



ULU NEWS

Vol. 8 Issue 5

OFFICIAL PUBLICATION OF THE 1984 ARCTIC WINTER GAMES

Friday March 23, 1984



Alaskan team captain Tyler Norene demonstrates a unique style for semi-final Thursday and will now go against the N.W.T. for the gold today "clearing the crease". The Alaskan squad defeated Yukon, 9-5, in midget at noon.

Ironmen and women of winter sports

It takes guts to compete in the triathlon, the Arctic Winter Games newest event, according to Beth-Ann Huling of Alaska.

No wonder. Athletes must race in cross country skiing, in speedskating, and in snowshoeing. These are considered the most demanding of winter sports calling for endurance and skill.

"Any kind of triathlon is tough. The winner is whoever is the strongest," said Huling, a gold ulu winner in an Alaskan dominated final. "You can't know how to do everything very well. You depend on your strength and endurance. It takes guts."

Her coach, Tom Seibels agrees. "It is a winter version of the Ironman competitions. In the snowshoeing race, it's just blood and guts and go. Technical ability in speedskating and skiing is much more important to compete at the level they are in."

The Alaskans took both gold medals in the women and men's triathlon, as well as a silver and bronze. In the women's open, Huling was first, followed by Yukon's Gemma Laska, and bronze winner Margaret Klatt of Alaska. Guy Thibodeau of Alaska grabbed the gold in the men's, with teammate Ken Coe right behind. The Yukon's favorite, Melvin Dick could manage only the bronze after being the leader coming into the last event, the snowshoe.

The women must race 5 km on skis, 5 km on snowshoes, and 1,500 m on skates. The men ski 10 km, snowshoe 5 km, and skate 3,000 m.

This triathlon is a new sport for everyone. It is a transplanted northern version of summertime multi-sport events, such as the Olympic pentathlon. Each team has three men, but only Alaska has a full women's team.

The Yukon has two women competing, while there are no N.W.T. women.

Several athletes said they had trained only in the last few weeks for the events, especially in the sports they had not much experience with. Huling said her experience was in skiing. She had used snowshoes only once before the triathlon race, and had very limited experience in speedskating.

"I've never raced on snowshoes or skates before," said Huling. "But I wanted to be in the triathlon because it was new. This is the first time they've ever had it, and I wanted to be in it."

Another Alaskan, Tim Kelly, said a triathlon athlete needs to be in good overall condition and capable of picking up skills quickly. His forte is speedskating, which he won, but he fell behind in the skiing and snowshoeing because he had never tried them before.

"I couldn't make the speedskating team because of the 19-year-old age limit, so I tried out for this. I went for it just for fun."

Alaskan coach Tom Seibels used to compete as a skier in the AWG, but the closest he is to snowshoeing is summertime running, and his speedskating experience was gained in a hockey arena with hockey skates.

"It sounded interesting. I would have tried out for it myself if I was in much better shape. It's easily the most challenging event in the Games," he said. Triathlon athletes he noticed, are those athletes who have specialized in one sport, but who have the endurance and interest to try out others.

"The athletes are mainly specialists, but this will give them a reason to get involved in the competitive aspect of other sports."

The teams usually have someone who is experienced in the skills of skiing or skating. It's the ones with experience who end up coaching their teammates on the fundamentals and strategy.

Triathlon co-ordinator Dick Clarke said the triathlon, "is a physical activity whose time has come." He noted that all three sports are relatively inexpensive and available to most northerners. "Anyone can clear a lake to skate on, put on snowshoes to practice with,

and ski wherever they want. These are natural sports for the north with the emphasis on overall fitness," said Clarke.

Because it is so new, there were few people who tried out for the triathlon. But by the next AWG, Clarke sees that interest will be much higher. He said because the event is so versatile and challenging, it could be incorporated into community carnivals, such as Yellowknife's Caribou Carnival coming up next week.



The mass start of the triathlon's final event, the 5 km snowshoe race.

ULU NEWS

The Ulu News is the official newspaper of the 1984 Arctic Winter Games. The News is being published six times during the Games by the staff of Northern News Services, under contract to the Arctic Winter Games Host Society.

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Published by Northern News Services Limited
Box 2820, Yellowknife Phone 873-4031

Today's weather

Mainly sunny
High -4°C (27°F)

Outlook for Saturday
Partly cloudy, some snow flurries
High -2°C

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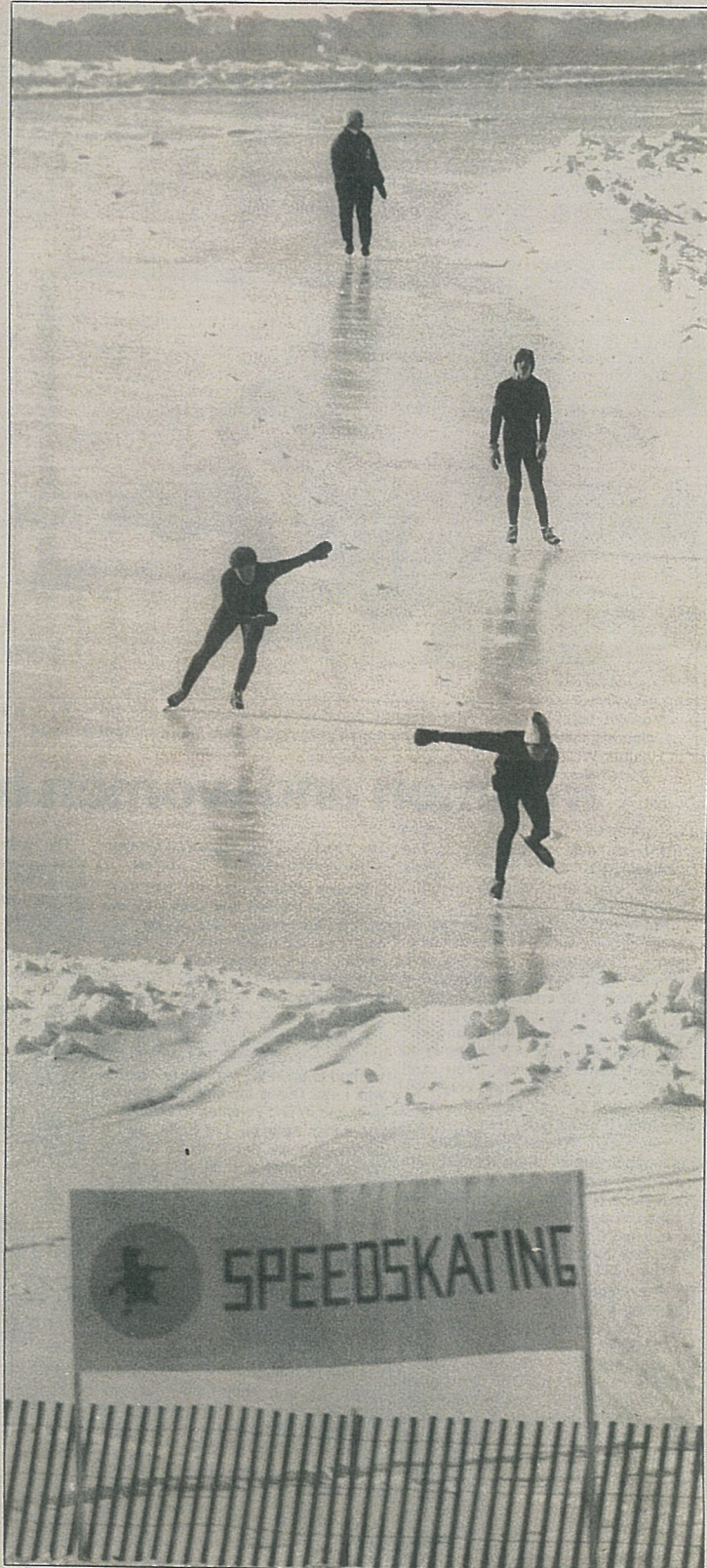
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The final lap of the men's 3,000-metre speedskating race as viewed from the roof of Yellowknife City Hall. Glen Skibstad of the N.W.T. picked up his third gold ulu, with Alaska's Paul Hofman in second and Yukon's John Morison getting the bronze. In the women's 1,500 metre event, Kathy Lidbury of the N.W.T. also earned her third gold. Andrea Morison of Yukon won the silver and Alaskan Debbie Kaderman will take home the bronze.

