

**2023 - 24**

**PNW Nordic**

**Competition Manual**



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# PNW Nordic Competition Manual

## Table of Contents

|                                                              |         |
|--------------------------------------------------------------|---------|
| Chapter 1 – Pacific Northwest Ski Association – Introduction |         |
| Purposes                                                     | 1       |
| Vision – Mission – Values                                    | 1       |
| Administration                                               | 1       |
| Chapter 2 – PNW / U.S. Ski & Snowboard Competition Programs  |         |
| How to Become A Competitor – Alpine                          | 2       |
| Competitor Classification – Alpine                           | 2       |
| Competition Ladder – Alpine                                  | 3       |
| Masters – Alpine                                             | 3       |
| How to become a competitor – Nordic                          | 4       |
| Competitor Classification – Nordic                           | 4       |
| Coaches, Officials and Volunteers                            | 5       |
| Chapter 3 – PNW / US Ski & Snowboard Membership              |         |
| Competition Licenses                                         | 6       |
| Coach, Official, Volunteer Licenses                          | 7       |
| Chapter 4 – PNW / Nordic NCC                                 |         |
| NCC Membership                                               | 8       |
| Role of the NCC                                              | 8       |
| NCC Chair                                                    | 8       |
| Voting and Appeals                                           | 8       |
| Chapter 5 – Junior National Championships                    |         |
| Qualifier Races                                              | 9       |
| Athlete Selection                                            | 10      |
| Coach Selection                                              | 12      |
| Chapter 6 – Rules Governing Competitors                      |         |
| Race Entry Out of Division                                   | 13      |
| PNW Traveling Team Rules                                     | 13      |
| Rules Guiding PNW Code of Conduct                            | 14      |
| Code of Conduct Policies Specific to Coaches                 | 14      |
| Code of Conduct Philosophy                                   | 15      |
| Procedure for Violations and Due process                     | 15      |
| Sanctions for Rule Violations                                | 15      |
| Resolution and Appeals                                       | 16      |
| Confidentiality                                              | 17      |
| Chapter 7 – Other Nordic Activities                          | 18      |
| Chapter 8 – PNW Travel Team Coaches                          |         |
| Trip Leader Responsibilities                                 | 19      |
| Chapter 9 – PNW Code of Conduct for Athletes                 | 21      |
| Chapter 10 – Race Bid Form                                   | 22      |
| Chapter 11 – Honor Roll                                      | 23      |
| Chapter 12 – Pacific Northwest Ski Education Foundation      | 24      |
| Appendix                                                     |         |
| AP1 - PNW Annual Awards                                      | A-1     |
| AP2 - PNW Quotas and Selection Deadlines                     | A-X1    |
| AP3 - PNW Race Administrator Contact List                    | A-XII   |
| AP4 - PNW Board of Directors                                 | A-XIII  |
| AP5 – PNW Alpine Competition Committee                       | A-XVI   |
| AP6 – PNW Nordic Competition Committee                       | A-XVIII |

# 1 - PACIFIC NORTHWEST SKI ASSOCIATION

## Introduction

Ski competitions in the Pacific Northwest, including Oregon, Washington, and Northern 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 disciplines. As a division of U.S. Ski & Snowboard and the Western Region, PNW plays a key role in all U.S. skiing 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 [usskiandsnowboard tools](#) 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 \(pnwdivision.org\)](#).

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 – \(pnwdivision.org\)](#)

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 of 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 seek 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 2002 or earlier)

U21 Ages 18-20 (born 2003, 2004 or 2005)

U18 Ages 16 and 17 (born 2006 or 2007)

U16 Ages 14 and 15 (born 2008 or 2009)

U14 Ages 12 and 13 (born 2010 or 2011)

U12 Ages 10 and 11 (born 2012 or 2013)

U10 Ages 8 and 9 (born 2014 or 2015)

U8 Ages 7 and younger (born 2016 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 competitions 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 also serves as a pipeline to the final NW Cup race of the year for the top 20 men and 20 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 for 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 - \(pnwdivision.org\)](https://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 2023 – 24 season there are five U.S. Ski & Snowboard meets in the PNW division:

the Sunnyside Challenge at Mount Bachelor, Dec 16 – 17, 2023

the Teacup / Mt Hood Races, Jan. 6 – 7, 2024

the Methow Valley JNQ at Winthrop, WA, Feb. 3 – 4, 2024

the Mount Spokane Nordic Cup at Mount Spokane, WA, February 17 – 18, 2024

the Washington Nordic Cup Finals at Kongsberger Ski Club, WA March 2, 2024.

