



PACIFIC NORTHWEST DIVISION

A DIVISION OF

U.S. SKI & SNOWBOARD AND THE WESTERN REGION



PACIFIC NORTHWEST SKI ASSOCIATION

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1 - PACIFIC NORTHWEST SKI ASSOCIATION

Introduction

Ski competition in the Pacific Northwest, including Oregon, Washington, and Western Idaho is organized and conducted by the Pacific Northwest Ski Association (PNW). PNW and its' competitions are organized under the guidelines of the International Ski Federation (FIS) and U.S. Ski & Snowboard.

The Pacific Northwest Ski Association was originally developed out of the need for uniformity in all phases of ski competition. PNW works with U.S. Ski & Snowboard in establishing the eligibility and qualifications of competitors, setting standards and certifications for coaches and officials, and organizes clinics and training programs for all skiing and snowboard disciplines. As a division of U.S. Ski & Snowboard and the Western Region, PNW plays a key role in all U.S. skiing and snowboarding competitions. PNW's competition program is the first step for alpine and Nordic ski competitors to national and international amateur sports competition. PNW is a non-profit organization (501(c)4) and operates for the benefit of all PNW and U.S. Ski & Snowboard members in the Pacific Northwest division.

PNW Vision

- A leader in attracting, developing and retaining competitive snow sport enthusiasts in the United States.

PNW Mission Statement

- PNW brings together the Pacific Northwest community to govern, administer, support and grow competitive snow sports in a fun and learning environment.

PNW Values

- Inclusive Everyone has the opportunity to participate.
- Integrity We strive to do the right thing every day, regardless of personal interests or outcomes.
- Collaborative Foster a culture of cooperation among our resorts, clubs, coaches, athletes and officials.
- Community Cultivate fellowship, unity and respect among the snow sports community.
- Accountable Committed to efficiency, effectiveness and transparency in all we do.

Administration

The administration of Alpine and Nordic competition in PNW is the responsibility of the Director's of the competition committees that represent the interests of each athletic discipline. These Directors, in turn, are responsible to the PNW Board of Directors. Each Director of the various skiing disciplines appoints a chairman of the competition committee who appoints various subcommittees to implement policy in their technical areas.

PNW's athletic programs are designed and implemented by professional coaches and administrators as well as an active group of dedicated and knowledgeable volunteers. In addition, PNW has direct input to the policies, procedures, and guidelines of U.S. Ski & Snowboard through PNW'S representation on various national-level committees and subcommittees.

PNW maintains a year-round office to support the needs of PNW competitors, coaches, officials, volunteers, and clubs. The office disseminates important information regarding race schedules, racer qualification and selection to traveling teams, coaches and officials clinics, etc. The office is available to help all PNW clubs and individuals.

2 - PNW / U.S. Ski & Snowboard ALPINE PROGRAM

How To Become A Competitor

Anyone who is interested in ski racing can join U.S. Ski & Snowboard. Once you have made this decision, you can join online at <https://usskiandsnowboard.org/membership> You can print a copy of the [Alpine Competition Guide](#) and a copy of your license through the [myUSSA](#) link found on the U.S. Ski & Snowboard website. This license allows you to compete in sanctioned PNW / U.S. Ski & Snowboard competitions. A schedule of events is available on the PNW website at [Alpine Calendar - Pacific Northwest Ski Association \(pnwdivision.org\)](#)

It is also advisable that you join a local ski club or training program that prepares racers for U.S. Ski & Snowboard competition. Such programs exist at most ski areas around the Pacific Northwest, and help in scheduling, on-snow training, physical conditioning, travel arrangements and many other benefits. The PNW office will have information on programs in your area, and they are available on the PNW website at [Alpine Clubs - Pacific Northwest Ski Association \(pnwdivision.org\)](#)

If you are 11 years of age or younger, you will be joining a Youth Ski League (YSL) program (also known as Buddy Werner / Mitey Mite programs). These are "learn-to-ski-race" programs that teach the basics in ski competition and technique. Racers 12 -20 years old join the Junior level of racing. This is the "classification" level that ranks racers in the United States. Also, any racer 21 years and older may join the PNW Masters racing program.

If your aspirations are to become the best racer you can be, even compete at international and Olympic races, then you should join U.S. Ski & Snowboard / PNW. U.S. Ski & Snowboard / PNW racers are the only racers recognized by the United States Ski Team, the International Ski Federation, and the US Olympic Committee.

Competitor Classification

There are three types of *competition classifications* in PNW / U.S. Ski & Snowboard racing: Age, Ability and Masters. Age classification (U8 - Senior) races are based on age classes / groups of athletes, whereas Ability classification races are based on rankings in the National Points System (U14 – Senior). Masters' classification races are for the 21 and older athlete who seeks recreational competition without scoring to the National Points System. The three types of competitions are further defined below.

Age Classification (Age-Class) Racing

Age Classification is based on your age as of December 31st of each season. Competitions of this type are open to all athletes who meet the age-class criteria for the event.

SR Ages 21 and older (born 2001 or earlier)

U21 Ages 18-20 (born 2002, 2003 or 2004)

U18 Ages 16 and 17 (born 2005 or 2006)

U16 Ages 14 and 15 (born 2007 or 2008)

U14 Ages 12 and 13 (born 2009 or 2010)

U12 Ages 10 and 11 (born 2011 or 2012)

U10 Ages 8 and 9 (born 2013 or 2014)

U8 Ages 7 and younger (born 2015 and later)

NOTE: Racers should check with their local program, or with their local office regarding details or exceptions that may apply. Some regions and divisions may recognize other age categories below the U8 class for awards

Youth Ski League – Buddy Werner

These competitions are for the youngest athletes – ages 5 to 11 (U8-U12). They offer a fun introduction to ski competition for the beginning racer.

Evergreen Cup

This is the development level of PNW racing and is open to all U14-Senior competitors. Athletes are introduced to the National Points System to handicap and rank them among other racers in the United States

U14 Series

PNW's Series for athletes entering Junior Competition at the U14 age who are interested in qualifying for the Western Region U14 Championships. The U14 Series is a season long series consisting of 3 SL / 3 GS and 3 SG races. The series will crown divisional U14 champions as well as serving as a pipeline to the final NW Cup race of the year for the top 20 men and women in the season long series.

Northwest Cup/U16 Series

This is PNW's premier level of U.S. Ski & Snowboard divisional racing and is open to U16 and older. The Northwest Cup series serves as the divisional trophy series, crowning the division's overall champions as well as team champions in the U16 and U18/21 age classes. The Northwest Cup is the elite level in the PNW, from which racers qualify to regional, national, and foreign FIS competitions by improving their ranking in the National Points system.

U.S. Ski & Snowboard / PNW Competition Ladder

Below is a brief outline of the various FIS / U.S. Ski & Snowboard / PNW competition levels:

FIS/U.S. Ski & Snowboard / Ability Class

FIS International: Olympic Games, World Championships, World Cup, Continental Cup
U.S. Ski & Snowboard National: NorAm Series, U.S. Senior & U16 & U18 Nationals, Collegiate (NCAA & USCSA)
U.S. Ski & Snowboard Regional: Regional FIS & Regional Championships (U21, U18, U16 & U14)

Age Class

PNW: Youth Ski League/Mitey Mite (U12 & younger) Buddy Werner Championships (U12 only), Evergreen Cup (U14 & older), U14 Series (U14 Only), NW Cup/ U16 Series (U16 and older)

PNW / Masters Racing - Recreational

There are 12 Classes of Master Racers with each Class based on age as of December 31st of each year:

Class 1 →	21-29	Class 5 →	45-49	Class 9 →	65-69
Class 2 →	30-34	Class 6 →	50-54	Class 10 →	70-74
Class 3 →	35-39	Class 7 →	55-59	Class 11 →	75-79
Class 4 →	40-44	Class 8 →	60-64	Class 12 →	80 and over

PNW / U.S. Ski & Snowboard Nordic PROGRAM

Competitors

Most races in PNW are open to skiers of all abilities. If you have never raced and want to give it a try, choose a race, sign up, and go for it! That's how most of us got started. It's a great way to challenge yourself, have fun, and meet new friends. You can find information about races and how to enter them on the PNW race calendar ([Nordic Calendar - Pacific Northwest Ski Association \(pnwdivision.org\)](http://pnwdivision.org)), from the host club, or perhaps from your own ski club.

A U.S. Ski & Snowboard membership is required to enter any U.S. Ski & Snowboard race. See the next chapter of this manual for information about memberships. During the 2022 – 23 season there are three U.S. Ski & Snowboard meets in the PNW division:

the Sunnyside Challenge at Mount Bachelor, Dec 17 – 18, 2022

the Methow Valley JNQ at Winthrop, WA, Feb. 4 – 5, 2023

and the Mount Spokane Nordic Cup at Mount Spokane, WA, February 18 – 19, 2023.

Other than the three meets listed above, you do not need to be a member of PNW or U.S. Ski & Snowboard to enter most cross-country races in the PNW division. These races are the responsibility of the host club, which determines entry requirements and fees. (see [Club / Local Race Calendar - Pacific Northwest Ski Association \(pnwdivision.org\)](http://pnwdivision.org))

Even if you do not need a PNW and U.S. Ski & Snowboard membership to enter the races in which you plan to compete, please consider joining these organizations: your membership and your dues will support racing in PNW (especially junior development) and in the entire USA.

If your aspirations are to become the best racer you can be, and even to compete at international and Olympic races, then you should join U.S. Ski & Snowboard / PNW. U.S. Ski & Snowboard / PNW racers are the only racers recognized by the United States Ski Team, the International Ski Federation, and the US Olympic Committee.

Competitor Classification

In U.S. Ski & Snowboard races junior competitors are grouped by their age on December 31 of the current season. Non-U.S. Ski & Snowboard races are free to use any categories that they prefer, but they often use the U.S. Ski & Snowboard brackets as well. U.S. Ski & Snowboard uses the “U”- system with 2-year brackets. For example, U16 in the 2022 - 2023 season means that the racer was born in 2007 or 2008 and is 14 or 15 years old on December 31, 2022.

Cross Country Age Classes

Category	Age	Year of Birth
Master	30 and older	1992 and earlier
Senior	20-29	1993 through 2002
U20	18-19	2003 and 2004
U18	16-17	2005 and 2006
U16	14-15	2007 and 2008
U14	12-13	2009 and 2010
U12	10-11	2011 and 2012
U10	8-9	2013 and 2014
U8	6-7	2015 and 2016
U6	5 and younger	2017 and later

NOTE: Age is based upon the year an athlete was born regardless of the date of birth. The competition season is from July 1, 2022 to June 30, 2023.