Figure skating ends with Alaska leading the way

by Deb Jones

With final results in yesterday afternoon, the Northwest Territories pulled in mostly disappointing results in the figure skating competitions, with Alaska taking the most medals and the Yukon trailing in second place.

Only in the Pre-Novice Ladies category did the N.W.T. show well, with Crystal Kujat of Hay River placing first.

But even in that case, says N.W.T. Figure skating chairman Susan Sheck, it was the N.W.T.'s prowess in free skating that garnered the gold: figures are not the N.W.T.'s forte.

"The N.W.T. skaters are very poor in the figures, but free skating's okay," said a disappointed Sheck yesterday afternoon as the open dance competitions wound up, finishing the figure skating for the games.

Sheck said the skaters are going to have to practise their figures before the next competition. She commented she'd like to send her own daughter, Leah, who was third, to Vancouver "to train with professionals for a while."

Alaska brother and sister Sean and Jennifer Pearson, decked in tailored sequined dance dress and tux, took first in the dance pairs yesterday, beating out the two N.W.T. pairs — of Crystal Kujat and Roderick Gonzales, who placed second, and Wendy Zigarlick and Walter Foddis, third.

The competitor who emerged as the best overall skater in the games this year is Heather Waller of Anchorage, Alaska. The 11-year-old, up against

stiff competition with nine competitors in the pre-juvenile ladies' category, took first in both figures and free skate this week, to win the finals.

She was the only skater to win first place in both categories.

Waller said, with a shy smile, the reason she did so well this week was being able to relax "and just try to do my best".

Her goal is to make the U.S. national team one day, and maybe head on to the Olympics, she added.

Sixteen-year-old Crystal Kujat of Hay River, was the only competitor from the N.W.T. to place first. Although she said she's pleased with her skating accomplishments, she's reserving judgement on where she wants to go with it.

University is on her immediate agenda with teaching figure skating in her free time to earn extra cash.

Meanwhile, "the games are a lot of fun."

Other gold-medal winners yesterday were Kristin Duklet of Alaska in preliminary ladies, and Christopher Pfiffner, also of Alaska, in preliminary men's.

Jenae Anderson was second and Christy McGregor third. And Norman Lee, the only other competitor, was second in men's.

After yesterday's winners were posted, tired skaters of all ages stripped off their skates and headed out to prepare for a celebration banquet.

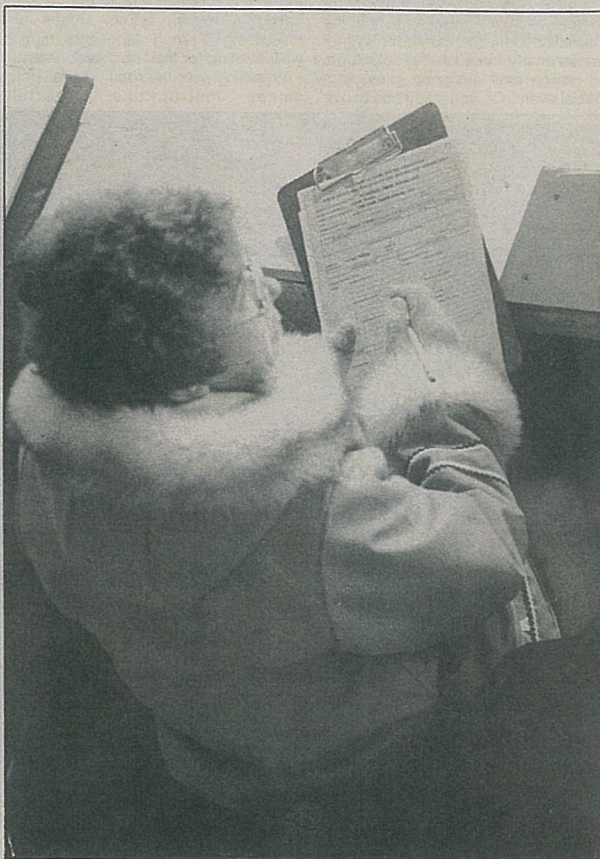
Tomorrow exhibitions will be held at 2 p.m. with an awards presentation to follow.



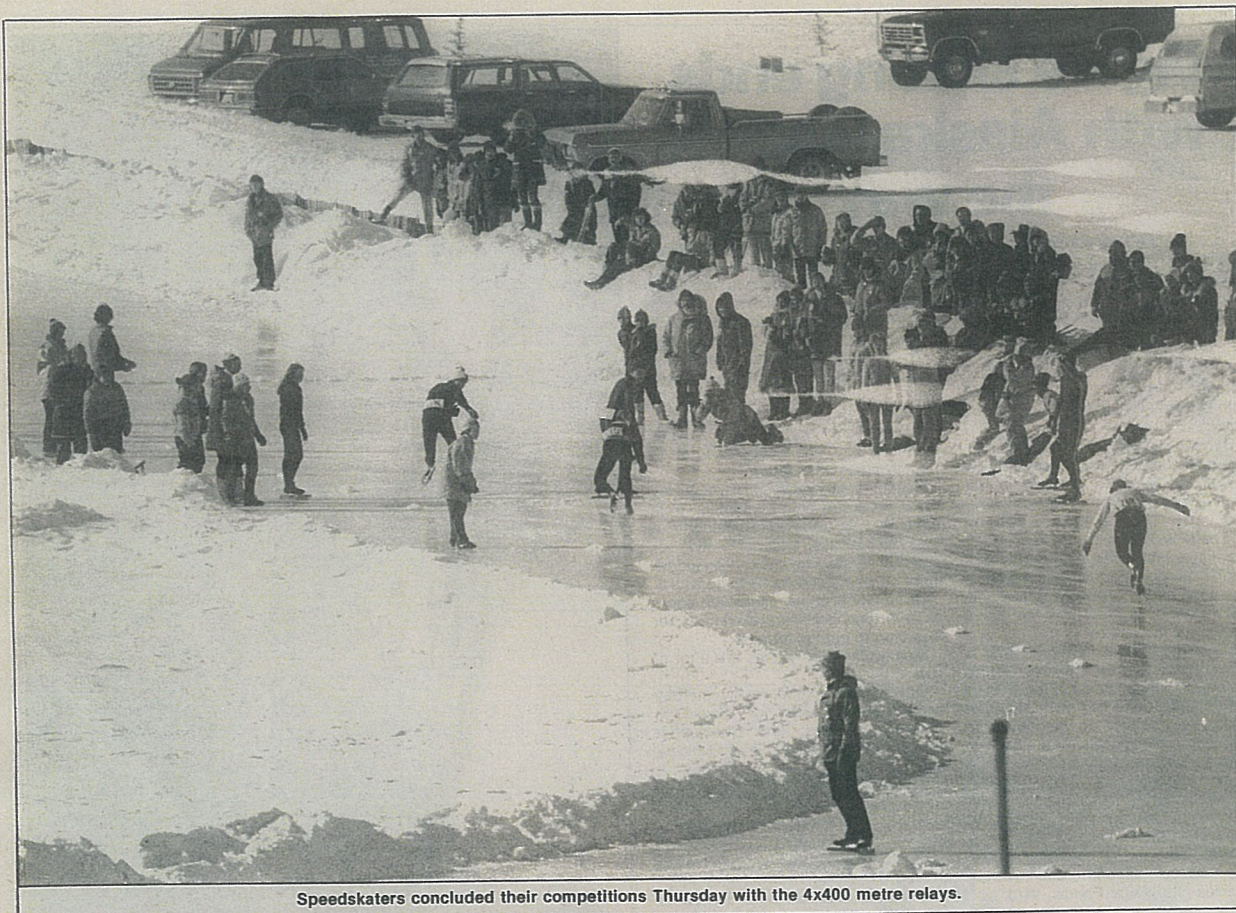
Heather Waller of Alaska — best overall skater.