Other than the five 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 - \(pnwdivision.org\)](https://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 2023 - 2024 season means that the racer was born in 2008 or 2009 and is 14 or 15 years old on December 31, 2023.

## Cross Country Age Classes

| Category | Age           | Year of Birth     |
|----------|---------------|-------------------|
| Master   | 30 and older  | 1993 and earlier  |
| Senior   | 20-29         | 1994 through 2003 |
| U20      | 18-19         | 2004 and 2005     |
| U18      | 16-17         | 2006 and 2007     |
| U16      | 14-15         | 2008 and 2009     |
| U14      | 12-13         | 2010 and 2011     |
| U12      | 10-11         | 2012 and 2013     |
| U10      | 8-9           | 2014 and 2015     |
| U8       | 6-7           | 2016 and 2017     |
| U6       | 5 and younger | 2018 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, 2023 to June 30, 2024.

## 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://usskiandsnowboard.org/sport-development/officials-development/alpine-officials>: the cross-country officials page at <https://usskiandsnowboard.org/sport-development/officials-development/nordic-officials-judges> as well as the membership page at <https://usskiandsnowboard.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. 31<sup>st</sup> 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.                                                                                                               | \$35                 |
| 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<br>per<br>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                 |

\*2<sup>nd</sup> 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 2023 - 24 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 \$40.
  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 noon Pacific Time, on the Wednesday prior to the race 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 2023/2024 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)No restriction is placed on choice of ski grind or structure application.  
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.

## **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 2024 the team size will be up to 38, plus any out-of-division skiers (rule 3.d. below), 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 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 52.5) 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. If all skiers scoring points in qualifier races in an age and gender group have been offered a position on the team and the number of skiers named is less than 10 U18/20 skiers or 9 U16 skiers per gender, any additional spots on the team will remain unused

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 the start and from the end of the junior nationals trip as defined by the trip leader.
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 following 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.

# 6 - RULES GOVERNING PNW MEMBERS, TRAVEL AND CONDUCT

## General Rules

Any athlete who is not in good standing with USSS/WR/PNW/USSS Member Club, including any past due balance, is not allowed to enter any events held by a USSS and/or PNW member club.

## Race Entry Out of Division

No competitor, coach or parent may enter races in another division without proper approval. The philosophy of PNW is to discourage unnecessary travel out of the division. The following policy will apply:

1. All requests to race out of division must be submitted to the PNW office, in writing, 21 days prior to the competition. The PNW office will seek permission from the division involved. If permission is granted and approved by PNW, PNW will authorize the competitor's coaches to make the appropriate entry with the race organizer.
2. Out-of-Division races will only be considered when PNW is not sponsoring a race of equal caliber, at or about the same time.
3. Exceptions may be applied for through the PNW office and will be considered by the Nordic Competition Committee or NCC Nordic Development Sub-Committee.
4. Competitors not following this policy may be subject to sanction by the PNW.

See the [U.S. Ski & Snowboard Nordic Competition Guide](#) for more information on racing in other divisions, regions, and out of the country.

## PNW Traveling Team Rules for Events and Projects

PNW Traveling Team Rules govern all team members. "Team members" refers to all racers, coaches, officials, and other individuals who officially represent PNW at a race or other competition event. Members of PNW traveling teams are required to abide by the U.S. Ski & Snowboard Code of Conduct, the USOPC Coaches Code of Conduct, PNW Code of Conduct, and each athlete's member club individual code of conduct policies. Additionally, members are:

1. Required to sign an informative release that states the family has to pay to remove the athlete from the project if called for.
2. Required to attend all team meetings, team training, and race events, unless excused by the PNW Traveling Team head coach and by the PNW office.
3. Required to observe the curfew established by the head coach.
4. Required to remain with the team or in the vicinity of the team's housing, except with the knowledge and permission of the PNW Traveling Team head coach and the PNW office.
5. Required to observe any additional rules established by the PNW Traveling Team head coach and PNW.
6. A racer, who drops out of a PNW Project after fees have been paid to the race organizer and for housing, may receive a refund only if PNW can recover funds.
7. Racers who are in violation of PNW traveling team rules are not eligible for a refund and may be ineligible for future PNW Projects.