Coaches, Officials, and Volunteers

In addition to racing memberships, U.S. Ski & Snowboard offers special memberships and resources for alpine and cross-country coaches, race officials, and volunteers. U.S. Ski & Snowboard offers training and certification for coaches and officials, as well as insurance and other benefits for all three categories. For details see the U.S. Ski & Snowboard alpine officials page <https://uskiandsnowboard.org/sport-development/officials-development/alpine-officials>; the cross-country officials page at <https://uskiandsnowboard.org/sport-development/officials-development/nordic-officials-judges> as well as the membership page at <https://uskiandsnowboard.org/membership>.

If you enjoy alpine or cross-country skiing and racing, please consider getting involved as a coach, an official, or a volunteer at a PNW race. Coaches will benefit from getting a U.S. Ski & Snowboard Level 100 Coach Certification. Race organizers will benefit from you becoming a Level 1 Technical Delegate. (The Technical Delegate is U.S. Ski & Snowboard's representative to a U.S. Ski & Snowboard race, but Technical Delegate training also provides lots of information for race organizers on how to put on a successful event). All will benefit from helping put on events that bring out the best in all of us.

3 PNW / U.S. SKI & SNOWBOARD PNW NORDIC MEMBERSHIPS

U.S. Ski & Snowboard Membership

U.S. Ski & Snowboard has various membership options for competitors. Competitors 13 and older who want to race in the Junior National Championships or other national-level races must have a Cross Country Competitor Membership. Competitors 13 and older who want to race in U.S. Ski & Snowboard races (but not score National Ranking List points), can save money by getting either a Cross Country General Membership (for those 13 – 17) or a Cross country non-scored athlete membership (for those 18 and older).

Competitor Members will receive National Points when they race in U.S. Ski & Snowboard races, and a position on the National Ranking List. The General and One-Day Memberships do not provide access to the National Ranking List, but they do allow you to enter U.S. Ski & Snowboard races.

See [U.S. Ski & Snowboard XC membership options](#), including competitors, coaches, officials, and volunteers.

PNW Membership

When you join U.S. Ski & Snowboard as a member you will simultaneously join PNW as member. The following membership dues are added on to the US Ski & Snowboard Membership:

U14 & Younger Competitor: \$25 U16 & Older Competitor: \$50 Coach: \$20 Official/General/Volunteer: \$5

Membership for Clubs

U.S. Ski & Snowboard: Clubs sanctioning races with U.S. Ski & Snowboard must join U.S. Ski & Snowboard as club members. There are many benefits to the club, including liability insurance for U.S. Ski & Snowboard-sanctioned competitions. To enroll your club, go to [U.S. Ski & Snowboard Club membership](#), or [contact U.S. Ski & Snowboard](#) for further information.

PNW: To be eligible for PNW Club membership a club must be duly organized by Dec. 31st each season, have paid the PNW club dues (\$130), and have by that date at least ten (10) members, and must be in good standing with PNW. See the [PNW website](#) for further information and club membership form.

U.S. Ski & Snowboard Membership Pricing

These prices do not include PNW membership dues, nor the additional fee to purchase a [FIS license](#).

XC Category	Age Parameters	Notes	Base Price
General Member	17 & under	Train with his/her club throughout the season and may be competing in both USSS and non-USSS competitions without earning points or rankings.	\$30
Short Term Membership	17 & Under	High School/Club Participant - May compete in U.S. Ski & Snowboard events. Does not include National Point's system ranking.	\$15 per event
Non-Scored Athlete	Age 18 & over	Provides access to all levels of US Ski & Snowboard scored & non-scored events at the local, divisional, regional and national level. No access to points list	\$85
*Competitor	Age 13 & over	Provides access to all levels of USSS scored and non-scored competitions at the local, divisions, regional and national level. Includes scoring on the national ranking lists as well as FIS ranking lists where appropriate (with additional FIS license).	\$125
Adaptive Competitor	0 – 100	Adaptive athlete	\$80
Coach w/Official	18 & over	Periodic background screening and SafeSport required	\$150
Jr. Coach	Age 15 – 17		\$75
Official	18 & over	Periodic background screening and SafeSport required	\$80
Club Volunteer	18 & over	Periodic background screening and SafeSport required	\$65

*2nd year U14's will only receive NRL points if they are racing in an event that is sanctioned for U16 or older athletes. Events sanctioned for U14's or younger athletes are NOT scored. U14 athletes not intending to race up against older athletes should purchase the Cross-Country General License. You may upgrade your child to a competitor membership for his/her age class by calling Member Services on 435.647.2666. The \$20 paid for the general membership and any applicable division dues will be applied to the upgrade. Additional PNW division dues may apply.

NORDIC GUIDELINES AND PROCEDURES

4. The Nordic Competition Committee (NCC)

NCC Membership

NCC voting membership is comprised of the following:

- a) PNW President
- b) PNW Vice President
- c) Director of Competition for Nordic
- d) Secretary
- e) One representative from each club or team that has paid its PNW dues
- f) One athlete representative

[See NCC roster on PNW website.](#)

Role of the NCC

To be responsible for divisional oversight for PNW Nordic skiing. These responsibilities include, but are not limited to, creating a yearly budget, scheduling, athlete selection, coach selection, planning and other activities necessary to support divisional Nordic competition.

NCC Chair

Selected by the [PNW Board's](#) Executive Committee with input from the NCC. The NCC Chairperson's responsibility is to facilitate discussion within the Nordic Committee and the Nordic Community as a whole and lead the NCC to resolution on issues it needs to address. The Chairperson provides timely and accurate assessment of matters that affect Nordic skiing in the PNW, facilitating discussion and promoting resolution for the general good of the division, and appoints a divisional representative to US Ski and Snowboard.

Voting & Appeals

Each member of the NCC has one vote, except that the NCC Chairperson shall only vote in the event of a tie. NCC motions passed by majority vote shall be brought by the NCC Chairperson to the PNW Board of Directors as a recommendation to either be ratified, amended, tabled, or rejected. It is the responsibility of the NCC Chairperson to represent to the Board of Directors the NCC's philosophies, opinions, concerns, and decisions. A quorum for voting on an NCC motion shall constitute fifty percent of the members of the NCC as registered with PNW at the first day of the respective meeting. No proxy votes are allowed in any votes by the NCC.

Appeals of any NCC decision shall be to the PNW Board of Directors.

NORDIC GUIDELINES AND PROCEDURES

5. JUNIOR NATIONAL CHAMPIONSHIPS

A: Qualifier Races

1. Each year before the beginning of the ski season the Nordic Competition Committee (NCC) will select certain ski meets, each normally consisting of separate races on two consecutive days, to be Junior Nationals Qualifier Races. Selection will be made according to the following process:
 - a. Qualifier Race hosts will be chosen from those clubs which have submitted a bid. Bids should be submitted to the NCC by the time of the spring meeting held in conjunction with the annual PNW convention. Bids should include the form in [Chapter 10](#).
 - b. The NCC will consider the likely quality of each meet, including the nature of the courses, ability to offer the appropriate race formats, and the host's ability to provide accurate timing and prompt results. At a minimum, the host club should commit to the following principles:
 - i. Course Marking: Mark race courses early, preferably the day before the race, including clear start zone, turns, lap and finish lanes, and the finish line. A map of the course(s) near the start area is good practice.
 - ii. Bib Numbers: Segregate bib numbers by class, to help ensure that if two or more classes are on course at the same time an accurate finish can be obtained.
 - iii. Start Times: Allow a time interval between classes, which can be used for late entries and late starters. Run "ghosts" for no-shows. Late to start racers should be timed from their assigned start time.
 - iv. Video: Record the finish to help decide close finishes and for backup in case of timing questions. Consider video for the start as well.
 - v. Timing: Use redundancy, preferably three independent timing systems, at least one electronic and one manual. Each system must be monitored by one official operating a clock and at least one official visually noting finish bib numbers. In addition, have a bib spotter and a finish judge within the finish zone. Practice using your timing systems, both electronic and manual, and race officials before the race, until you know how the systems work and are comfortable using them in any conditions.
 - c. When the number of bids that satisfy the above criteria exceeds the number of Qualifier Races to be held in a season, bids will be awarded according to the following rotation system:
 - i. For Qualifier Race selection purposes PNW will consist of two regions:
 1. Northern, consisting of all of PNW except Oregon, and
 2. Southern, consisting of Oregon.
 - ii. For each region the NCC will maintain a list of clubs wishing to host a Qualifier Race. Qualifier Races will be chosen from the top of each list: two from the Northern region and one from the Southern Region.
 - iii. After a club has hosted a Qualifier Race, that club will move to the bottom of the list for its region.
 - iv. For 2021 - 22 the lists are:
 1. Northern: Methow, Spokane
 2. Southern: Mount Bachelor

- v. Additional clubs will be added to the bottom of their respective list at any time by notifying the NCC Chair that they wish to be added.
 - vi. If a club at the top of the list does not submit a bid it will remain at the top of the list for one additional year; if a club at the top of the list does not submit a bid for two consecutive years it will be removed from the list, but will be added back to the bottom of the list at any time if requested.
- d. Notwithstanding the above rules, the NCC may use one meet from outside the division as a Qualifier Race.
2. When poor snow or other conditions make it unlikely that a scheduled Qualifier Race can be successful, the NCC may, in consultation with the selected host club, agree to move the meet to another venue and another host club. If in such a case the originally selected host club does not hold a qualifier, that club will remain at the top of its list for the following season.
 3. In case weather conditions or other unforeseen circumstances cause a Qualifier Race to be cancelled or the results to be a poor reflection of racers' abilities, the NCC may decide to eliminate a Qualifier Race from the qualification calculations, and to adjust the calculation standards accordingly.
 4. The maximum entry fee per day at a Qualifier Race, including trail pass but not including late entry fee, will be \$35.
 5. Wax Rules:
 - a. All skiers competing at PNW JNQ races agree to use the following non-fluorinated glide waxes, where the wax to be used for each race is designated by the race organizing committee. The race organizers will evaluate the weather forecast and announce the glide wax to be used for all competitors by 9am Pacific Time, 2 days prior to the first race of the weekend. The glide wax choice will be communicated by the race organizer to entrants and coaches, and posted on the PNW Nordic website. Per US Ski and Snowboard regulations, fluorinated kick and grip products are also banned. The glide wax choices for the 2020/2021 season are:
 - Very Cold conditions – Swix High Speed (HS) 5 (Solid/Liquid)
 - Cold conditions – Swix HS 6 (Solid/Liquid)
 - Medium conditions -Swix HS 7 (Solid/Liquid)
 - Warm conditions - Swix HS 8 (Solid/Liquid)A link to a list of non-fluorinated kick waxes and klisters can be found on the PNW website, <https://uskiandsnowboard.org/fluorocarbon-wax-ban>. No restriction is placed on choice of ski grind or structure application.Racers must follow the US Ski and Snowboard guidelines on cleaning skis after use at any FIS race where fluorinated waxes are allowed. Those procedures can be found here: <https://uskiandsnowboard.org/fluorocarbon-wax-ban>
- If it is discovered that fluorinated products have been applied to an athlete's skis, whether known or unknown to the athlete, they will be subject to US Ski and Snowboard's disciplinary action. Those policies and procedures can be found here:
- <https://uskiandsnowboard.org/fluorocarbon-wax-ban>