Jennifer and Sean Pearson — golden dance



Official tests N.W.T. skaters



Speedskaters concluded their competitions Thursday with the 4x400 metre relays.

Flexibility is the key

Anytime between 7:30 in the morning and midnight you might find the hospitality room for the Arctic Winter Games empty because the volunteers are driving their assigned guest to a special event. Or, you might find two or

three sitting having a quiet coffee and eating a muffin, telling stories or discussing French language rights while waiting for their next assignment. Presiding over the room, dispensing smiles, instructions, cheerful

greetings, answering the telephone and dealing with major and minor crises is Terry Boldt. She is the protocol director for the territorial government and the chairman of the protocol committee for the Games.

Thursday morning the phone rang and Terry answered, "Oh no, oh no, how could that happen?" There was a chorus from the volunteers, "We're flexible, we can handle it." They didn't know what the problem was yet, but that has been the key word at the centre — flexible.

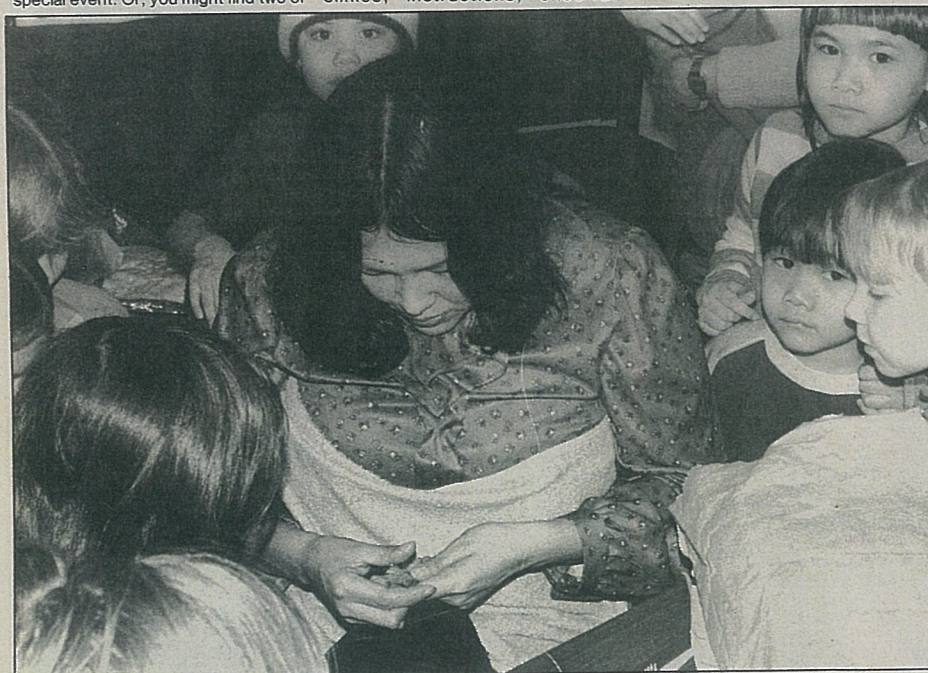
Many people have had to adopt that quality. When Commissioner John Parker calmly walked across the arena to the stage for the opening ceremonies Sunday night, no one could have guessed that heavy traffic had forced him to park several blocks from the arena and that he had jogged to get there on time.

When the Arctic Sports were about to be officially opened, everyone was in place but the members of the color party. They had been given the wrong time. Five flags were quickly found and five unprepared hostesses were given a 30-second briefing on how to carry a flag and the opening began.

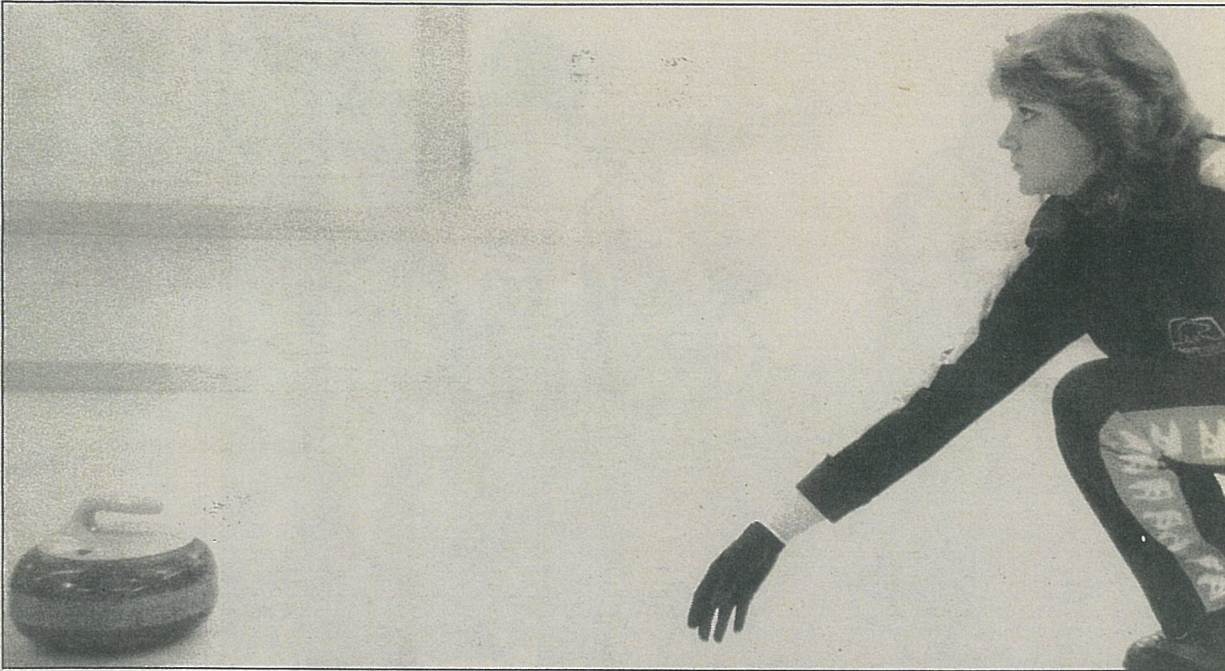
A member of the Royal Canadian Mounted Police, Dan Palmer, was already in full dress and headed to pick up the Alaskan State Trooper who was also in full dress for the opening ceremonies. A serious incident call came into the police station and Dan was the only one available to respond to it. The reaction of the people involved when he arrived on the scene in his scarlet tunic was to ask "am I that important?"