PNW will normally arrange for coaching, travel, and housing for WR Championship races (U16 and U14), X-Country Jr. Nationals, and certain other events, known collectively as PNW "Projects", where the Western Region or National body does not make such arrangements, except as noted. Racers who qualify and attend



such Projects will go as members of a PNW traveling team. PNW racers who travel as members of any PNW traveling team are expected to stay with the PNW team at the housing arranged for them by PNW. Exceptions can be made and approved on an individual basis.

## **Rules Guiding PNW Code of Conduct**

All PNW competitors, coaches and officials at all levels of PNW racing, and when representing PNW as part of an official team or as an individual shall adhere to the following Code of Conduct Policies:

- [US Ski and Snowboard Code of Conduct](#)
- [USOPC Coaches Ethics and Compliance](#)
- [US Center for Safesport Code/MAAAP](#)
- [Western Region Code of Conduct](#)
- [PNW Code of Conduct](#)
- Individual Member Club Code of Conduct Policies (for your home club)

Membership in U.S. Ski & Snowboard is a privilege, not a right. All U.S. Ski & Snowboard members when participating in any U.S. Ski & Snowboard activity must agree to conduct themselves according to U.S. Ski & Snowboard's core values of Grit, Excellence, Team, Fun, and Integrity, and abide by the spirit and dictates of this Code of Conduct. All members must agree to conduct themselves in a sportsmanlike manner and are responsible for their actions while attending or participating in all U.S. Ski & Snowboard activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as but is not limited to: respect for competition officials, resort employees, fellow members, and the skiing and snowboarding public, respect for facilities, privileges, and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

It is the position of PNW that ski racing requires dedication, training, perseverance, physical conditioning, and emotional stability. These requirements, and the safety of participants in a challenging and demanding competitive sport, are not compatible with the use of drugs or alcohol and their adverse effect upon the emotional and physical being of the users. In this regard, PNW fully supports and enforces the U.S. Ski & Snowboard CODE OF CONDUCT and all other Codes of Conduct noted above, including those of individual Member Clubs.

## **Code of Conduct Policies Specific to Coaches**

### **Illegal Use Drugs and Alcohol by Coaches**

In addition to what is stated in the U.S. Ski & Snowboard Code of Conduct, PNW endorses and highlights the following policies regarding the use of drugs and alcohol by coaches:

- PNW coaches shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Coaches under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official U.S. Ski & Snowboard, Western Region, PNW or event organizer function. Coaches under the age of 18 shall not use any form of nicotine including but not limited to cigarettes, vaping, chewing tobacco, gum, and patches.
- Absolutely no alcohol or drugs are permitted in project vehicles while transporting athletes.
- No coach shall drive athletes at any time while under the influence of drugs or alcohol.

## Staff Drug Testing

All traveling staff coaches are subject to random drug testing. The PNW President or Vice-President may randomly select PNW traveling team coaches for drug testing. If a PNW traveling team coach, who is affiliated with a PNW club that has a drug testing policy, is required to submit to a drug test, the PNW President or Vice-President may utilize the coach's club program for random drug testing. Otherwise, all drug testing shall be as directed by the PNW President or Vice-President in a location convenient for the coach. The drug test results shall be confidential, however, if a coach does test positive for illegal use of drugs or alcohol, then the test results shall be referred to the PNW disciplinary chair for action. The procedures to be followed for any disciplinary action against a traveling team coach shall be essentially the same procedures utilized for a racer as stated below.

## Code of Conduct Philosophy

Violations of the Codes of Conduct noted above may give rise to sanctions to be imposed by the competitor's sponsoring organization, PNW, and U.S. Ski & Snowboard. It is PNW's philosophy that immediate resolution of any violation best serves all parties involved. It is the goal of PNW to complete a speedy and factual determination of any violations. Whenever possible an on-site resolution is preferred so that all involved can move forward. None of this shall interrupt the need for due process for everyone involved.

[SafeSport violations or concerns are outside of the purview of PNW and should be reported and resolved via the SafeSport on-line system.](#)

## Procedure for Violations and Due Process

At a minimum, Disciplinary Procedures and Due Process will include: Identifying and collecting evidence, interviewing the involved parties individually, analyzing the facts of the investigation and creating a written report.

Documentation - All proceedings shall be thoroughly documented by the investigative lead. These can be used in future proceedings.

The handling of violations, sanctions, resolutions, and appeals will be handled at three levels as described below. The facts of the case will determine if the athlete was involved in a major or a minor violation of the rules also described below. Examples are included to aid in consistency. In determining sanctions, the PNW Project Head Coach shall work **jointly** with the athlete's Individual Club Program Director or onsite Coach Representative and strongly consider Individual Athlete Club Policy in determining sanctions.

