Skimeister Award: Lydia Blanchet (West)

1st Place 2A/3A: Homer 3:31:10

ALL-STATE TEAM
1. Lydia Blanchet  West Anchorage  33:39
2. Emma Tarbath  Service 34:50
3. Taryn Hunt-Smith  Service 35:10
4. Annika Flynn  South Anchorage 35:15
5. Molly Gellert  West Anchorage 35:30
6. Magdalen York  West Anchorage 35:36
7. Anna Darnell  South Anchorage 35:54
8. Abby Amick  East Anchorage 35:58
9. Sadie Fox  Soldotna 36:09
10. Addison Gibson  Kenai 36:14

TOP TEN CLASSIC (5K)
1. Lydia Blanchet  West Anchorage 14:40
2. Taryn Hunt-Smith  Service 15:02
3. Emma Tarbath  Service 15:08
4. Sadie Fox  Soldotna 15:22
5. Annika Flynn  South Anchorage 15:27
6. Magdalen York  West Anchorage 15:32
7. Molly Gellert  West Anchorage 15:34
8. Addison Gibson  Kenai 15:45
9. Ryan Terry  Service 15:46
10. Abby Amick  East Anchorage 15:49

TOP 2A/3A CLASSIC
1. Stephanie Allen  Valdez 18:05
2. Aspen Daigle  Homer 18:18
3. Sarah Cosgrave  Grace 18:40

TOP TEN FREESTYLE (7.5K)
1. Lydia Blanchet  West Anchorage 18:58
2. Anna Darnell  South Anchorage 19:27
3. Emma Tarbath  Service 19:41
4. Annika Flynn  South Anchorage 19:48
5. Molly Gellert  West Anchorage 19:55
6. Morgan Flynn  East Anchorage 20:00
7. Magdalen York  West Anchorage 20:03
8. Abby Amick  East Anchorage 20:08
9. Taryn Hunt-Smith  Service 20:08
10. Addison Gibson  Kenai 20:29

TOP 2A/3A FREESTYLE
1. Stephanie Allen  Valdez 22:27
2. Sarah Cosgrave  Grace 22:37
3. Rylee Norris  Valdez 22:38

TOP TEN RELAY TEAMS
1. WEST ANCHORAGE  34:37
     Gellert, York, Hancock, Blanchet
2. SOUTH ANCHORAGE 35:19
     Grunblatt, Kiekintveld, Flynn, Darnell
3. EAST ANCHORAGE  35:26
     Jager, Fink, Amick, Flynn
4. CHUGIAK 36:13
     Booher, Nelson, Booher, Cook
5. SERVICE 36:18
     Hunt-Smith, Terry, Romey, Tarbath
6. KENAI 37:33
     Gibson, Bergeltz, Salzetti, Boonstra
7. DIMOND 38:04
     Cvancara, Denton, Von Imhof, Carney
8. WEST VALLEY 38:11
     Ratzlaff, Presler, Hediger, Difolco
9. SOLDOTNA 38:20
     Fox, Hutchings, Pothast, Arthur
10. COLONY 39:44
     Jenkins, Block, Olsen, Geraghty

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Congratulations to all 2016 ASAA/First National Nordic Skiing State Championship participants. Together, we’re giving our all for every Alaskan to enjoy a brighter tomorrow.