Preparations for the addition to the Yellowknife Inn came to a halt Wednesday morning when the backhoe dug up telephone, electrical and sewer lines. One wing of the hotel was without these services for most of the day while technicians and hotel staff dealt with the problem.

Imagine having to feed 500 people during a power failure. They did it.

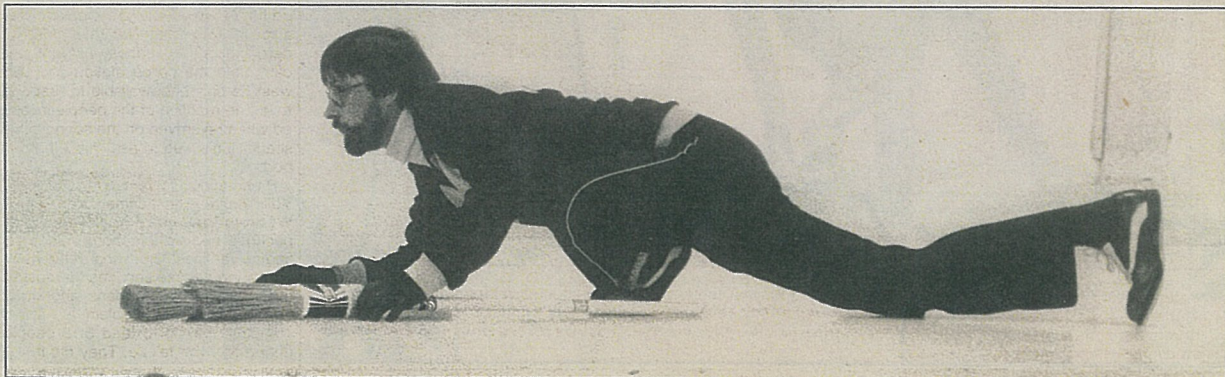
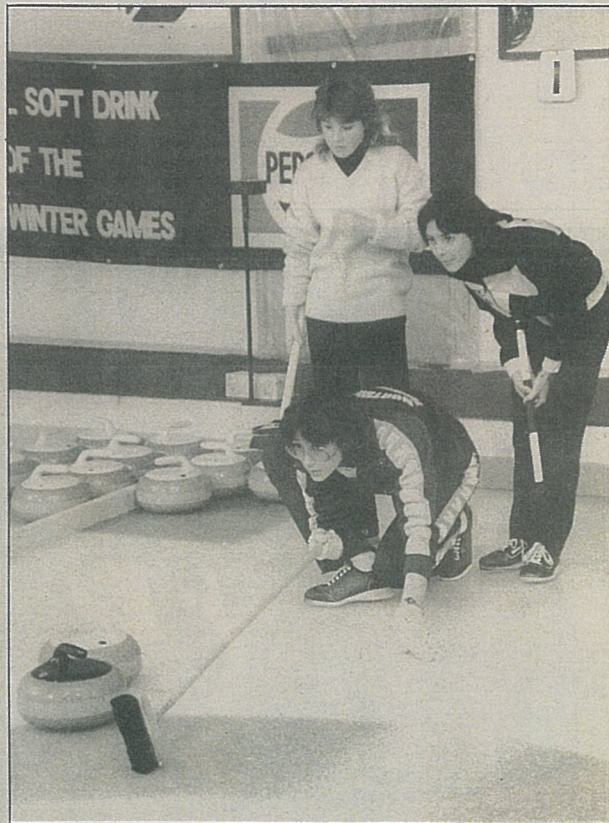