When there is an admitted and/or uncontestable offense, the adjudication shall occur on site. When there is doubt about the facts or insufficient evidence, consequences may be deferred until due process can be followed to determine the appropriate resolution.

PNW will follow the USOPC Guidelines for Due Process: [USOPC Compliance Investigations Procedure](#)

## SANCTIONS FOR RULE VIOLATIONS

**PNW considers the following rule violations MINOR offenses:**

1. Misbehavior
2. Breaking Curfew
3. Lying
4. Violation of ski area rules
5. Violation of daily training rules
6. Violation of the skier code of conduct

### **MINIMUM CONSEQUENCES FOR A MINOR OFFENSE**

- 1<sup>st</sup> Offense:** Verbal Warning and 0–3-day suspension from all PNW and/or U.S. Ski & Snowboard activities,  
**2<sup>nd</sup> Offense:** Written Warning and 1–7-day suspension from all PNW and/or U.S. Ski & Snowboard activities and/or team privileges  
**3<sup>rd</sup> Offense:** 7–14-day suspension. Elevated to a major offense.

### **PNW considers the following rule violations MAJOR offenses:**

1. Breaking the law while participating or representing PNW or U.S. Ski and Snowboard
2. The Illegal use of drugs while participating or representing PNW or U.S. Ski and Snowboard
3. The Illegal use of alcohol while participating or representing PNW or U.S. Ski and Snowboard
4. The illegal use of any form of nicotine including but not limited to cigarettes, vaping, chewing tobacco, gum, and patches.
5. Any confirmed Safe Sport Violation including but not limited to hazing, harassment, bullying, or sexual harassment and/or abuse.

### **MINIMUM CONSEQUENCES FOR A MAJOR OFFENSE**

- 1<sup>st</sup> Offense:** Immediate removal from the project and requirement for parent to pick up the athlete from the project within a reasonable time at their expense, plus a one - two-week suspension from all PNW and/or U.S. Ski & Snowboard activities,  
**2<sup>nd</sup> Offense:** Indefinite suspension from all PNW and/or U.S. Ski & Snowboard activities and/or team privileges and loss of support from PNW and/or PNWSEF.  
Any rule infractions endangering self or others may result in up to a 1-year suspension.  
Illegal actions may result in turning the offending party or parties over to the local or state authorities if the offense is a violation of existing laws.

### **Resolution and Appeal**

Level of Resolution and Due Process for Rule Violations. All decisions at any level may be appealed to the next level of PNW and eventually to the USSS or the appropriate governing body. The PNW Appeals Board of Directors approved Appeals Committee will review the documentation, any additional facts not available during the original process, the evidence and sanctions delivered. This will help them evaluate and recommend further action to be taken by the Board based on a case presentation by the athlete through a formal hearing.

#### **LEVEL I (PNW Venue Resolution)**

Level I decisions are handled by the PNW Project Head Coach and the athlete's home program Program Director or Coach Representative and notification of the PNW Home Office. If the athlete's home program coach is not available another coach from the project will be appointed to serve in the sanctioning process. If a competitor, coach or official has violated, or allegedly violated the Codes of Conduct, the violation shall be called to the attention of the individual. The investigation shall follow Due Process and propose an immediate resolution or sanction. The individual shall have the opportunity to accept or appeal the sanction for the claimed violation. The Head coach and home program coach or coach representative shall report, in writing, to the PNW office and the Disciplinary Chairperson, the incident and resolution. Appeal of the proposed resolution shall be referred to the PNW office for Level II processing.

#### **LEVEL II (PNW Administrative Resolution)**

Level II decisions are handled by the PNW Disciplinary Chairperson (nominated by PNW Board of Directors) and designated disciplinary committee. A violation of the Codes of Conduct by a competitor, coach, official for Level II 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), following USOPC Due Process. The Chairperson and Disciplinary Committee shall act and investigate 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 appeal the sanction. If the accused person(s) accepts the sanction, the violation and sanction shall be fully resolved and final. If the accused person(s) appeals the sanction or proposed resolution, then the Disciplinary Chairperson shall refer the claimed violation to the Chairperson of the Appeals Board for administration as per Level III.