B: ATHLETE SELECTION

1. Prior to the competition season the Nordic Competition Committee (NCC) will designate a maximum of eight races, normally on four different weekends and normally including one two-day meet outside PNW, to be Junior Nationals Qualifier (JNQ) Races. In addition, the NCC will decide the size of the Junior Nationals Team for the coming season. The schedule will be posted on the PNW Website, and any changes made by vote of the NCC will be communicated to PNW Member clubs and posted on the PNW Website. For 2022 the team size will be 38, plus any out-of-division skiers, plus any PNW skier who has qualified for the JN Team by US Ski and Snowboard standards (US Ski and Snowboard Rule 52.5).
2. PNW members will be ranked according to the following procedures:
 - a. After each JNQ race JNQ Points will be assigned to PNW members according to finish order among only PNW members in each of the following four age and gender groups: U16 girls, U16 boys, U18 plus U20 boys, and U18 plus U20 girls. Place points will be 25 points for first place, 24 points for second place, decreasing by one point per place down to 1 point for 25th place. In sprint races points will be assigned to based on the final results (not the qualification round).
 - b. JNQ Scores: At the end of the JNQ series, a JNQ Score will be calculated for each PNW skier equal to the total of the place points earned by that skier in his/her best JNQ finishes of the season.
 - i. Typically, there will be 8 JNQ races. In this instance each skier's best 5 out of 8 races will be added to make their final qualifying score. If fewer than 8 races are held, the following number of each skiers' best points finishes will count toward the final:
 - Best 5 out of 7 races
 - Best 4 out of 6 races
 - Best 3 out of 5 races
 - Best 3 out of 4 races
 - Best 2 out of 3 races
 - Best 1 out of 2 races
 - Best 1 out of 1 race
 - c. JNQ Ranking List: A separate JNQ Ranking list will be maintained for each of the four age and gender groups: U16 girls, U16 boys, U18 plus U20 boys, and U18 plus U20 girls.
3. The Junior Nationals Selection Committee will consist of all members of the NCC who attend the final JNQ Race. The Selection Committee will meet immediately after the conclusion of the final JNQ Race. The NCC Chair or his/her designee will chair the committee meeting. The Selection Committee will name the JN Team according to the following procedures:
 - a. Any PNW skier who has qualified for the JN Team by US Ski and Snowboard standards (US Ski and Snowboard Rule 70) will be named to the team.
 - b. The highest ranked 9 U16 girls, 9 U16 boys, 6 U18 girls, and 6 U18 boys will be added to the team. The next highest ranked U18/20 girls will be added to the team until the total number of U18/20 girls equals 10. The next highest ranked U18/20 boys will be added to the team until the total number of U18/20 boys equals 10.
 - c. If two or more skiers are tied for the final position(s) in a gender age group, total points from the best four races will break the tie; and if necessary, from the best three races, then the best two races, and then the best single race.
 - d. Any PNW member who is at school outside the division, and who has declared a desire to be named to the PNW Junior Nationals team, and who has finished in the top half of the

- field in at least one individual race at the prior year's Junior National Championships race will be named to the team. The skier must provide evidence of meeting these standards by the time of the Selection Committee meeting at the conclusion of the last PNW JNQ.
- e. The Selection Committee may at its discretion name additional skiers to the team regardless of their position on the JNQ Ranking List, provided in each case that at least three quarters of the Selection Committee vote in favor.
 - f. If a skier who has been named to the team declines or fails to accept by the announced deadline for accepting a position on the team, the NCC Chair will promptly name the next eligible skier to the team.
4. Each skier who accepts a position on the JN Team must meet the US Ski and Snowboard's eligibility requirements, be a member of PNW and a Competition Member of US Ski and Snowboard and must be prepared to make the necessary arrangements by the deadlines announced by the Selection Committee, including paying the skier's trip costs to PNW, having a PNW uniform, signing required forms, and arranging transportation to and from the Junior Nationals.
 5. Appeals Process
 - a. If an athlete or coach believes that the Selection Committee erred in its selection process, the athlete or coach may appeal the decision by submitting a written appeal to the PNW Executive Director within three business days of the selection meeting.
 - b. The appeal will be reviewed by an Appeals Committee consisting of the PNW Executive Director, the PNW President or their designee, and the Nordic Athlete Representative.
 - c. The NCC will abide by the decision of the Appeals Committee.

C: Coach Selection

1. The coaching staff will include a Trip Leader, a Chief of Waxing, and additional coaches as determined by the NCC. A Head Coach may also be named.
2. In accepting the position of JN Coach, each coach will agree to:
 - a. Work as hard as necessary to make the trip a success, and not to consider the trip as recreation or a vacation for the coach,
 - b. Represent all PNW skiers, and not just skiers from that coach's club,
 - c. Work together with the other PNW coaches to ensure the best possible experience for the racers, and
 - d. Do whatever tasks are required to make the trip a success.
3. Coach selections will reflect:
 - a. Representation of athletes on the team,
 - b. Coaching experience and ability, and
 - c. Experience and training for new coaches
4. Selection Procedure:
 - a. The NCC Chair will appoint the Trip Leader after the conclusion of the previous Junior National Championships.
 - b. The NCC Chair and the Trip Leader will appoint additional coaches at the fall meeting, based on recommendations of the NCC.
 - c. The NCC Chair and the Trip Leader may appoint additional coaches at any time after the fall meeting if warranted by the number of athletes on the team.

NORDIC GUIDELINES AND PROCEDURES

6N. Codes of Conduct

COACHES

All PNW Nordic coaches will abide by the US Ski and Snowboard Code of Conduct as published in the current US Ski and Snowboard Nordic Competition Guide, the Center for SafeSport Code, and by the PNW Code of Conduct as published in the PNW Nordic Competition Manual [Chapter 8](#).

ATHLETES

All PNW Nordic athletes will abide by the US Ski and Snowboard Code of Conduct as published in the current US Ski and Snowboard Nordic Competition Guide and by the PNW Code of Conduct as published in the PNW Nordic Competition Manual [Chapter 9](#).

VIOLATIONS

Procedure for Violations of Rules and Conduct Standards

Violations of the US Ski and Snowboard Code of Conduct, the USOC Coaches Code of Conduct, the Center for SafeSport Code, Racer's Responsibility Code, PNW traveling team rules, or the Your Responsibility Code established by the National Ski Areas Association (Collectively "Codes of Conduct") may give rise to sanctions to be imposed by the competitor's sponsoring organization, PNW, and US Ski and Snowboard. It is PNW's policy that, if a competitor, coach, official or parent/guardian violates any of these, immediate resolution of the violation best serves the competitor, PNW, US Ski and Snowboard, the Center for SafeSport and the sport of skiing. As such, PNW adopts the following procedure to handle violations.

Procedure

The handling of violations and sanctions, if any, will be handled at three levels. Level I is an on-site and immediate resolution; Level II is more formal, involving the Disciplinary Chairperson and the competitor, coach, official or parent/guardian; Level III is the formal PNW appeal with the Chairperson and two members of the PNW Appeals Board.

LEVEL I (Venue Resolution)

If a competitor, coach, official or parent/guardian has violated, or allegedly violated the Codes of Conduct, the violation shall be called to the attention of the individual. The appropriate coach or official shall follow Due Process, and propose an immediate resolution or sanction. The individual shall have the opportunity to accept the sanction as a final resolution for the claimed violation. If the individual accepts the sanction, then no further sanctions shall be imposed against the individual. The appropriate coach or official shall report, in writing, to the PNW office and the Disciplinary Chairperson, the incident and resolution. If the proposed resolution is not accepted, the violation will be referred to the PNW office for Level II processing.

LEVEL II (Administrative Resolution)

A violation of the Codes of Conduct by a competitor, coach, official or parent guardian shall be reported to the PNW Office in writing. Upon receipt of the reported violation, the PNW office shall refer the claimed violation to the Disciplinary Chairperson. The Disciplinary Chairperson shall contact the accused person(s) by telephone and discuss the claimed violation with the accused person(s), offering Due Process. The Chairperson shall also take such other action and investigation as they deem appropriate and then propose a sanction to the accused person(s). The accused person(s) shall have the opportunity to accept or reject the sanction. In the event that the accused person(s) accepts the sanction, the violation and sanction shall be fully resolved and final. If the accused person(s) rejects the sanction or proposed resolution, then the Disciplinary Chairperson shall refer the claimed violation to the Chairperson of the Appeals Board for administration¹¹ as per Level III.

Level III (Formal Disciplinary Action)

The chairperson of the PNW Appeals Board shall act as the Level III committee chairperson and shall select two other members of the Appeal's Board to sit as the Level III committee. This three-person Disciplinary Committee shall generally conduct its business using the following procedures:

1. The competitor, coach, official or parent/guardian shall be given sufficient notice, preferably in writing, outlining the nature and extent of the claimed rules violations.
2. The competitor, coach, official or parent/guardian will be given reasonable time in which to prepare a response to the claimed violation.
3. The competitor, coach, official or parent/guardian will have the opportunity to be assisted in presenting their side of the incident at the hearing and, also, can employ the assistance of an attorney, if so desired, at their expense.
4. The chairperson of the Disciplinary Committee shall conduct the hearing, and the hearing shall either be in person or by conference call, and handled in such a way as to give the Disciplinary Committee and the competitor, coach, official or parent/guardian an opportunity to hear both sides of the claimed violations.
5. Immediately following the hearing, the Disciplinary Committee shall discuss and reach a decision in respect to the claimed violation, including whether or not the violation has been committed and the sanction to be imposed.
6. The competitor, coach, official or parent/guardian will be provided with a written decision of the Disciplinary Committee, and, upon request, an audio copy of the hearing.
7. The Disciplinary Committee hearing, not including the deliberations of the Disciplinary Committee, may be recorded if the competitor, coach, official or parent/guardian requests that a recording be made of the disciplinary hearing.