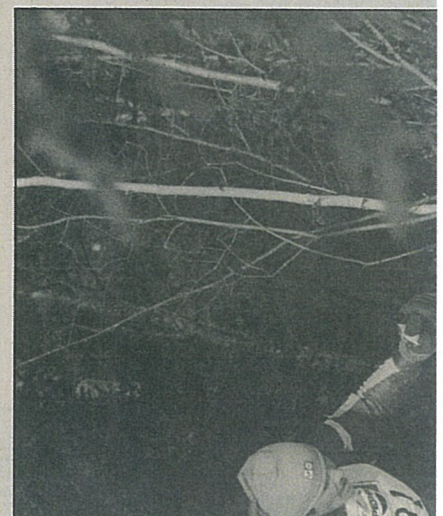
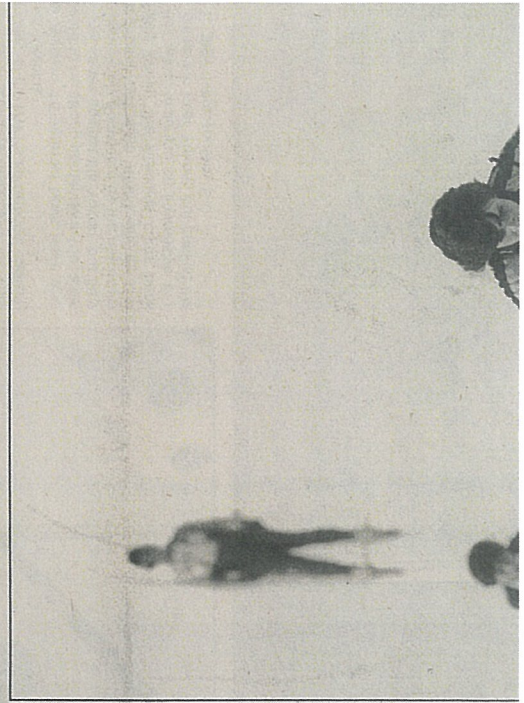
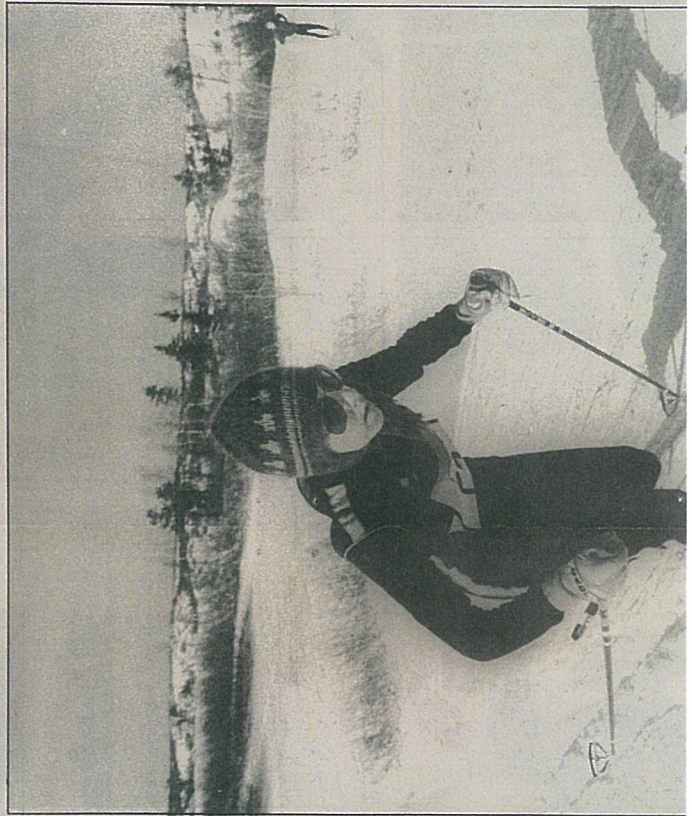
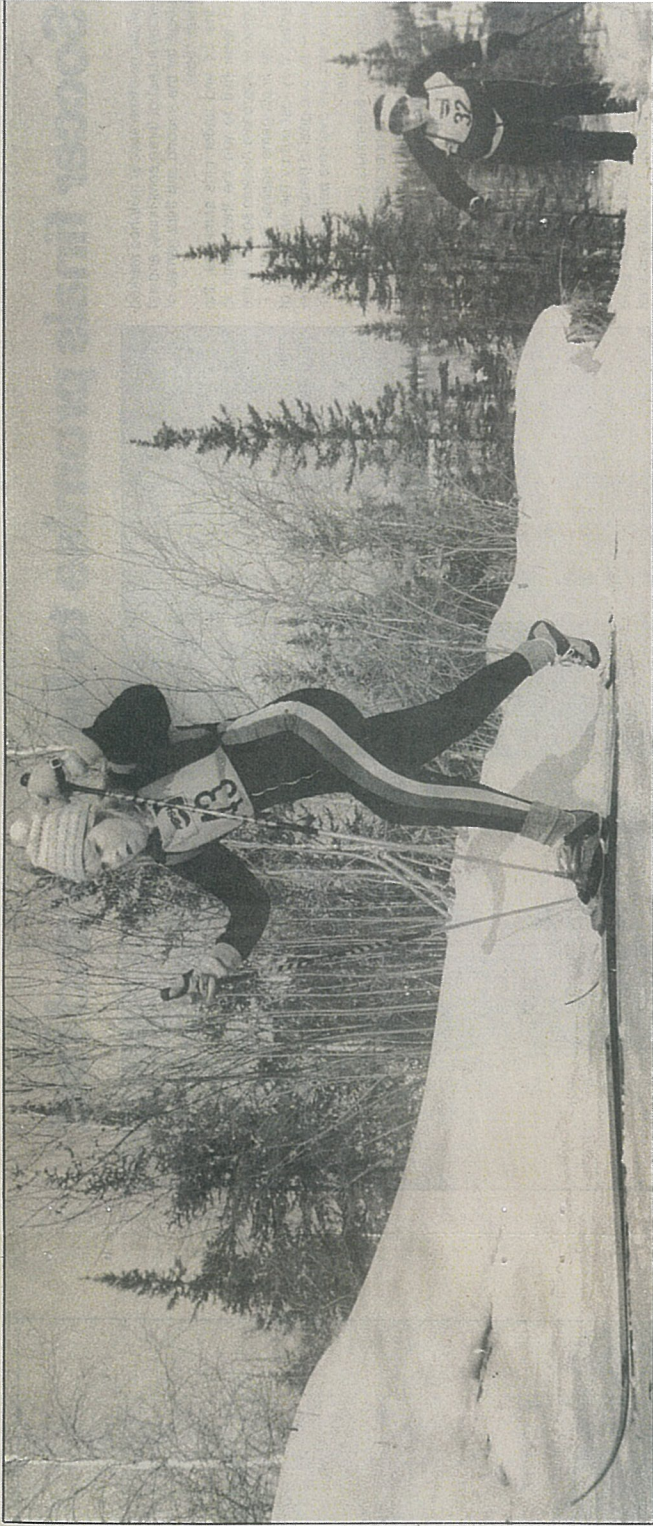
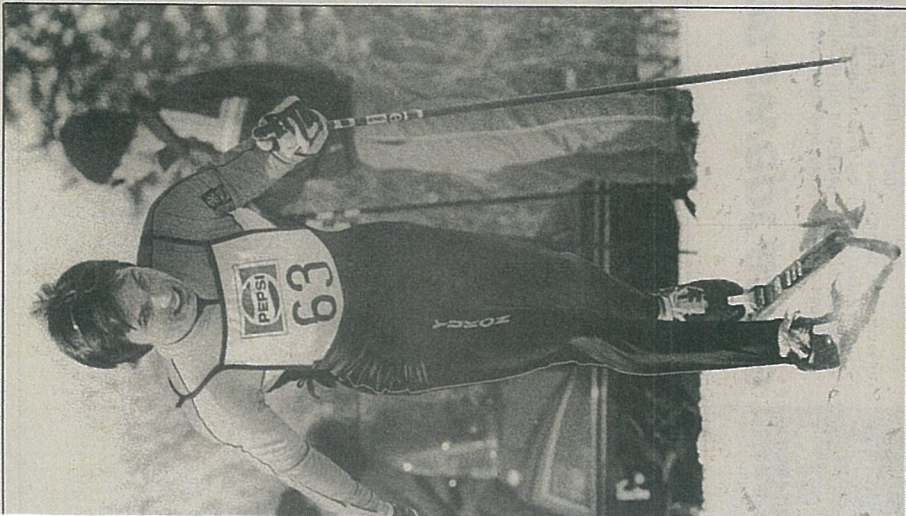
Yellowknifer Viven McDermott demonstrates moose hair tufting to the interested youngsters at the city library Thursday. It was just part of a program for youngsters during the week that also included fiddlers, singers, drummers and dancers and traditional Inuit string games. Adrienne Bell, hostess for the program, said it was an overwhelming success.



Alaskans swept aside

N.W.T. and Yukon rinks will play for the gold this afternoon, in all four curling events, following completion of the semi-finals last night. Yukon rinks defeated Alaska, 11-3, in open women's play, 8-5, in open men's and 11-5 in junior women's, while the N.W.T. junior men doubled their Alaskan counterparts, 6-3. The final games begin at 1:30.





Photos from top left: Bill Parry pushes past the final checkpoint heading for the finish line in the senior men's 15 km; Jennifer Derks of Alaska pressured up a hill by Yukon's Deveron Huriburt; Lucy Steele of Yukon on her last herringbone; Cathy Allin of N.W.T. competing in senior women's 10 km; a junior from Alaska, Paul Lincoln, takes the turn uphill.

Soccer finals promise to be close and fast

Dramatic overtime soccer matches marked yesterday's best of three semi-finals, and set the stage for the second and third games of the finals today.