### **Level II - Disciplinary Committee**

PNW BOD Disciplinary Chairperson  
ACC Judicial Committee Chair  
ACC Age Class Rep  
PNW Executive Director (non-voting)

### **Level III (PNW Appeals Board Resolution)**

The chairperson of the PNW BOD Disciplinary Chair shall act as the Level III committee chairperson. The three-person Disciplinary Committee described below shall generally conduct its business using the following procedures:

1. The competitor, coach or official shall be given sufficient notice, preferably in writing, outlining the nature and extent of the claimed rules violations.
2. The competitor, coach or official will be given reasonable time in which to prepare a response to the claimed violation.
3. The competitor, coach or official 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 or zoom call and handled in such a way as to give the Disciplinary Committee and the competitor, coach or official 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 or official 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 or official requests that a recording be made of the disciplinary hearing.

### **Level III Alpine Appeals Board**

PNW BOD Disciplinary Chair  
PNW Board President or Vice President  
PNW ACC Chairperson

Any appeal of a Level III decision shall be taken to U.S. Ski & Snowboard. It is PNW's intent to provide the competitor, coach or official with Due Process. Due Process is explained in the section "Athlete's Code of Conduct" in the [U.S. Ski & Snowboard Alpine Competition Guide](#)

## **CONFIDENTIALITY**

Records of disciplinary action or dismissal for cause proceedings shall be kept confidential to the degree permitted by the law.

# **NORDIC GUIDELINES AND PROCEDURES**

## **7N. OTHER NORDIC ACTIVITIES**

### **PNW Cup**

The Pacific Northwest Cup, or PNW Cup, is a series of races designated by the NCC around the region with the goal of drawing together the region's cross country ski racers more frequently to compete and learn through competition. Series rankings are kept for U14, U16 and U18/20 age groups (each age group and gender are scored separately) and an overall champion is recognized in each gender for each age group at the end of the season. Series rankings utilize the same points scoring system as the Junior National Qualifying rankings, except that series rankings use the cumulative total of points to calculate the standings for the PNW Cup.

Races that are part of the PNW Cup will be posted on the PNW division website in advance of the season.

### **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.



# Pacific Northwest Ski Association

## A Division of US Ski and Snowboard

### PNW Code of Conduct for Athletes

All PNW competitors at all levels of PNW racing, and when representing PNW as part of an official team or as an individual shall adhere to the following Code of Conduct Policies:

- [US Ski and Snowboard Code of Conduct](#)
- [US Center for Safesport Code/MAAAP](#)
- [Western Region Code of Conduct](#)
- [PNW Code of Conduct](#)
- Individual Member Club Code of Conduct Policies (for your home club)

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) Refrain from personal cell phone use during team activities
- 9) Refrain from the use of banned substances in 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 / project I will be subject to punishments ranging from verbal warnings to exclusion from team functions or being sent home at my own expense.

Violations of the Codes of Conduct noted above may give rise to sanctions to be imposed by the competitor's sponsoring organization, PNW, and U.S. Ski & Snowboard. It is PNW's philosophy that immediate resolution of any violation best serves all parties involved. It is the goal of PNW to complete a speedy and factual determination of any violations. Whenever possible an on-site resolution is preferred so that all involved can move forward. None of this should interrupt the need for due process for everyone involved.

[SafeSport violations or concerns are outside of the purview of PNW and should be reported and resolved via the SafeSport on-line system.](#)

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 Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ 1329 Section



# 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.*

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

# 11 - 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: 2022-23 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:

|                         |  |                        |
|-------------------------|--|------------------------|
| <b>Burns, Bridget K</b> |  | <b>Debley, Patrick</b> |
| <b>Menna, Caroline</b>  |  | <b>Menna, Isabel</b>   |
| <b>Petkun, Fritz</b>    |  | <b>Petkun, Walter</b>  |
| <b>Rahn, Lucas</b>      |  | <b>Schmidt, Crosby</b> |
| <b>Stapleton, Marie</b> |  | <b>Sullivan, Henry</b> |
|                         |  |                        |
|                         |  |                        |
|                         |  |                        |

### 3.0-3.99 GPA:

|                           |  |                         |
|---------------------------|--|-------------------------|
| <b>Lambert, Joshua P</b>  |  | <b>Neff, George</b>     |
| <b>Oellrich, Paul K</b>   |  | <b>Snyder, Braiden</b>  |
| <b>Stapleton, Jackson</b> |  | <b>Sullivan, Daniel</b> |



## 12 - PACIFIC NORTHWEST SKI EDUCATION FOUNDATION

The Pacific Northwest Ski Education Foundation has been helping competitive athletes, including ski racers like Debbie Armstrong, Phil and Steve Mahre, Scott Macartney, Libby Ludlow, Brooke Wales, Tommy Ford, Jacqueline Wiles, and many others in the Pacific Northwest, realize their skiing goals for the past 44 years.