Possible Disciplinary Action

Any sanctions imposed by PNW under Levels I, II or III shall comply with the US Ski and Snowboard Code of Conduct. Possible sanctions include the following:

8. Suspension from the team and loss of future team participation.
9. Loss of support from PNW and/or PNSEF.
10. Suspension from training and/or competitions or access to race venues as a volunteer or spectator.
11. Elimination of coaching, travel and other benefits.
12. Turning the offending party or parties over to the local or state authorities and reporting to the Center for SafeSport if the offense is a violation of existing laws.

Any sanctions to be posed under Levels I or II shall not be for a period of more than 21 days.

Any appeal of a Level III decision shall be taken to US Ski and Snowboard and/or the Center for SafeSport. It is PNW's intent, in adoption of the foregoing procedure, to provide the competitor, coach, official or parent/guardian with Due Process. Due Process is explained in the section "Athlete's Code of Conduct" in the [Nordic Competition Guide](#).

Disciplinary Chairperson for Level I and Level II, nominated by the ACC/NCC/SCC/FCC, and approved by the PNW Board of Directors is:

Kevin McCarthy
48933 US Hwy 12
White Pass, WA 98937
Phone: 509-672-3101
email: KEVIN@SKIWHITEPASS.COM

PNW Appeals Board

The US Ski and Snowboard and USA federal Amateur Sports Act mandate that all disciplines assure that appeal boards and procedures for jury decisions and team selections be instituted at all levels of competition within US Ski and Snowboard. The Appeals Board for the PNW shall consist of five members. The competition committees (Alpine and Nordic) shall make recommendations to the Board of Directors of the PNW. The Board shall make the final selection of the members to the Appeals Board. The committee shall consist of one senior official, one coach, one competitor, one current member of the respective competition committee, and the Vice President of the PNW who shall chair the committee.

Appeals Procedure Policy

Members of the involved jury may not be included in the appeals group. Any individual who has served in an appeal group that has reviewed an appeal may not be part of any group that reviews the same appeal at a higher level. If the Disciplinary Chair or the Appeals Board Chair have been involved in a Jury decision or Level I process, the PNW President shall appoint a temporary Disciplinary or Appeals Board Chair.

Notice of appeal must be delivered in writing with the appropriate fee to the Appeals Board chairperson within three business days after the jury decision took place. It is desirable to use US Ski and Snowboard standard appeals form available from the PNW office. Individuals filing appeals must pay the full fee required. If the appeal is successful, then the monies that have been submitted shall be refunded.

The hearing group must restrict its examination to consideration of whether protocol was followed, rules applied properly, athlete offered rebuttal opportunity, etc. The hearing group must not "retry" the case in terms of the facts found by the jury at the time, unless such a re-examination of the facts is clearly warranted by the outcome of the jury deliberation. In such a case, the hearing group may find the facts were clearly disregarded in the outcome of the jury deliberation.

Filing Fees

Competition Jury Appeals	\$25.00
Team Selection Appeals	\$50.00

Please contact the US Ski and Snowboard office for rules to appeal to higher levels.

NORDIC APPEALS BOARD

VICE PRESIDENT	JEFF KRAY
ATHLETE	JEB MILLSLAGLE
SR. OFFICIAL	AL POKORNY
COMPETITION COMMITTEE MEMBER	MIKE BURNS
COACH	JEFF HASHIMOTO

NORDIC GUIDELINES AND PROCEDURES

7N. OTHER NORDIC ACTIVITIES

PNW Trips and Projects

Activities that are sanctioned by PNW and managed by the PNW office.

1. All monies must flow through the PNW office.
2. A budget must be submitted to the NCC Chair for review.
3. Invoices, expense receipts and prepayment requests must be submitted to the NCC Chair for approval before payment by PNW.

PNW Nordic Ventures & Opportunities:

Activities approved by NCC but not sanctioned by PNW.

4. Proposals for ventures must be submitted to the NCC for approval.
5. Proposals must include financial request, budget, description, goals, estimated number of participants, targeted athletes/audience, etc.
6. Acceptance is through NCC voting process.

NORDIC GUIDELINES AND PROCEDURES

8N. PNW TRAVELING TEAM COACH RESPONSIBILITIES

Trip Leader Responsibilities:

1. Coordinate with the PNW office for wax, drills, radios, gates, and Medical Release forms needed on the trip. This is to be handled prior to departure.
2. Arrange daily team meetings.
3. Assign daily duties to the assistant coaches, including always having one coach who is on-site and on-call while athletes are at the lodging property.
4. Attend or assign a coach to attend the Team Captains Meeting.
5. Arrange and coordinate waxing sessions.
6. Establish a reasonable curfew and see that it is enforced.
7. Be in charge of any necessary discipline procedures.
8. Communicate with the PNW office or the designated PNW spokesperson during travels daily.
9. Submit a report to the PNW office after the race which includes any disciplinary and/or organizational problems, etc.
10. Provide the front desk of any PNW lodging provider with cell phone numbers of the PNW coaching staff for contact in case of emergency, including designating the daily on-call coach
11. If an athlete is injured, contact the hospital/medical facility, the injured athlete's parents and the PNW office as soon as possible.
12. Be responsible for the safekeeping and ready access of PNW Traveling Team Athlete's Medical Releases and arrange a plan to have that information provided to a Health Care Provider in case of emergency.
13. Such other duties that may be assigned.

ALL COACHES SHALL:

1. Be a current member of US Ski and Snowboard, have a Cross Country Coach Membership (XCO) and have completed necessary background checks.
2. Be housed with the team during the trip.
3. Be responsible for team members at the race venue. Chaperones will be responsible for the team members away from the race venue. When there are no chaperones assigned to the

team, the responsibility for the team members will be assumed by the coaches. If team members are granted permission to stay at a different lodging site, the coaches/chaperones are not responsible for the actions of those team members when they are away from the race venue.

4. Conduct daily inspections of athletes' rooms for cleanliness and upkeep; and final inspection after the athletes move out.
5. Be knowledgeable of and adhere to the [US Ski and Snowboard Code of Conduct](#) published in the US Ski and Snowboard Nordic Competition Guide.
6. Be committed to always give 100% to ALL PNW athletes.

NORDIC GUIDELINES AND PROCEDURES

9N. PNW Code of Conduct for Athletes

As an athlete representing PNW, while on a PNW sponsored trip I will:

- 1) Treat fellow competitors, coaches and officials with respect and consideration for their health, safety, and emotional well-being.
- 2) Abide by the rules of competition.
- 3) Respect the role of race officials, volunteers, and spectators.
- 4) Respect the guidance of coaches and follow the coaches' directions.
- 5) Refrain from behavior that is disruptive, disrespectful, or damaging to PNW's reputation.
- 6) Dress appropriately and refrain from the use of clothing that contains endorsements for alcohol, tobacco, or illegal drugs.
- 7) Commit no criminal acts.
- 8) Personal cell phone use during team activities is not acceptable.
- 9) Refrain from the use of banned substances in cross country skiing, racing and training (See USOC list of banned substances).
- 10) Abstain from the use and or possession of illegal drugs, alcohol, and tobacco products.

I understand that if I violate one or more of these codes of conduct during a PNW trip I will be subject to reprimand. Reprimands range from verbal warnings to exclusion from team functions to sending the athlete home at his/her own expense. PNW coaches will determine these reprimands on a case-by-case basis.

By signing my name below, I indicate that I have read, understand, and agree with this code of conduct.

Print Athlete Name _____

Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

10N. PNW Cross-Country Junior National Qualifier Race Bid Form

Please fill out the following as completely as possible. Explanations may be attached on a separate page.

Host Club:	
Race Venue:	
Race dates proposed:	
Formats (distances, techniques, starts):	
Trails to be used:	
Timing systems to be used	
Primary:	
First backup:	
Second backup:	
Personnel (name, telephone, email)	
Main contact:	
Chief of race:	
Chief of timing:	
Most recent race successfully held	
Race name and dates:	
Formats:	
Number of starters:	
Number of timing systems used:	
Primary timing system:	
When were results first available:	
Please describe any problems you	
Please describe any problems you experienced and any measures taken to solve those problems and to improve your race:	

XC Race Bid Form
version 2014 Nov.

PNSA AWARD RECIPIENTS

NORRIE LAMSON AWARD

For outstanding service to Juniors and Jr Race Program over a period of several years.

1963 Max Meyring	1982 Bill Tuller	2009 Mary Gunesch
1964 Walt Taulbee	1983 Ron Swensen	2010 Chuck Holcomb
1965 Cory Engen	1984 Brian Rencher	2011 Everett Coulter
1966 Betty Amick	1985 Don Bryant	2012 Gerry Fitzgerald
1967 Don Smith	1986 Bernie Duberow	2013 Karen McCadam
1968 Jim Barrier	1987 Rob Crick	2014 Ryan Shorter
1969 David Elie	1988 Red Nelson	2015 T Patrick Robson
1970 Frank Cammack	1989 Betsy Withington	2016 Amy Leonard-Heim
1971 Lloyd Stendger	1990 Claudia Ney	2017 Alan Lauba
1972 Bill Gue	1991 Karl Stingl	2018 Louis Otto
1973 Jim & Ileen Simonson	1992 Bill Gunesch	2019 Alan Watson
1974 R. Dean Palmer	1993 Dick Siler	2020 No Award Covid-19
1975 Jack Owen	1994 Dennis Oliphant	2021 Van Brassington & Rob Witten
1976 Ingrid Simonson	1995 Greg & Jan Parcher	2022 Chris Lowey
1977 Bill & Sallie McNabb	1996 Dale Kooley	
1978 Bill Dorris	1997 Jon & Mary Quinn-Hurst	
1979 Nat Brown	1998 Russ Reed	
1980 Matt & Pat Greenslade	1999 Alby Dean	
1981 Bill & Carm Schoening	2000 Kent Towlerton	
1982 Bill Tuller	2001 Rick Reid	
1983 Ron Swensen	2002 Jim Meyer	
1984 Brian Rencher	2003 Clyde Makinson	
1985 Don Bryant	2004 Sue Johnson	
1986 Bernie Duberow	2005 Jacques Berther	
1987 Rob Crick	2006 Nigel Loring	
1988 Red Nelson	2007 Roger Root	
1989 Betsy Withington	2008 Kevin McDevitt	

JOHN GENOUD AWARD

Presented annually to the individual contributing notably of their service as a race official.

