

# Region IV Cross Country Skiing Schedule 2009-10

Updated 11/17/09

Pre-season Coaches' Meeting: Wednesday, November 4, 2009  
 Dimond High School, Main Conference Room, 6:00 PM  
 Start Date: Monday, November 2, 2009  
 Post Season Meeting: Wednesday, March 31, 2010; 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

**NOTE: Races are subject to cancellation or change in venue due to weather and/or snow conditions. Changes will be posted by 11:00 AM the Friday of or prior to the race.**

Day	Date	Time	Location	Race Style Dist.	Host
Sat.	12/5/09	11:00 AM	SHS	Skate – 5K (Interval Start)	SHS

### LynxLoppet Invitational

Fri.	12/11/09	1:30 PM	Kincaid	Classic 5K	DHS
Sat.	12/12/09	10:30 AM	Kincaid	Skate 7.5K – V (Pursuit start) 5K – JV	DHS

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Mon.	01/11/10	4:00 PM	Chugiak	Skate – Mass Start 5K	CHS
Sat.	01/16/10	11:00 AM	Kincaid	A/B Skiathlon Classic/Skate 5K	SAHS
Sat.	01/30/10	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	Individual 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	1:00 PM	Birch Hill	Freestyle B10K G7.5K	Fairbanks
Fri.	02/26/10	1:00 PM	Birch Hill	Classic B7.5K G5K	
Sat.	02/27/10	11:00 AM	Birch Hill	Mixed Tech. B4 x 5K G4 x 3K	