Formed in 1969, the foundation promotes all aspects of Alpine and Nordic ski competition, to racers, coaches, officials, and the public. Managed by an elected Board of Trustees, the foundation is a supporting organization to the Pacific Northwest Ski Association, whose members strive for the ultimate goal of Olympic and World Cup competition on the U. S. Ski Team.

Were it not for initial funding provided by the foundation, Olympic superstars like Phil and Steve Mahre of White Pass might not have gone on to their stunning Olympic victories. More recently, athletes such as Justin Wadsworth, Anton Pogue, Libby Ludlow, Tommy Ford, Torin Koos, Colby Granstrom, Jacqueline Wiles, Luke Winters, and Garth Hager have each benefited from the support provided by the foundation.

As a fundraising organization, the foundation relies on several diverse sources to keep building principal, to continue funding for existing programs, and to meet the needs of other recipients through new funding modes. Annual fund-raising events include a virtual auction, an annual appeal, and a Demo Day at Crystal Mtn. Another funding vehicle is the Elite Pass program, which is a cooperative venture begun in the mid-1970s between the foundation, PNW and the Pacific Northwest Ski Areas Association.

In addition to the many athletes who have benefited from their support, the foundation also provides funding for B-net, coaches' education and training, development camps, and educational scholarships.

Any parents or competitors with questions about the Pacific Northwest Ski Education Foundation are urged to request more information. Contact information is on the ♦[PNWSEF website](#), or use this link to send an ♦[email](#). Applications for financial assistance are accepted year around and awarded on a rolling schedule. All applications are now submitted on-line. Please find information on ♦[grant](#) and ♦[scholarship](#) applications on the PNWSEF website.

Website: [www.pnwsef.org](http://www.pnwsef.org) | Grants: [www.pnwsef.org/grants](http://www.pnwsef.org/grants) | Scholarships:  
[www.pnwsef.org/scholarships](http://www.pnwsef.org/scholarships)

Email: [pnsef@pnsef.org](mailto:pnsef@pnsef.org)

**All applications are treated with confidentiality.**

# 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            | 2023 John Vermass                 |
| 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 Towleron          |                                   |
| 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          | 2023 Rob Cravens                   |
| 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             | 2023 Alan Watson                              |
| 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               | 2023 Sophia Falter      |
| 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  
 2023 Neve Gerard

## 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  
 2023 *Alpine* - Dusty Hanchett  
       *Nordic* - Reitler Hodgert