Presented by the Officials Chairman.

1975 Ken Comfort	1990 Jackie Davis	2015 Todd McNabb
1976 Joe Englesby	1991 Carol Wilkerson	2016 James Green
1977 R.D. "Red" Nelson	1992 M.J. Farr	2017 Jim Doudna
1978 Max Meyring	1993 Myra McEwan	2018 Al Pokorny
1979 Dick Moss	1994 Carol Nelson	2019 Fred Shick
1980 Ed Link	1995 Karl Stingl	2020 No Award Covid-19
1981 Don Jappert	1996 Fred Shick	2021 Karl Wardrop
1982 Sallie McNabb	1997 John Hatcher	2022 Gillian Esson & Jimmy Holcomb
1983 Willi Antis	1998 Brian Rencher	
1984 Matt Greenslade	1999 Bob Majors	
1985 Jack Nantz	2000 Roger Root	
1986 Betsy Withington	2001 Gretchen Daibler	
1987 Ellen Kremer	2002 Don Jappert	
1988 Ingrid Simonson	2003 Marilyn Smith	
1989 Charlie Arvidson	2004 Curt Gleaves	
1990 Jackie Davis	2005 John Barton	
1991 Carol Wilkerson	2006 Gloria & Seth Fletcher	
1992 M.J. Farr	2007 Orville Borge	
1993 Myra McEwan	2008 Clyde Makinson	
1994 Carol Nelson	2009 Lysandra Ness	
1995 Karl Stingl	2010 Bill Gunesch	
1996 Fred Shick	2011 Carl Guenzel	
1997 John Hatcher	2012 Barry Wise	
1998 Brian Rencher	2013 Jim Jopson	
1999 Bob Majors	2014 Bill Brooks	

PNSA AWARD RECIPIENTS

Ken Comfort Award

This award is given annually to a person who over the years has given freely of his/her time to help the sport of skiing, either recreationally or competitively. In this small way their efforts are recognized. "For outstanding service to the PNSA and the Sport of Skiing".

1961 Gus Raaum	1990 Carm & Bill Schoening	2019 Paul Mahre
1962 Nelson Bennett	1991 Dick Knowles	2020 No Award Covid-19
1963 Marion Whiting	1992 Ken Foster	2021 Tom Loeser
1964 Ken Comfort	1993 Faris Taylor	2022 Heidi Loewen, Jim Landwehr, Bob Landwehr
1965 Merritt Stiles	1994 Jackie Davis	
1966 Corey Gustafson	1995 Ed & M.J Farr	
1967 Graham Anderson	1996 Russ Read	
1968 Max Meyring	1997 Clyde Makinson	
1969 Walt Hampton	1998 Jeanne Pita	
1970 Ferris Boothe	1999 Bill Gunesch	
1971 Stella Mills	2000 Everett Coulter	
1972 Al Marsh	2001 Karl Stingl	
1973 Jo Spickard	2002 Randy Rogers	
1974 Dave Newton	2003 Curt Hammond	
1975 Ingrid Simonson	2004 Rob Crick	
1976 Betty Dodd	2005 Laurie Macartney	
1977 Betsy Withington	2006 Sue Johnson	
1978 David Elie	2007 Nils Eriksson	
1979 Morry Scott	2008 Ingrid Simonson	
1980 Dick B. Porter	2009 Jerry and Susan Managhan	
1981 Karl Stingl	2010 Roger Root	
1982 Bob Carter	2011 Steve Devin	
1983 Dick Moss	2012 Jeff Sanborn	
1984 Bill McNabb	2013 Tabitha Hamilton	
1985 Ed Link	2014 Gretchen Makinson	
1986 Charlie Arvidson	2015 Clive Luiten	
1987 Pat Fuller	2016 Alan Watson	
1988 R. Dean Palmer	2017 Claudia Yamamoto	
1989 Diane Hicks	2018 Jim Doudna	

SCHWABE AWARD

Outstanding Alpine Competitor during the past year

1972 Diane Harrington	2000 Eric Holmer
1973 Phil Mahre	2001 Jeff Harrison
1974 Steve Mahre	2002 Nate Johnson
1975 Phil & Steve Mahre	2003 Colby Granstrom
1976 Tracy Valentine	2004 Jeff Harrison
1977 Mary Mathews	2005 Vanessa Berther
1978 Bill Dorris, Jr.	2006 Tommy Ford
1979 Bill Dorris & Coert Voorhees	2007 Tommy Ford
1980 Lauri Mattison & Tom Atwood	2008 Brooke Wales
1981 Debbie Armstrong	2009 David Owsley
1982 Tom Bowers	2010 Tommy Ford
1983 Bill Johnson	2011 Brooke Wales
1984 Terry Kuch	2012 Anna Mounsey
1985 Tracy McEwan	2013 Anna Mounsey
1986 ?	2014 Jacqueline Wiles
1987 Joey Brazil	2015 Max Tobler
1988 Justin Wadsworth	2016 Brian Davidson
1989 John Bauer	2017 R. Minam Cravens
1990 Megan Karnopp	2018 Evie Wright
1991 Eric Carlson	2019 Luke Winters
1992 Shana Sweitzer	2020 No Award Covid-19
1993 Luke Strom	2021 Thomas Sickler
1994 Tatum Skoglund	2022 Annaliese Frohlich
1995 Shana Sweitzer	
1996 Scott Macartney	
1997 Tatum Skoglund	
1998 Libby Ludlow/Scott McCartney	
1999 Evan Weiss	

PNSA AWARD RECIPIENTS

OLAV ULLAND AWARD

1989 John Bauer
 1990 Eric Brooks
 1991 Eric Flora
 1992 Brett Miller
 1993 Dan Bulkley & Einar Svensson
 1994 Justin Wadsworth
 1995 Justin Wadsworth
 1996 Laura McCabe
 1997 Heidi Rhinehart
 1998 Debbie Bauer
 1999 Laura McCabe
 2000 Per Johnson
 2001 Brian Newhall
 2002 Torin Koos
 2003 Per Johnsen
 2004 Kristina Owen

Outstanding Nordic Competitor during the past year

2005 Sadie Bjornsen
 2006 Torin Koos
 2007 Laura Valaas
 2008 Evelyn Dong
 2009 Annie Pokorny
 2010 Annie Pokorny
 2011 Torin Koos
 2012 Aja Starkey
 2013 Dakota Blackhorse - von Jess
 2014 Leo Lukens
 2015 Emily Hyde
 2016 Novie McCabe
 2017 Novie McCabe
 2018 Novie McCabe
 2019 Novie McCabe
 2020 No Award Covid-19

2021 Walker Hall
 2022 Derek Richardson

COACHES AWARD

1990 Russ Truman
 1991 Bill Gunesch
 1992 *Alpine* - Rick Reid
 Nordic - Kari Christensen
 1993 *Alpine* - Jeff Pickering
 Nordic - Dennis Oliphant
 1994 *Alpine* - Dave Culp
 Nordic - Linda Kimbrell
 1995 *Alpine* - Nils Eriksson
 Nordic - Gregg Lawley
 1996 *Alpine* - Jacques Berther
 Nordic - Greg Stone
 1997 *Alpine* - David Ojala
 Nordic - Greg Stone
 1998 *Alpine* - Alan Lauba
 Nordic - Don Brooks
 1999 *Alpine* - Louis Otto
 Nordic - Don Brooks
 2000 *Alpine* - Jeff Kai
 Nordic - Jon Quinn-Hurst
 2001 *Alpine* - Chuck Holcomb
 Nordic - David Axelrod
 2002 *Alpine* - Ryan Barnes
 Nordic - Laura McCabe
 2003 *Alpine* - Jacques Berther
 Nordic - Ben Husaby
 2004 *Alpine* - Curtis Shuck
 Nordic - Chris Clark

Outstanding alpine & nordic coaches.

2005 *Alpine* - Roger Taggart/Dana Kusakabe
 Nordic - Scott Johnson
 2006 *Alpine* - Kent Towleron
 Nordic - George Bryant
 2007 *Alpine* - Pat Robson/ Mark Burandt (YSL)
 Nordic - Brenna Knowles
 2008 *Alpine* - Louis Otto
 Nordic - TJ Owen
 2009 *Alpine* - Ryan Shorter
 Nordic - Matt Halloran
 2010 *Alpine* - Dave Lyon
 Nordic - Robert Schlichting
 2011 *Alpine* - Claudia Yamamoto
 Nordic - Dan Simoneau
 2012 *Alpine* - Bill Cimock
 Nordic - Chad Castren
 2013 *Alpine* - Alan Lauba
 Nordic - Leavenworth Winter Sports Club
 2014 *Alpine* - Mark Burandt
 Nordic - Dan Simoneau
 2015 *Alpine* - Alex Shorter
 Nordic - Leslie Hall
 2016 *Alpine* - Chelsea Nova
 Nordic - George Bryant
 2017 *Alpine* - Chris Acosta
 Nordic - Bernie Nelson
 2018 *Alpine* - Seth McCadam
 Nordic - Dan Simoneau

2019 *Alpine* - Shana Sweitzer
 Nordic - Dan Simoneau
 2020 No Award - Covid-19
 2021 *Alpine* - Roger Taggart
 Nordic - Pierre Niess
 2022 *Alpine* - Mike Kujala
 Nordic - Pierre Niess

PNSA AWARD RECIPIENTS

PRESS AWARD *For exceptional service to the sport of Skiing by a news media person.*

