

# 2010

## Region III Nordic Ski Championships

### Tsalteshi Trails

Colony, Grace Christian, Homer, Kenai, Palmer, Seward,  
Soldotna, Su Valley, Wasilla, Valdez, Skyview, Nikiski

#### DAILY SCHEDULE OF EVENTS

##### Thursday Feb 18<sup>th</sup>:

Trails will be open to ski. Maps will be available. Skyview locker rooms will be available for changing. Please access the locker rooms through the back of the school (pool parking lot). However, buses will not be able to remain parked in this lot – only dropping off athletes for changing and getting ready to ski. Waxing will not be available until Friday morning.

##### Friday Feb. 19<sup>th</sup>--- 5km/3 km Skate Race

8:00 am – waxing will be available in the upper gym. Access from rear doors. Bring tarps for your wax tables. Be careful on the stairs when wearing ski boots.

12:30pm----Coaches Meeting in Library: Pick up bibs in Library

1:00pm-----Volunteer Meeting in Library

*Format:* Skate-Interval Start

*Order:* Order will be determined from coach entries. Coaches should seed skiers in the order they want them sent out

*Time:* 2:00 Varsity Girls (JV to follow)

3:00 Varsity Boys (JV to follow)

Results: posted on outside board

Dinner: hosted by Sohi at Soldotna High School 6:00 – 7:30pm. COST \$7.00 Spaghetti plus more! Please send in the number of people who will be attending on/before Tuesday 2/16 to: [dharbison@kpbsd.k12.ak.us](mailto:dharbison@kpbsd.k12.ak.us)

##### Saturday Feb. 20<sup>th</sup>---10 km/7.5 km Classic Race

Breakfast: 7:00 – 8:30am: Hosted by Sohi at Soldotna High School. COST \$5.00 Pancake plus more! Please send in the number of people who will be attending on/before Tuesday 2/16 to: [dharbison@kpbsd.k12.ak.us](mailto:dharbison@kpbsd.k12.ak.us)

7:30 am -----Waxing available in upper gym

10:00 am----Coaches Meeting; Pick up Bibs in Library

Voting for:

Skier of the year (female and male)  
Coach of the year (female and male)

10:00am-----Volunteer meeting in library

*Format:* Classic- Mass Start in chevron formation (based off day 1 results)

*Course:* 10K Boys, 7.5km Girls

*Time:* 11:00 am-----Boys Varsity race

11:05 am-----Boys JV race

12:30 pm-----Girls Varsity race

12:35 pm-----Girls JV race

2:00 pm-----Awards Ceremony in Gym

**Entries:** Please use attachment for email entries with Name and start order. All entries must be turned in by Tuesday, Feb. 16th, 2010. Email entries to: [rmerkes@kpbsd.k12.ak.us](mailto:rmerkes@kpbsd.k12.ak.us)

**-Northwest Designs will be printing and selling t-shirts**

**-Concessions will be available both days**

### **Awards:**

There will be a team award for the first place team and individual medals for each team member (7).

Individual medals will be given to the first ten finishers of both varsity freestyle and classical races. Top 10 finishers for the JV races will receive ribbons.

A "Skier of the Year" award shall be given to the winner of the combined times of both the classical and freestyle races for each gender.

A "Coach of the Year" Award for both boys and girls team will be voted on by the coaches at the coaches meeting.

Prior to the meet, nominations may be submitted in writing to the race directors with rationale for the nomination. Other nominations may be accepted at the coaches meeting before voting. Each school's head coach or his/her designee shall have one vote for boys and girls.

**Overnight Accommodations:** Please contact KCHS Stacia Rustad  
[SRustad@kpbsd.k12.ak.us](mailto:SRustad@kpbsd.k12.ak.us) or SOHI Galen Brantley [Gbrantley@kpbsd.k12.ak.us](mailto:Gbrantley@kpbsd.k12.ak.us)