# 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"<br>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<br>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<br>Stephen Maher - Wenatchee World |
| 1977 Jim Poore                                             | 1996 Dan Bubb                                                                   | 2012 Amanda Miles - Bend Bulletin<br>Spokesman Review                    |
| 1978 Sandy Gibson-ID Statesman                             | 1997                                                                            | 2013 Spokesman Review                                                    |
| 1979 Tim Novascloski                                       | 1998 Central Idaho Star News                                                    | 2014 Mike Safford -<br>College of Idaho Sports Info Director             |
| 1980 Ian Brown                                             | 1999 Tom Frost                                                                  | 2015 Stephen Maher -<br>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 &<br>Spokane Daily Chronicle | 2005 KTVB Channel 7, Boise                                                      | 2021 Not Awarded                                                         |
| 1987 Oregonian                                             | 2006 KOIN 6 Portland; A Schaufler-King 5 TV<br>V Cibichi-Cashmere Valley Record | 2022 Not Awarded                                                         |
| 1988 Not Awarded                                           | M Pappidas, Methow Valley News                                                  | 2023 Not Awarded                                                         |
| 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<br>Nate Johnson     | 2022 Not Awarded |
| 1991 Tracy McEwan<br>Tobey McDonald<br>Trevor Wagner<br>Keith Veyna | 2007 Molly Bullard<br>Dewey Moss         | 2023 Not Awarded |
| 1992 Trevor Wagner - COCC<br>Tracy McEwan - SU                      | 2008 Laura Mann<br>Dewey Moss            |                  |
| 1993 Stephanie Palmer - Whitman<br>Keith Veyna - COCC               | 2009 Allison Howe<br>Erik Anderson       |                  |
| 1994 Eric Carlson - Whitman<br>Stephanie Palmer - Whitman           | 2010 Emma Beattie<br>Matt Bunston        |                  |
| 1995 Eric Carlson - Whitman<br>Stephanie Palmer - Whitman           | 2011 Katie Ulvestad<br>Mike Bisnaire     |                  |
| 1996 Sarah Momsen<br>Mike Craven - Whitman                          | 2012 Morgan Duffy<br>Mike Bisnaire       |                  |
| 1997 Andy Olsson - Whitman<br>Heidi Reifenstein - Whitman           | 2013 Lily Eriksen<br>Paul Koetke         |                  |
| 1998 Shauna Alylward-Whitman<br>Andy Olsson-Whitman                 | 2014 McKenna McNabb<br>Zachary Shenk     |                  |
| 1999 Shana Schweitzer-Whitman<br>Ben Ludlow-Seattle U               | 2015 Brooke Wales<br>Paul Koetke         |                  |
| 2000 Jennifer Moss<br>Arne Backstrom                                | 2016 Clare Wise<br>Anton Waller          |                  |
| 2001 Lindsay Barksdale<br>Arne Backstrom                            | 2017 Mary Totten<br>Grant Hamlin         |                  |
| 2002 Julia Babilis<br>Arne Backstrom                                | 2018 Mary Totten<br>Lucas Underkoffler   |                  |
| 2003 Jennifer Zappone<br>Arne Backstrom                             | 2019 Callie Dahlberg<br>Male Not Awarded |                  |
| 2004 Rachel Walker<br>Paul Boskovich                                | 2020 No Award Covid-19                   |                  |
| 2005 Evan Weiss<br>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<br>Corrine Clark - COCC | 2007 Kristina Owen         | 2022 Novie McCabe      |
| 1993 Erika Alexander                                       | Darrin Markvardsen         | 2023 Novie McCabe      |
| 1994 Zach Zestal                                           | 2008 Zoe Roy               |                        |
| Martha Pendl                                               | Dakota Blackhorse Von Jess |                        |
| 1995 Zach Zestal                                           | 2009 Sadie Bjornsen        |                        |
| Martha Pendl                                               | Tom Smith                  |                        |
| 1996 Koren Bell                                            | 2010 Casey Kutz            |                        |
| Zach Zestal                                                | Charlie Smith              |                        |
| 1997 Peter French                                          | 2011 Eloise Zimbelman      |                        |
| 1998 Alicia Fine-Morrison                                  | Joe Madden                 |                        |
| Peter French                                               | 2012 Isabella Smith        |                        |
| 1999 Alician Fine-Morrison                                 | Casey Smith                |                        |
| Peter French                                               | 2013 Sierra Foster         |                        |
| 2000 Kyra Hamilton                                         | Patrick Madden             |                        |
| Calon Russell                                              | 2014 Sierra Foster         |                        |
| 2001 Emily Chenel                                          | Greg Holdman               |                        |
| Torin Koos                                                 | 2015 Helen Cutting         |                        |
| 2002 Holly Brooks                                          | male - Not Awarded         |                        |
| Conor Flynn                                                | 2016 Emily Hyde            |                        |
| 2003 Laura Valaas                                          | male - Not Awarded         |                        |
| Brian Gregg                                                | 2017 Sierra Foster         |                        |
| 2004 Emily Chenel                                          | Imran Wolfenden            |                        |
| Sam Naney                                                  | 2018 female - not awarded  |                        |
| 2005 Laura Valaas                                          | Andrew Potyk               |                        |
| 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        | 2023 Not Awarded  |
| 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     | 2015 Jake Mageau   | 2020 No Award Covid-19 |
| Leif Harfst             | Lady's not awarded | 2021 Jack Mitchell     |
| 2011 Isabella Golob     | 2016 Kurt Zontek   | 2022 Jack Mitchell     |
| Evan Smith              | Lady's not awarded | 2023 Jack Mitchell     |
| 2012 Sofia Abb          | 2017 Elyse Burandt |                        |
| Patrick Deneen          | Male - not awarded |                        |
| 2013 Mary Daubenschmidt | 2018 Not Awarded   |                        |
| Jake Mageau             |                    |                        |
| 2014 Drew Waddle        | 2019 Not Awarded   |                        |
| Lady's 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  
2023 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  
2023 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 Laurene 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  
2023 Christian McCourtie

