

Region IV Cross Country Skiing Schedule 2008-09

Updated 11/12/08

Pre-season Meeting: Wednesday, November 5, 2008
 Dimond High School, Main Conference Room 6:00 PM
 Start Date: Monday November 3rd
 Post Season Meeting: Wednesday, April 1, Main Conference Room 6:00 PM
 Administrative Coordinator: Kevin Theonnes, 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.	12/6/08	1:00PM	SHS	Classic – Mass Start	5.3	SHS

LynxLoppet Invitational

Fri.	12/12/08	12:30 PM	Kincaid	Classic	5K	DHS
Sat.	12/13/08	10:30 AM	Kincaid	Skate	7.5K - V 5K - JV	DHS
Mon.	01/12/09	4:00 PM	Chugiak	Skate – Mass Start	5K	CHS
Sat.	01/17/09	11:00 AM	Kincaid	A/B Skiatholon	Classic/Skate 5K	SAHS
Sat.	1/31/09	11:00 AM	Bartlett	Freestyle 2x2x2	2K	BHS
Sat.	02/14/09	11:00 AM	EHS/RJ	Classic Relay BGBG	5K	EHS

Region IV Championships

Fri.	02/20/09	12:00 PM	Kincaid	Individual Freestyle	10k/7.5k	
Sat.	02/21/09	11:00 AM	Kincaid	Classic Relay	4x5k/4x3.5k	

Skimeister determined by both races

ASAA/First National Bank State Championships

Thu.	02/26/09	1:00PM	Birch Hill	Classic	B10K G7.5K	FBX
Fri.	02/27/09	1:00PM	Birch Hill	Freestyle	B7.5K G5K	
Sat.	02/28/09	11:00AM	Birch Hill	Mixed Tech.	B4 x 5K G4 x 3K	