1972 Gordy Holt	1991 Terry Richard	2007 Laurie Macartney-"Most Ink" Spokesman Review, Spokane, WA
1973 Mary Ann Woods	1992 Russ Cameron - Spokane News	2008 Allen Schaufler-King 5 News
1974 Rich Johnson	1993 Storm Kennedy & Dennis Nakata of Magic 94 FM	2009 Bret Rankin - Walla Walla Union Bulletin
1975 Dick Piper	1994 Rick Landers/Ted Nelson	2010 Katie Brauns - Bend Bulletin
1976 Rich Johnson	1995 Donna Kemp	2011 Bill Jennings - Spokesman Review Stephen Maher - Wenatchee World
1977 Jim Poore	1996 Dan Bubb	2012 Amanda Miles - Bend Bulletin Spokesman Review
1978 Sandy Gibson-ID Statesman	1997	2013 Spokesman Review
1979 Tim Novascloski	1998 Central Idaho Star News	2014 Mike Safford - College of Idaho Sports Info Director
1980 Ian Brown	1999 Tom Frost	2015 Stephen Maher - Independent Journalist - Wenatchee
1981 Idaho Statesman Sports Dept.	2000 None	2016 Scott "Boss" Hogg - USCSA Prod.
1982 Bill Knight - Seattle P.I.	2001 None	2017 Not Awarded
1983 Not Awarded	2002 Jerry Allen, KUGN Radio Eugene	2018 Not Awarded
1984 Everett Herald	2003 Darrick Menekan, Peninsula Daily News	2019 Not Awarded
1985 Debra Carlton - Seattle P.I.	2004 Not Awarded	2020 Not Awarded Covid-19
1986 Spokane Spokesman Review & Spokane Daily Chronicle	2005 KTVB Channel 7, Boise	2021 Not Awarded
1987 Oregonian	2006 KOIN 6 Portland; A Schaufler-King 5 TV V Cibichi-Cashmere Valley Record	2022 Not Awarded
1988 Not Awarded	M Pappidas, Methow Valley News	
1989 Not Awarded	KHQ-Q6 TV Spokane	
1990 Terry Richard	The Bend Bulletin, Bend	

COLLEGIATE ALPINE AWARD

Outstanding collegiate alpine competitor during the past year.

1990 Adele Allender	2006 Jilyne McDonald Nate Johnson	2022 Not Awarded
1991 Tracy McEwan Tobey McDonald Trevor Wagner Keith Veyna	2007 Molly Bullard Dewey Moss	
1992 Trevor Wagner - COCC Tracy McEwan - SU	2008 Laura Mann Dewey Moss	
1993 Stephanie Palmer - Whitman Keith Veyna - COCC	2009 Allison Howe Erik Anderson	
1994 Eric Carlson - Whitman Stephanie Palmer - Whitman	2010 Emma Beattie Matt Bunston	
1995 Eric Carlson - Whitman Stephanie Palmer - Whitman	2011 Katie Ulvestad Mike Bisnaire	
1996 Sarah Momsen Mike Craven - Whitman	2012 Morgan Duffy Mike Bisnaire	
1997 Andy Olsson - Whitman Heidi Reifenstein - Whitman	2013 Lily Eriksen Paul Koetke	
1998 Shauna Alylward-Whitman Andy Olsson-Whitman	2014 McKenna McNabb Zachary Shenk	
1999 Shana Schweitzer-Whitman Ben Ludlow-Seattle U	2015 Brooke Wales Paul Koetke	
2000 Jennifer Moss Arne Backstrom	2016 Clare Wise Anton Waller	
2001 Lindsay Barksdale Arne Backstrom	2017 Mary Totten Grant Hamlin	
2002 Julia Babilis Arne Backstrom	2018 Mary Totten Lucas Underkoffler	
2003 Jennifer Zappone Arne Backstrom	2019 Callie Dahlberg Male Not Awarded	
2004 Rachel Walker Paul Boskovich	2020 No Award Covid-19	
2005 Evan Weiss Cassie Marcial	2021 Not Awarded	

PNSA AWARD RECIPIENTS

COLLEGIATE NORDIC AWARD

Outstanding collegiate nordic competitor during the past year.

1990 Justin Wadsworth	2006 Laura Valaas	2020 No Award Covid-19
1991 Jeff Huseveldt	Sam Naney	2021 Novie McCabe
1992 Jeff Blumenthal - Albertson's Corrine Clark - COCC	2007 Kristina Owen Darrin Markvardsen	2022 Novie McCabe
1993 Erika Alexander	2008 Zoe Roy	
1994 Zach Zestal Martha Pendl	Dakota Blackhorse Von Jess	
1995 Zach Zestal Martha Pendl	2009 Sadie Bjornsen Tom Smith	
1996 Koren Bell Zach Zestal	2010 Casey Kutz Charlie Smith	
1997 Peter French	2011 Eloise Zimbelman Joe Madden	
1998 Alicia Fine-Morrison Peter French	2012 Isabella Smith Casey Smith	
1999 Alician Fine-Morrison Peter French	2013 Sierra Foster Patrick Madden	
2000 Kyra Hamilton Calon Russell	2014 Sierra Foster Greg Holdman	
2001 Emily Chenel Torin Koos	2015 Helen Cutting male - Not Awarded	
2002 Holly Brooks Conor Flynn	2016 Emily Hyde male - Not Awarded	
2003 Laura Valaas Brian Gregg	2017 Sierra Foster Imran Wolfenden	
2004 Emily Chenel Sam Naney	2018 female - not awarded Andrew Potyk	
2005 Laura Valaas Brian Gregg	2019 Emily Hyde male - Not Awarded	

FREESTYLE COACH AWARD

Outstanding Freestyle Coach

2010 Andrew Broders	2016 Ed Zontek	2022 Ben McKinley
2011 Not Awarded	2017 Matt Clune	
2012 Johann Furr	2018 Not Awarded	
2013 Andrew Herr	2019 Not Awarded	
2014 Mandy Hansen	2020 No Award Covid-19	
2015 Drew Bryant	2021 Not Awarded	

FREESTYLE SKIER AWARD

Outstanding Freestyle competitors on and off the slopes during the past year.

2010 Isabella Golob Leif Harfst	2015 Jake Mageau Lady's not awarded	2020 No Award Covid-19
2011 Isabella Golob Evan Smith	2016 Kurt Zontek Lady's not awarded	2021 Jack Mitchell
2012 Sofia Abb Patrick Deneen	2017 Elyse Burandt Male - not awarded	2022 Jack Mitchell
2013 Mary Daubenschmidt Jake Mageau	2018 Not Awarded	
2014 Drew Waddle Lady's not awarded	2019 Not Awarded	

PNSA AWARD RECIPIENTS

SNOWBOARD COACH AWARD

2010 Coggin Hill
 2011 Justin Schoonover
 2012 Anson Morgan
 2013 Sarah Jensen
 2014 Not awarded

Outstanding Snowboard Coach

2015 Coggin Hill
 2016 Coggin Hill
 2017 Alex Scagliotti
 2018 Not Awarded
 2019 Not Awarded

2020 No Award Covid-19
 2021 Not Awarded
 2022 Not Awarded

SNOWBOARD RIDER AWARD

2010 Devyn Schnake
 J.D. Dennis
 2011 Brittany Williamson
 Kent Callister
 2012 Not Awarded
 2013 Brittany Williamson
 Nathan Jacobson
 2014 Not awarded
 2015 Dru Brownrigg
 Lady's Not Awarded
 2016 Not awarded

Outstanding Snowboard competitors on and off the slopes during the past year.

2017 Sean Fitzsimmons
 Lady's not awarded
 2018 Not Awarded
 2019 Not Awarded
 2020 No Award Covid-19
 2021 Not Awarded
 2022 Not Awarded

NORTHWEST SKIER AWARD

1972 Lee Englesby
 1973 Jody Parcels
 1974 Ross Houston
 1975 Barbara Jo Jeannerett
 1976 Scott Schimelfenig
 1977 Pam Ausman
 1978 Klev Schoening
 1979 Jane Henry
 1980 Jesse Scroggins
 1981 Carma Quijano
 1982 Yvette Pelletier
 1983 Jamie Hanseler
 1984 David Lyon
 1985 Eric Heil
 1986 Darcy Wahl
 1987 Mark Tannel
 1988 Trevor Wagner
 1989
 1990 Nicole Pelletier
 Bart Thompson

Outstanding Junior both on and off the slopes

1991 Ruth Mahre
 1992 Jason Taylor
 1993 Kevin Eichner
 1994 Not Awarded
 1995 Katey Maher-Melson
 1996 Tove Pashkowski
 Tom Rothrock
 1997 Shauna Aylward
 1998 Trevor Glaser
 1999 Kevin Francis
 2000 Lindsey Shank
 2001 Kevin Francis
 2002 Polly Hopkins
 2003 Ryan Donovan
 2004 Laurenne Ross
 2005 Tommy Ford
 2006 Kelly Fitzpatrick
 2007 Christina Schueler
 2008 Hannah Stumpp
 2009 Brooke Wales

2010 Clare Wise
 2011 McKenna McNabb
 2012 Macaulay Lyon
 2013 Cai Yamamoto
 2014 Michel Macedo
 2015 Hannah Bodily
 2016 Hannah Bodily
 2017 Tess Baldwin
 2018 Zach Simmons
 2019 Alexi Panos
 2020 No Award Covid-19
 2021 Zac Holton
 2022 Geneva Grube

PNSA AWARD RECIPIENTS

BEST NORTHWEST CUP RACE

An award given annually to the Ski Club & Ski Area hosting the Best Northwest Cup Race during the series as voted by the Elite racers.

