

# Region IV Cross Country Skiing Schedule 2009-10

Updated 2/3/10

Pre-season Meeting: Wednesday, November 4, 2009  
 Dimond High School, Main Conference Room 6:00 PM  
 Start Date: Tuesday, October 20<sup>th</sup>  
 Post Season Meeting: Wednesday, March 31<sup>st</sup>, Main Conference Room 6:00 PM  
 Administrative Coordinator: Pat Walker, DHS Activities Principal, 742-6996  
 Athletic Director: John Snead, 742-6999  
 Region IV Coaches' Rep.: John Kehler

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Race Style</u>	<u>Dist.</u>	<u>Host</u>
Sat.	12/5/09	11:00AM	SHS	Skate – Int. Start	5.3	SHS

### LvnxLoppet Invitational

Fri.	12/12/09	12:30 PM	Kincaid	Classic	5K	DHS
Sat.	12/13/09	10:30 AM	Kincaid	Skate	7.5K - V 5K - JV	DHS
Mon.	01/11/10	4:00 PM	Chugiak	Skate – Mass Start	5K	CHS
Sat.	01/16/10	11:00 AM	Kincaid	A/B Skiatholon	Classic/Skate 5K	SAHS
Sat.	1/30/10	11:00 AM	Bartlett	Freestyle 2x2x2	2K	BHS
Sat.	02/13/10	11:00 AM	EHS/RJ	Classic Relay BGBG	5K	EHS

### Region IV Championships

Fri.	02/19/10	12:00 PM	Kincaid	Freestyle	10k/7.5k	
Sat.	02/20/10	11:00 AM	Kincaid	Classic Relay	4x5k/4x3.5k	
Skimeister determined by both races						

### ASAA/First National Bank State Championships

Thu.	02/25/10	1:00PM	Birch Hill	Freestyle	<b>B7.5K</b> <b>G5K</b>	FBX
Fri.	02/26/10	1:00PM	Birch Hill	Classic	<b>B10K</b> <b>G7.5K</b>	
Sat.	02/27/10	11:00AM	Birch Hill	Mixed Tech.	B4 x 5K G4 x 3K	