In the 14 and under girls semi-final, the Yukon team had to win the third game to overcome an aggressive Alaskan squad. In the Yukon's first finals game against the N.W.T. yesterday, they lost out by the narrowest of margins — by one goal in penalty kicks, after the game and two overtime periods only produced a 0-0 tie.

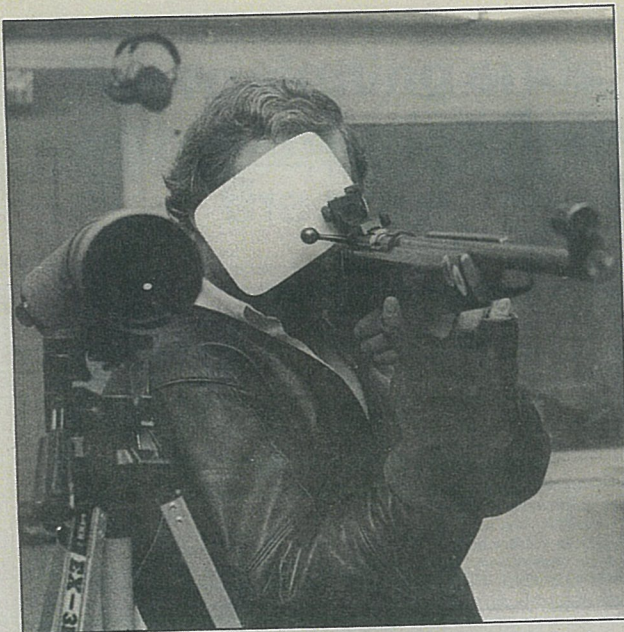
In soccer, two five-minute overtime periods are played, and if a winner still hasn't emerged, five players from each team take penalty kicks to decide the winner. The Yukon team was stymied by the NWT goalkeeper and could not put one ball into the net. The N.W.T. looked like they were heading the same way after failing to score with their first four shots, but Sue Blower put in the last penalty kick to win the game, 1-0.

The 14-year-old boys final pitted Yukon against Alaska, after Alaska beat out the N.W.T. in two games straight in the semi-finals. The game was tied 2-2 and went into overtime. A fluke heart-breaking goal gave the victory to the Yukon. The ball was shot over the net, rebounded off the wall, then off the goalkeeper, into the net.

The Alaskan 16-year-old girls team is looking strong, after coming off a two game sweep of the Yukon in the semi-finals, despite a last second 2-1 loss to the powerful N.W.T. team in the first game of the finals. The game was marked by a very close checking Alaskan defence which gave little leeway to the N.W.T. shooters, especially the tight shadowing of the NWT's sensational captain, Shauna Kayotuk.

The Alaskan 16-year-old boys were also expected to be strong contenders after a big semi-final series against the Yukon, but they were completely dominated by the physically much smaller NWT team. After losing the first semi-final game, the Alaskans came back with two wins, including an impressive 6-1 third game win over Yukon. But against the N.W.T. they were routed, 6-0.





Shooters keep both eyes open when firing. Some competitors blacken one lens of a pair of glasses while others, like N.W.T. rifleman affix a card to the stock of the rifle to block the vision in one eye.

Alaskans top shooting, again

You win some, you lose some. For Alaskan shooter Randy Pitney, it was a gold ulu and a rifle, respectively. Pitney is the sports rifle competitor who clinched the individual aggregate gold medal, with a gun that has seen its better days.

Ten minutes after the last shot, as Pitney was removing the scop, the stock snapped in two.

Pitney estimates the gun cost him a grand total of \$41 because he bought it piece by piece and assembled it himself. He made the stock himself.

By comparison, a rifle of the standards used in competition, purchased through a dealer, would cost well over \$700.

His \$41 investment has paid off handsomely. He's won the individual gold at the Games in 1976, 1980 and 1982.

Pitney had a final tally of 2,317 points of a possible 3,000. Teammates Mike Ford was second with 2,311 and Ken Bunch third with 2,285.



Alaskan Randy Pitney looks a bit forlorn over his broken rifle, but he was smiling on the inside. It snapped 10 minutes after he won the gold ulu.

Taking the pain from the sprain

By Eileen Vail

Margaret Marshall, head of the physiotherapy department of Stanton Yellowknife Hospital, was leafing through a professional journal last fall and read that several equipment suppliers had loaned machines to provide a method of electro-therapy to athletes injured during Universtiade in Edmonton.

There was no territorial sports physiotherapist representative for the Canadian Physiotherapists Association (CPA). She volunteered and they accepted her. This enabled her to attend their semi-annual meeting in Saskatoon where she met one of the sales people and two other suppliers and she asked for the use of their machines during the Arctic Winter Games.

These machines are used to relieve pain and swelling in acute injuries and it helps to get athletes back into competition and are usually combined with educating the injured to prevent stretching. The injury is assessed in consultation with a physician.

The physiotherapists have been busy every day and start with accompanying the physician to "sick parade" at the infirmary at St. Pat's every morning. They've been doing on-site taping of injuries and they've been happy to help people that quickly. There's been no waiting. They have also done follow-up on injuries.

The electro-therapy equipment has been used extensively for their regular

case load as well as for the athletes. Using two high frequency currents, which have the same effect as TNS and acupuncture, they can relieve pain. The low range frequencies stimulate muscles and muscle contraction.

The occupational therapists had to make sure there were enough supplies

of splinting materials, velcro and thermo plastics for molding splints. They've also been called upon to make forearm braces, thumb and finger splints.

Both departments were particularly proud of being able to help a Yellowknife soccer player who broke a small bone just above his wrist and

chipped a bone near his elbow. A support was fashioned which enabled him to continue to play.

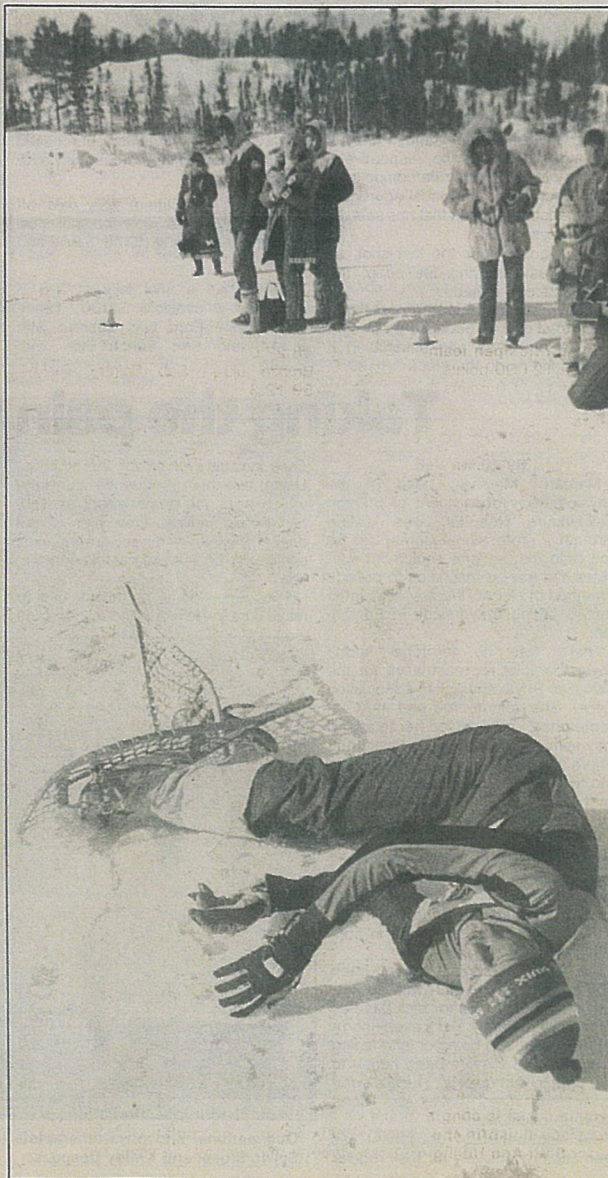
The sad part for all the physiotherapists is that nearly \$23,000 worth of equipment has to be sent back at the end of the Games. But they have achieved maximum useage from it this week.