1974 Engen Cup Payette Lakes Ski Club Brundage Mountain	1986 Carrera Motors GS Mt Bachelor Ski Area	2001 MHA
1975 Skookum Cup Mission Ridge Ski Club Mission Ridge Ski Area	1987-1991 NW Cup Finals MBSEF-Mt Bachelor Ski Area	2002 Not Awarded
1976 Sun Cup Skyliners Ski Club Mt. Bachelor Ski Area	1988 Northwest Cup Fianls Skyliners Mt. Bachelor Ski Area	2003 Not Awarded
1977 Edelweiss Trophy Alpental Ski Club Alpental Ski Area	1989 Mt. Bachelor Ski Educ. Found. Mt. Bachelor Ski Area	2004 Not Awarded
1978 Hood RT FIS Mt. Hood Race Team Multorpor Ski Bowl	1990 Mt. Bachelor Ski Educ. Found. Mt. Bachelor Ski Area	2005 Not Awarded
1979 Hood RT FIS Mt. Hood Race Team Multorpor Ski Bowl	1991 Mt. Bachelor Ski Educ. Found. Mt. Bachelor Ski Area	2006 NW Cup Q1 Schweitzer Alpine Race Club
1980 Hood RT FIS Mt. Hood Race Team Multorpor Ski Bowl	1992 ?	2007 Not Awarded
1981 Skookum Cup Mission Ridge Ski Club Mission Ridge Ski Area	1993 ?	2008 Not Awarded
1982 Ridge Runner Mission Ridge Ski Club Mission Ridge Ski Area	1994 Northwest Cup Finals McCall Ski Race Team Brundage Mtn.	2009 Not Awarded
1983 Skookum Cup Mission Ridge Ski Club Mission Ridge Ski Area	1995 Mission Ridge Ski Club Mission Ridge, WA	2010 Not Awarded
1984 Sam's Slalom Mt. Spokane Ski Area	1996 MBSEF Mt. Bachelor Ski Area, OR	2011 MBSEF Sun Cup Mt Bachelor Resort
1985 Alpental NW Cup Finals	1997 Outerlimits Meadows Race Team Mt. Hood Meadows, OR	2012 MRST NW Cup Finals Mission Ridge Resort
	1998 Sun Cup MBSEF Mt Bachelor Ski Area	2013 Not Awarded
	1999 Sun Cup MBSEF Mt Bachelor Ski Area	2014 MRST NW Cup Finals Mission Ridge Resort
	2000 JO Qualifier MHA Ski Bowl	2015 Not Awarded
		2016 MBSEF Sun Cup
		2017 Not Awarded
		2018 Not Awarded
		2019 Not Awarded
		2020 No Award Covid-19
		2021 Northwest Cup Finals MBSEF - Mt. Bachelor Ski Area
		2022 MBSEF Sun Cup

NORTHWEST CUP TEAM OVERALL WINNER

1980 Crystal Mtn Alpine Club	1998 Mt Bachelor Sports Ed Fnd	2006 Mt Bachelor Sports Ed Fnd
1981 Mission Ridge Ski Club	1999 Mt Bachelor Sports Ed Fnd	2007 Crystal Mtn Alpine Club
1982 Crystal Mtn Alpine Club	2000 Mt Bachelor Sports Ed Fnd	2008 Crystal Mtn Alpine Club
1983 Mission Ridge Ski Team	2001 Mt Bachelor Sports Ed Fnd	2009 Schweitzer Alpine Racing School
1984 Crystal Mtn Alpine Club	2002 Mt. Hood Academy	2010 Crystal Mtn Alpine Club
1985 Crystal Mtn Alpine Club	2003 Mt. Hood Academy	2011 Crystal Mtn Alpine Club
1986 Crystal Mtn Alpine Club	2004 Team Alpental Snoq.	2012 Mission Ridge Ski Team
1987 Mission Ridge Ski Team	2005 Team Alpental Snoq.	2013 Mission Ridge Ski Team
1988 Mission Ridge Ski Team	2006 Mt Bachelor Sports Ed Fnd	2014 Mission Ridge Ski Team
1989 Mt Bachelor Sports Ed Fnd	2007 Crystal Mtn Alpine Club	2015 Mt Bachelor Sports Ed Fnd
1990 Mt Bachelor Sports Ed Fnd	2008 Crystal Mtn Alpine Club	2016 Mt Bachelor Sports Ed Fnd
1991 Mt Bachelor Sports Ed Fnd	2009 Schweitzer Alpine Racing School	2017 Mt Bachelor Sports Ed Fnd
1992 Mt. Hood Academy	2010 Crystal Mtn Alpine Club	2018 Mt Hood Race Team and Academy
1993 Mt. Hood Academy	2011 Crystal Mtn Alpine Club	2019 Mt Bachelor Sports Ed Fnd
1994 Mt. Hood Academy	2012 Mission Ridge Ski Team	2020 Crystal Mtn. Alpine Club
1995 Mt. Hood Academy	2013 Mission Ridge Ski Team	2021 Crystal Mtn. Alpine Club
1996 Mt. Hood Academy	2014 Mission Ridge Ski Team	2022 Crystal Mtn. Alpine Club
1997 Mt. Hood Academy	2015 Mt Bachelor Sports Ed Fnd	

PNSA AWARD RECIPIENTS

SALLIE McNABB AWARD *Northwest Cup Downhill Champion*

1996	Debby Russell Brian Hanseth	2006	Ciera Glenn/Eric Holmer/Kevin Francis
1997	Chrissy Haas Doug Ludlow	2007	Morgan Black/Skyler Weaver
1998	Jamie Holts Eric Holmer	2008	Robbie Mahre/Nicole Lawton
1999	Lindsay Davis Kevin Francis	2009	Jordan Schweitzer/Skyler Weaver
2000	Hailey Habenicht Kurt Mehrer	2010	Jordan Schweitzer/Dillon Bauernfeind
2001	Christina Kim Brian Long	2011	Lily Eriksen/Averell Rennie
2002	Courtney Hammond/Cory Hume	2012	Kyla Miller/Carl Noges
2003	Christina Kim/Eric Holmer	2013	Phoebe Rogers/Nicholas Wurden
2004	Laurenne Ross/Cory Hume	2014	Katie Hensien/Alec Jones/Andrew Osborne/Danny O'Neal
2005	Eric Holmer/Kevin Francis Laurenne Ross	2015	Alexandria Oseland / Andrew Osborne
		2016	Ashley Lodmell/Alexandria Oseland/Tanner Lujan
		2017	Ashley Lodmell, Zachary Simmons
		2018	Josie Knight/Evie Wright/Kristopher Westman
		2019	Emma Ireton/Tanner Lujan
		2020	Josie Knight/Tyler Larson/Cale Westman
		2021	Not Awarded - No DH Races
		2022	Shea Hasselbach / Thomas Sickler

Masters Sub-Committee Scholarship

2008	Brooke Wales David Owsley	2014	Jordan Harrison Alec Jones	2021	Annaliese Frohlich William Dexter
2009	?? ??	2015	Not Awarded	2022	
2010	Vanessa Berther Scott Snow	2016	Emma Ireton R Minam Cravens		
2011	?? ??	2017	Tess Baldwin Tanner Lujan		
2012	Linnea Baysinger Cai Yamamoto	2018	Tess Baldwin Trevor Maxwell		
2013	Elyse Burandt Michael Estrella	2019	Teegan Lowe Zach Simmons		
		2020	Taylor Watkins Sam Hislop		

PNSA AWARD RECIPIENTS

JANE HENRY SCHOLARSHIP (Tuition) PNSEF *(female competitor)*

1979 Betsy Greer	1998 Brenna Knowles / Meghan Pinch	2018 Olivia Colton / Lydia Youkey
1980 Jill Murray	1999 Erin Quinn-Hurst / Jamie Holts / Kelcey Rhodes	2019 Lili Bouchard
1981 Dana Droste	2000 Brenna Knowles / Erin Quinn-Hurst	2020 Amy Farley / Sarah Kilroy
1982 Yvette Pelletier	2001 Ashley Scott / Lindsay Shank	2021 Taylor Watkins
1983 Monica Jarmer	2002 Holly Brooks / Polly Hopkins	2022 Sophie Corkran
1984 Sara Ringle	2003 Molly Bullard / Alex Otto	
1985 Darcy Bryne	2004 Courtney Saario / Alex Otto	
1986 Kathy Gans	2005 Courtney Nova	
1987 Darcy Wahl	2006 Gretchen Glaser / Kaley Ann Bjornsen	
1988 Johanna Burandt / Katie Horner	2007 Christina Schueler / Cierra Glenn	
1989 Tracy McEwan	2008 Megan Thees / Jamie Devin	
1990 Shuska Drescher	2009 Kelly Fitzpatrick / Hannah Stumpp	
1991 Nicole Pelletier	2010 Katie Ulvesatd / Allison LaRock	
1992 Jackie Klind	2011 Sarah Mackenzie / McKenna McNabb	
1993 Liz Watkins	2012 Kiera Degener-O'Brien / Lisa Koetke	
1994 Not Awarded	2013 Alexandria Littlefield / Alyson Mat	
1995 Kristy Parcher / Katey Maher-Melson	2014 Kathleen Daly-Jensen / Emma Malmquist	
1996 Megen Johnson	2015 Makaela Bielaski / Hannah Bodily / Emily Hyde	
1997 Christina Haas	2016 Hannah Bodily / Alexandria Oseland / Mackenzie Price	
1997 Jennifer Moss	2017 Ashley Lodmell	

R. DEAN PALMER SCHOLARSHIP (Tuition) PNSEF *(male competitor)*

1991 Trevor Wagner	2005 Brandon Cramer/Marc Nabelek	2020 Tyler Larson
1992 Not Awarded	2006 Ryan Farmin	2021 Jack Conde
1993 Brian Roberts	2007 Jeff Bayley	2022 Zachary Jayne / Demitri Panos
1994 Casey Smith	2008 Tom Smith/Case Parker	
1995 Curtis Haynie	2009 Cade Yamamoto / Brice Bielaski / Ross Wardrop	
1996 Scott Macartney	2010 Arrol Bryant	
1997 Dane Kerby	2011 Ben Corwin	
1997 Todd Pita	2012 Max Christman, Andy Su / Cai Yamamoto	
1998 ?	2013 Max Millslagle / Scott Snow	
1999 Tyrone Dinneen / Erik Makinson / Scott Macartney	2014 Cai Yamamoto	
2000 Josh Smullin	2015 Gunnar Lundteigen / Zebediah Millslagle / Ruben Castren	
2001 Naomi Sheffield/Chelsea Shultz	2016 Nathan Gunesch / Ian McCarthy	
2002 Kevin Francis	2017 Tom Schoderbek	
2003 Brian Gregg / Chad Gregg / Kevin Makinson	2018 Albert Hesse / Sam Schoderbek	
2004 Brian Gregg/Don Brockett	2019 Alexi Panos / Minam Cravens	

PNSA AWARD RECIPIENTS

BRUCE W. HOLYOKE SCHOLARSHIP (Tuition) PNSEF

This award is presented to an active member of the PNSA who has contributed to the program by their continuous dedication to ski racing. The award is made in the form of tuition payments to an institute of higher learning.

