

# Grooming, Technical, Logistics Notes for ASAA State Championships

*From John Estle, Chief of Competition*

## **General**

- All information available at [www.nscfairbanks.org](http://www.nscfairbanks.org). Click on “ASAA 09” and follow links.
- Wedgewood Resort is the official headquarters hotel of the ASAA Championships and will be the site of all coaches’ meetings
- Wax areas will be assigned and in one of four locations: Equipment Shed, Old Warming Hut, Waxing Pod of Birch Hill Cross Country Ski Center, The Cave (ground floor under Assembly Pod of Birch Hill Cross Country Ski Center)
- Access to the start is the same for all races – go behind the timing building
- White garbage bags with numbers on them will be provided to all skiers before each race. Before starting, skiers should place their warm-ups in the bags and give the bags to our athlete care staff. Bags will be waiting for skiers at finish, arranged in bib number order, or hung on numbered hooks.
- Thursday’s courses will be marked on Wednesday
- Friday’s courses will be marked immediately after Thursday’s race
- Saturday’s courses will be marked immediately after Friday’s race

## **Thursday, February 26 – Interval Start Classic Technique**

- Single, best-line track set on all flats and downhills
- Two tracks set on most steeper or extended uphill
- Three tracks set at finish

## **Friday, February 27 – Mass Start Free Technique**

- 20 start lanes will be set
- Chevron start formation used, start positions based upon interval start results
- Approximately 100m of tracks set at the start
- No tracks at any point on the remainder of the course
- Four, 3m wide finish lanes for last 80m
- First lap is the same for both boys and girls; girls’ 2<sup>nd</sup> lap is shorter by 2.5Km

## **Saturday, February 28 – Mixed-Technique Relays**

- Chevron start formation used, start positions based upon team rankings after two events
- 20 start lanes will be set
- If more than 20 teams, teams ranked 21-22-etc. will start in a second row
- 5-6 tracks set up the ramp
- 4-5 tracks set out relay alley
- 3 tracks set on outbound relay loop to Russell’s Revenge, and on return from Russell’s Revenge
- Two tracks set on uphill for remainder of classic course
- Two tracks set through exchange zone, close to fences on outer edges of zone
- Where classic and skate courses are common, a single track will be set to the side of the trail
- Where courses are skate-only, no tracks will be set