Occupational and physiotherapists (left to right) are Barbara Cullen, Margaret Mitchell, Donna Newhook, Sylvia Slosel and Kelley Desouza.



Clockwise from top: N.W.T.'s James Marlowe strides while Yukon's Benoit Labelle is airborne at the finish line of the junior men's 1500 metre; Alaskan Robert Frost deserves a rest after winning the gold in the same event; Yukon snowshoer Lori Johnson gasps for air at the end of the junior women's 1500 m.



Thursday's results from the Games

Arctic sports

Men's head pull

Gold ulu - Allen Anavilok, N.W.T.
Silver ulu - Tim Angotigoar, N.W.T.
Bronze ulu - Eddie Arey, Yukon

Junior kneel jump

Gold ulu -
Silver ulu -
Bronze ulu -

Men's rope gymnastics

Gold ulu -
Silver ulu -
Bronze ulu -

Figure skating

Ladies' preliminary

1. Christine Duklet, Alaska
2. Jenae Anderson, Alaska
3. Christy McGregor, N.W.T.

Men's preliminary

1. Christopher Piffner, Alaska
2. Norman Lee

Open dance

1. Jennifer Pearson and Sean Pearson
2. Crystal Kujat and Roderick Gonzales
3. Wendy Zigarlick and Walter Foddis

Tuesday evening

Pre-juvenile ladies

1. Heather Waller, Alaska
2. Nuri Johnsen, Alaska
3. Annette DiCquemare, Yukon

Juvenile ladies

1. Jennifer Dickinson, Alaska
2. Jennifer Pearson, Alaska
3. Leah Sheck, N.W.T.

Pre-novice ladies

1. Crystal Kujat, N.W.T.
2. Michelle Sr. Amoure, Alaska
3. Jennifer Bolton, N.W.T.

Open ladies

1. Cynthia Dankworth, Alaska
2. Birgitta Kyttle, Alaska
3. Michelle Phillips, Yukon

Hockey

Semi-finals

Pee wee - Alaska 7, Yukon 5
Midget - Alaska 9, Yukon 5
Senior - Alaska 6, Yukon 3

Sporting rifle open team

Possible 12,000 points
Possible 12,000 points

1. Alaska, 11,444;
2. Yukon, 11,127
3. N.W.T., 10,991

Sporting rifle open individual

Possible 3,000 points

1. Randy Pitnay, Alaska, 2,317
2. Mike Ford, Alaska, 2,311
3. Ken Bunch, Alaska, 2,285

Sporting rifle junior team

Possible 12,000 points

1. Alaska, 11,165
2. N.W.T., 10,086
3. Yukon, 9,803

Sporting rifle junior individual

Possible 3,000 points

1. Robb Milne, Alaska, 2,290
2. Roger Weese, Alaska, 2,248
3. Miles Green, Alaska, 2,235

Skiing

Juvenile boys 5km

Gold ulu - Zac Leonard, Alaska, 16 min., 53.3 sec.

Silver ulu - Nathan Bodewitz, Alaska, 17:16.6

Bronze ulu - Patrick Deal, Alaska, 17:25.0

Juvenile girls 5km

Gold ulu - Lucy Steele, Yukon, 19:55.5

Silver ulu - Julie Enderlie, Alaska, 19:55.9

Bronze ulu - Sue Shumway, Alaska, 20:36.0

Junior boys, 7.5 km

Gold ulu - Paul Lincoln, Alaska, 25 min., 19.7 sec.

Silver ulu - Keith Erickson, Alaska, 25:41.6

Bronze ulu - Stephen Barnes, Alaska, 25:43.2

Junior girls, 7.5 km.

Gold ulu - Duffy Allen, Alaska, 29:34.1

Silver ulu - Jennifer Derks, Alaska, 30:04.9

Bronze ulu - Elaine Meyer, Alaska, 30:37.6

Senior men, 15 km

Gold ulu - John Mucha, Alaska, 47 min. 36.0 sec.

Silver ulu - Grant Meekins, Yukon, 48:27.0

Bronze ulu - Bob Baker, Alaska, 50:12.3



Bob MacQuarrie handed out the ulus to the women's junior volleyball players following the final game, won by the Alaska, Thursday.

Senior women, 10 km

Gold ulu - Sue Strutz, Alaska, 37 min., 5.5 sec.

Silver ulu - Jane McNeely-Parrish, Alaska, 38:48.0

Bronze ulu - Lois Johnston, Yukon, 38:50.1

Snowshoe biathlon

Men's 3x5 km relay

Gold ulu - Ron Tait, Ben Labelle, John Flynn, Yukon, 1 hr., 14 min., 25 sec.

Silver ulu - Mark Sprano, Harley McMahon, Mike Johnston, Alaska, 1:19:59

Bronze ulu - Clyde Russell, Brian Broughton, Kevin Vail, N.W.T., 1:30:15

Junior, 3x5 km relay

Gold ulu - Calvin Lindstrom, Aaron Jensen, Steve Bucyk, Yukon, 1:37:13

Silver ulu - Don Camsell, Ron Courtoireille, Henry Bouchard, N.W.T., 1:39:16

Bronze ulu - Donald Runberg, David Swanson, Kent Slaughter, Alaska, 1:50:02

Women's 3x5 km relay

Gold ulu - Kathy Brodeur, Jackie Crook, Lucye Desnoyers, N.W.T., 1:40:37

Silver ulu - Grace Roberts, Mary McNabb, Susan Labelle, Yukon, 2:02:05

Bronze ulu - Colleen Anderson, Phyllis Scott, Faith Smith, Alaska, 2:10:43

Snowshoeing

Men's 1500m

Gold ulu - Jeff Lister, Yukon, 6 min., 42.20 sec.