1977 Jody Parcels	2000 Isaac Smith	2014 Kate Morrell / Ed Broberg
1978 Cathy & John Evans	2001 Katie Hopkins/Megen Johnson	2015 Not Awarded
1979 Tony Woods	2002 Katie Hopkins	2016 John Ellis / Chris Loewy
1980 Doug Wolford	2003 Seth Tinker	2017 Not Awarded
1981 Klev Schoening / Geof Bowser	2004 Chuck Holcomb	2018 Ali Gunesch
1982 Tim Gibbons	2005 Keri Marino	2019 Ali Gunesch
1983 Chris Shaw	2006 Adrienne Snow/Jennifer Holcomb	2020 Alexi Panos
		2021 Katy Loewy / Lauren Asher / Madeline Stern / MHSEF (Karen Lundgren)
		2022 Not Awarded
1984 Karl Ney	2007 Heather Brooks / Chris Loewy	
1985 Claudia Ney	2008 Heather Brooks	
1986 Randy Jassman	2009 Mark Harley Archer	
1987 Randy Rogers	2010 Not Awarded	
1988 Robin Duberow	2011 T.J. Owen	
1989 Alby Dean	2012 Evan Weiss	
1990 Mary Gunesch / Alby Dean	2013 Dan Henry	
1991 Randy Rogers	2014 Kate Morrell / Ed Broberg	
1992 Alby Dean	2015 Not Awarded	
1993 Not Awarded	2007 Heather Brooks / Chris Loewy	
1994 Judith Arvidson	2008 Heather Brooks	
1995 Scott Pita	2009 Mark Harley Archer	
1996 Jacques Berther	2010 Not Awarded	
1997 Louis Otto	2011 T.J. Owen	
1998 Scott Pita / Rob Espenel	2012 Evan Weiss	
1999 Scott Pita	2013 Dan Henry	

QUARTER CENTURY AWARD *For attendance at 25 consecutive Conventions.*

1973 Ken Comfort	1986 Dick Porter	2012 Derek Crick
1974 Walt Hampton & Karl Stingl	1989 Diane Hicks	Terry Critchlow
1975 Nelson Bennett	1990 Ingrid Simonson	Jeff Kray
1978 David Elie	Shirley & Dave Newton	Monica Struthers
1981 Graham Anderson	2006 Bill Gunesch	Crystal Mountain Alpine Club
1982 Max Meyring & Morry Scott		2016 Roger Root

PRESIDENT'S AWARD

1983 Dr. Robert Kim	1992 Not Awarded
1986 Jackie Davis	1993 Not Awarded
1989 Faris Taylor	1994 Not Awarded
Ken Foster	1995 Faris Taylor
1990 Rob Crick	2006 TJ Owen
Bill Gunesch	2010 Nancy Harrison
Carol Wilkerson	Merrily Ludlow
1991 Dan Bates	Claire Kindley
Russ Read	Clyde Makinson
Inland Empire Nordic Club	2011 Maureen Hammond

Ingrid Simonson Lifetime Achievement Award (Est 2008) *For long-standing service above and beyond the call.*

2008 Ingrid Simonson
2015 Dr. Lester Keller

PNW Quotas and Selection Deadlines

NORDIC/CROSS COUNTRY

Quotas

PNW will name a team of 38 racers, plus any qualifying out-of-division athletes or USSS Rule 52.5 automatic qualifiers, for the 2023 Junior Nationals.

Date	Event	Location
<u>JNQ Series - 2023</u>		
Dec. 17-18	TBA	Mt Bachelor, OR
Jan. 20-21	TBA	SoHo, UT
Feb. 4-5	TBA	Methow Valley, WA
Feb. 18-19	TBA	Mt. Spokane, WA

PNW Nordic Place Points System

1st place	25 points	6th place	20 points
2nd “	24 “	7th “	19 “
3rd “	23 “	8th “	18 “
4th “	22 “		
5th “	21 “	25th “	1 point

APPENDIX 3

PNW Race Administrator Contact List

Club contacts for US Ski and Snowboard / College / YSL races:

<u>CLUB/PERSON</u>	<u>ADDRESS</u>	<u>CITY</u>	<u>STATE</u>	<u>ZIP</u>	<u>PHONE</u>	<u>EMAIL</u>
CMAC / MOLLY DENNEHY	10344 44 TH AVE NE	SEATTLE	WA	98125	206-714-5025	RACEADMIN@CMACSKIRACING.COM
FAST / KRISHA CHARBANEAU	PO Box 166	CHEWELAH	WA	99109	509-986-3541	POSITIVELIGHT11@GMAIL.COM
LPRT / LISETTE CARTER	PO Box 2128	COEUR D'ALENE	ID	83816	509-951-5506	LISETTEFEY@COMCAST.NET
LOUP / INGRID PATTERSON	PO Box 246	TWISP	WA	98856	509-997-7030	LOUPSKITEAM@GMAIL.COM
MBSEF ALPINE/TERESA CRAVENS	2765 NW LOLO DR	BEND	OR	97703	541-419-1933	RACEINFO@MBSEF.ORG
MBSEF NORDIC/KELLY SIMONEAU	2765 NW LOLO DR	BEND	OR	97703	541-280-4969	NORDICRACE@MBSEF.ORG
MHA / MICHELE GREBISZ	P.O. Box 189	GOVERNMENT CAMP	OR	97028	503-272-3503	RACEADMIN@MHSEF.ORG
MRST / SUNSHINE KRAGH	25 N WENATCHEE AVE, STE 112	WENATCHEE	WA	98801	206-310-7550	RACEADMIN@MRST.US
MRT / RACE ADMINISTRATOR	2149 W CASCADE AVE, STE 106A-207	HOOD RIVER	OR	97031	541-490-9104	RACEADMIN@MEADOWSRACETEAM.ORG
MSSRT / DAN HENRY	PO Box 678	SPOKANE	WA	99210	425-232-5482	DANMSSRT@GMAIL.COM
MVNSEF/PETER LEONARD	PO Box 1063	WINTHROP	WA	98862	509-341-4450	ED@MVNSEF.ORG
NWCSC / RALPH BLAKELY					206-718-9415	RHBLAKELY@HOTMAIL.COM
PVNT/ROB WITTEN	18636 BEAVER VALLEY ROAD	PLAIN	WA	98826	509-763-3836	DIRECTOR@SKIPLAIN.COM
SARS / JAMIE LANDWEHR	PO Box 63	SANDPOINT	ID	83864	208-946-7859	RA@SARS.NET
SPAC / JASON COHEN	10597 TITUS RD	LEAVENWORTH	WA	98826	360-376-4611	RACEADMIN@SPACRACING.COM
SPOKANE NORDIC / MIKE BURNS	PO Box 501	SPOKANE	WA	99210	509.944-5890	AEMBKN6@GMAIL.COM
SPARC / DEAN TONKIN	PO Box 1068	SNOQUALMIE PASS	WA	98068	206-300-1928	DTONKIN@SUMMITI90.COM
TAS / DANASUE KUSAKABE	PO Box 85193	SEATTLE	WA	98145	425-985-6875	TASCOACH@GMAIL.COM
TLNC / NOEL JOHNSON	1767 12 TH STREET #363	HOOD RIVER	OR	97031	503.290.4095	NOEL@TEACUPNORDIC.ORG
WARP / MARK STAPLETON	1574 COBURG Rd #180	EUGENE	OR	97401	541-357-9277	WARPRACING@GMAIL.COM
WPSC / TERRY CRITCHLOW	48935 US Hwy 12	NACHES	WA	98937	509-945-5465	LC@SKIWHITEPASS.COM

CLUB CONTACTS FOR MASTERS RACES:

<u>CLUB/PERSON</u>	<u>ADDRESS</u>	<u>CITY</u>	<u>STATE</u>	<u>ZIP</u>	<u>PHONE</u>	<u>EMAIL</u>
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10 - PNW ACADEMIC POLICY

PNW promotes academic as well as athletic excellence. All PNW athletes are expected to maintain throughout the year a minimum of a 2.0 G.P.A. on a 4.0 system, with no F's. Academic scholarships are available to qualifying student/athletes.

PNW Honor Roll: 2021-22 Academic Year

PNW athletes who wish to be included on the PNW Honor Roll must be current US Ski and Snowboard members and are encouraged to submit any qualifying transcripts (quarter, semester or year-end), by mail, email or fax, to the PNW Office. To qualify, an athlete must have a grade point average of 3.0 or better – weighted or non-weighted.

Congratulations to the following students/athletes who submitted qualifying transcripts!

4.0 and higher GPA:

Debley, Patrick		Edmundson, Avery
Edmundson, Erika		Hopkins, Zophie
Menna, Caroline		Menna, Isabel
Neff, George		Schmidt, Crosby
Shaw, Morgan		Stapleton, Marie
Sullivan, Henry		

3.0-3.99 GPA:

Neff, Cooper		Snyder, Braiden
Snyder, Clairese		Stapleton, Jackson F
Sullivan, Daniel		



Pacific Northwest Ski Association

A Division of U.S. Ski & Snowboard

2022-23 PNW BOARD OF DIRECTORS

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TBA

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EMAIL:**DIRECTOR OF FREESTYLE (APPOINTED)**

TBA

CELL:
EMAIL:



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---------------------------	---

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--------------	--	---

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BY LAWS: JEFF KRAY & BILL BROOKS

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CHAIRPERSONS: JUSTIN RACKLEY – ALPINE
PETER LEONARD - NORDIC

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JUDICIAL SUB-COMMITTEE

JEFF KRAY (SEE ABOVE)

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ACC CHAIRPERSON
U12 SUB-COMMITTEE CHAIRPERSON
U14 SUB-COMMITTEE CHAIRPERSON
U16 SUB-COMMITTEE CHAIRPERSON
U19-21 SUB-COMMITTEE CHAIRPERSON

JUSTIN RACKLEY
LINDSAY DAVISSON
MATT MORRELL
MIKE GRAVES
JAMIE LANDWEHR

WORKING GROUPS

U19-21	DAVE LYON, KENT TOWLERTON
U16	ALAN LAUBA, NILS ERIKSSON
U14	CHUCK HOLCOMB, DANA KUSAKABE
U12	DUSTY HANCHETT, DANYELL CORTOPASSI



2022 – 23 NORDIC COMPETITION COMMITTEE

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ALL PNSA MEMBER CLUBS, WHO HAVE PAID THEIR DUES AND ARE NOT REPRESENTED BY A COMMITTEE CHAIR, WILL HAVE ONE AT-LARGE NCC MEMBER.