Silver ulu - Roy Reisinger, Alaska, 6:50.38

Bronze ulu - John Jansen, Yukon, 6:54.78

Women's 1500m

Gold ulu - Judy Kelly, Yukon, 8:07.91

Silver ulu - Joanne Doirion, N.W.T., 8:14.91

Bronze ulu - Mary Whitley, Yukon, 8:14.93

Junior men 1500m

Gold ulu - Robert Frost, Alaska, 7:06.41

Silver ulu - Matthew Bourke, N.W.T., 7:27.94

Bronze ulu - Earl Sommer, Alaska, 7:44.21

Junior women's 1500m

Gold ulu - Julia Reisinger, Alaska, 8:11:56

Silver ulu - Michelle Ramm, N.W.T., 8:25.95

Bronze ulu - Nina Kemppe, Alaska, 8:28.04

Soccer

Best-of-three finals

Juvenile girls

N.W.T., 1, Yukon 0

Juvenile boys

Yukon 3, Alaska 2,

Junior girls

N.W.T. vs. Alaska

Junior boys

N.W.T. vs. Alaska

Volleyball

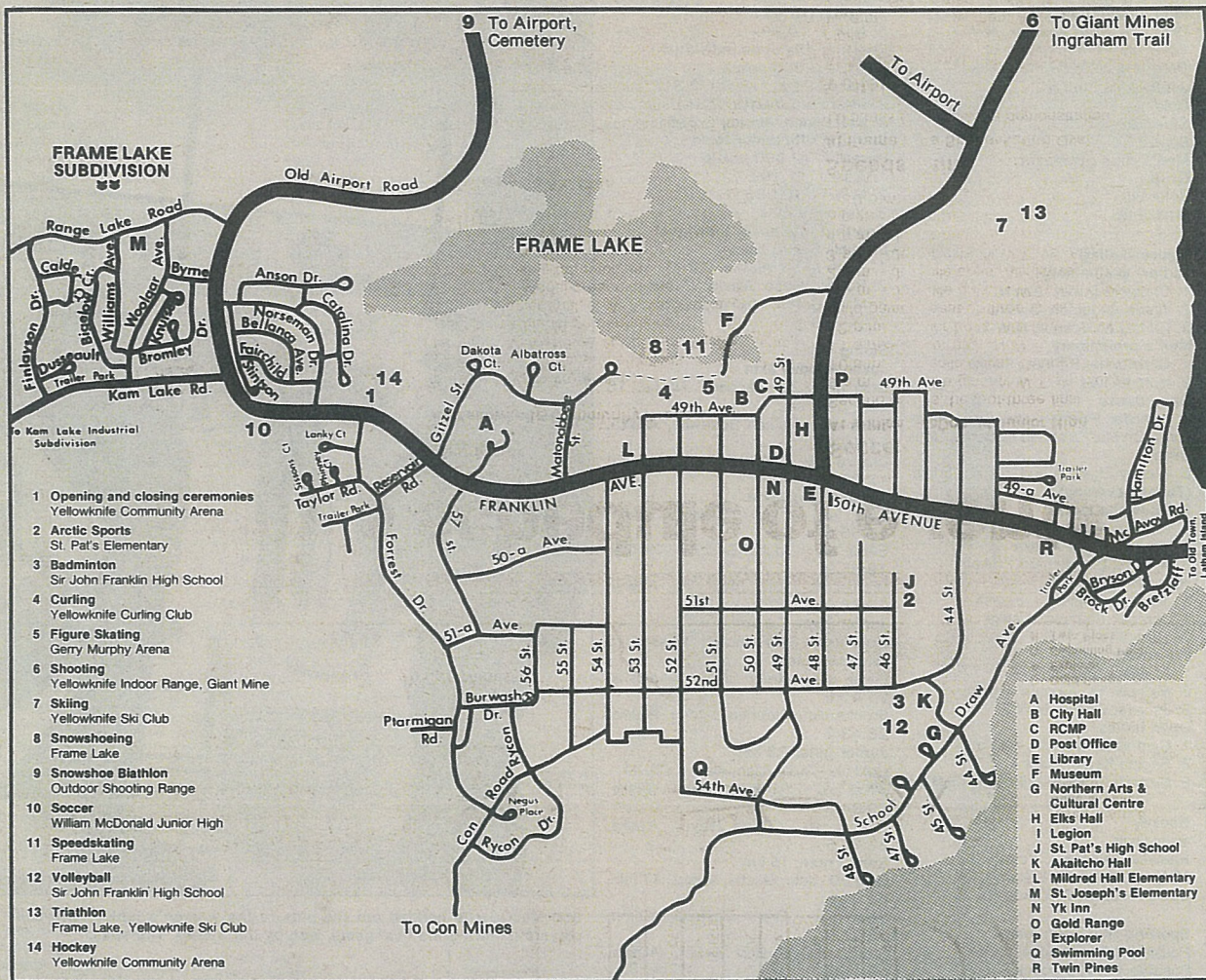
Junior men

Final: Alaska vs. Yukon



Gemma Laska is congratulated by her Yukon cheering section after her first-place finish in the triathlon's snowshoe. She couldn't catch point leader Beth Ann Huling of Alaska though and earned the silver ulu.

Finding your way around the city



Friday's schedule of events

Arctic sports

At St. Pat's Elementary

12 p.m. - Men's one-foot high kick
 3 p.m. - Medal presentations
 3:30 p.m. - Closing ceremonies

Badminton

At Sir John Franklin High School

8:30 a.m. - Singles finals
 9:30 a.m. - Doubles finals
 10:30 a.m. - Mixed finals
 11:30 a.m. - Medal presentations
 12 p.m. - Closing ceremonies

Curling

At Yellowknife Curling Club

1:30 p.m. - Finals
 4 p.m. - Medal presentations
 4:30 p.m. - Closing ceremonies

Figure skating

At Gerry Murphy Arena

2 p.m. - Exhibition skate
 3:30 p.m. - Medal presentations
 4 p.m. - Closing ceremonies

Hockey

At Yellowknife Community Arena

9 a.m. - N.W.T. vs. Alaska
 10:30 a.m. - Medal presentations
 12 p.m. - Midget final, N.W.T. vs. Alaska
 1:30 p.m. - Medal presentations
 3 p.m. - Senior final, N.W.T. vs. Alaska
 4:30 p.m. - Medal presentations
 5 p.m. - Closing ceremonies

Skiing

At Yellowknife Ski Club

Relays
 10 a.m. - Juvenile 3x3 km, Junior 3x5 km
 10:30 a.m. - Women's 3x5 km, men's 3x10 km
 1 p.m. - Medal presentations
 4 p.m. - Closing ceremonies

Snowshoeing

At Frame Lake

11 a.m. - 5 km
 2:30 p.m. - Medal presentations
 3 p.m. - Closing ceremonies

Soccer

At William McDonald Junior High

Second games, best-of-three final
 9 a.m. - Juvenile girls, N.W.T. vs. Yukon
 10 a.m. - Juvenile boys, Alaska vs. Yukon
 11 a.m. - Junior girls, N.W.T. vs. Alaska
 12 p.m. - Junior boys, Alaska vs. N.W.T.
 Third games, best-of-three finals, if necessary
 1 p.m. - Juvenile girls, N.W.T. vs. Yukon
 2 p.m. - Juvenile boys, Alaska vs. Yukon
 3 p.m. - Junior girls, N.W.T. vs. Alaska
 4 p.m. - Junior boys, Alaska vs. N.W.T.
 5 p.m. - Medal presentations
 5:30 p.m. - Closing ceremonies

Speedskating

At Frame Lake Speedskating Oval

10 a.m. - Olympic-style demonstration

Volleyball

At Sir John Franklin High School

Finals
 12 p.m. - Senior women, Alaska vs. Yukon
 2 p.m. - Senior men, Alaska vs. N.W.T.
 4 p.m. - Medal presentations
 5 p.m. - Closing ceremonies

Closing ceremonies

7 p.m. - Yellowknife Community Arena