# 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<br>Payette Lakes Ski Club<br>Brundage Mountain         | 1986 Carrera Motors GS<br>Mt Bachelor Ski Area                     | 2001 MHA                                                   |
| 1975 Skookum Cup<br>Mission Ridge Ski Club<br>Mission Ridge Ski Area  | 1987-1991 NW Cup Finals<br>MBSEF-Mt Bachelor Ski Area              | 2002 Not Awarded                                           |
| 1976 Sun Cup<br>Skyliners Ski Club<br>Mt. Bachelor Ski Area           | 1988 Northwest Cup Fianls<br>Skyliners<br>Mt. Bachelor Ski Area    | 2003 Not Awarded                                           |
| 1977 Edelweiss Trophy<br>Alpental Ski Club<br>Alpental Ski Area       | 1989 Mt. Bachelor Ski Educ. Found.<br>Mt. Bachelor Ski Area        | 2004 Not Awarded                                           |
| 1978 Hood RT FIS<br>Mt. Hood Race Team<br>Multorpor Ski Bowl          | 1990 Mt. Bachelor Ski Educ. Found.<br>Mt. Bachelor Ski Area        | 2005 Not Awarded                                           |
| 1979 Hood RT FIS<br>Mt. Hood Race Team<br>Multorpor Ski Bowl          | 1991 Mt. Bachelor Ski Educ. Found.<br>Mt. Bachelor Ski Area        | 2006 NW Cup Q1<br>Schweitzer Alpine Race Club              |
| 1980 Hood RT FIS<br>Mt. Hood Race Team<br>Multorpor Ski Bowl          | 1992 ?                                                             | 2007 Not Awarded                                           |
| 1981 Skookum Cup<br>Mission Ridge Ski Club<br>Mission Ridge Ski Area  | 1993 ?                                                             | 2008 Not Awarded                                           |
| 1982 Ridge Runner<br>Mission Ridge Ski Club<br>Mission Ridge Ski Area | 1994 Northwest Cup Finals<br>McCall Ski Race Team<br>Brundage Mtn. | 2009 Not Awarded                                           |
| 1983 Skookum Cup<br>Mission Ridge Ski Club<br>Mission Ridge Ski Area  | 1995 Mission Ridge Ski Club<br>Mission Ridge, WA                   | 2010 Not Awarded                                           |
| 1984 Sam's Slalom<br>Mt. Spokane Ski Area                             | 1996 MBSEF<br>Mt. Bachelor Ski Area, OR                            | 2011 MBSEF Sun Cup<br>Mt Bachelor Resort                   |
| 1985 Alpental NW Cup Finals                                           | 1997 Outerlimits<br>Meadows Race Team<br>Mt. Hood Meadows, OR      | 2012 MRST NW Cup Finals<br>Mission Ridge Resort            |
|                                                                       | 1998 Sun Cup<br>MBSEF<br>Mt Bachelor Ski Area                      | 2013 Not Awarded                                           |
|                                                                       | 1999 Sun Cup<br>MBSEF<br>Mt Bachelor Ski Area                      | 2014 MRST NW Cup Finals<br>Mission Ridge Resort            |
|                                                                       | 2000 JO Qualifier<br>MHA<br>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<br>MBSEF - Mt. Bachelor Ski Area |
|                                                                       |                                                                    | 2022 MBSEF Sun Cup                                         |
|                                                                       |                                                                    | 2023 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       | 2023 Mt. Hood Race Team & Academy    |

# PNSA AWARD RECIPIENTS

## **SALLIE McNABB AWARD** *Northwest Cup Downhill Champion*

|      |                                            |      |                                                      |
|------|--------------------------------------------|------|------------------------------------------------------|
| 1996 | Debby Russell<br>Brian Hanseth             | 2006 | Ciera Glenn/Eric Holmer/Kevin Francis                |
| 1997 | Chrissy Haas<br>Doug Ludlow                | 2007 | Morgan Black/Skyler Weaver                           |
| 1998 | Jamie Holts<br>Eric Holmer                 | 2008 | Robbie Mahre/Nicole Lawton                           |
| 1999 | Lindsay Davis<br>Kevin Francis             | 2009 | Jordan Schweitzer/Skyler Weaver                      |
| 2000 | Hailey Habenicht<br>Kurt Mehrer            | 2010 | Jordan Schweitzer/Dillon Bauernfeind                 |
| 2001 | Christina Kim<br>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<br>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                     |
|      |                                            | 2023 | Sophia Falter / Cooper Kirchmeier                    |

## **Masters Sub-Committee Scholarship**

|      |                                   |      |                                |      |                                      |
|------|-----------------------------------|------|--------------------------------|------|--------------------------------------|
| 2008 | Brooke Wales<br>David Owsley      | 2014 | Jordan Harrison<br>Alec Jones  | 2021 | Annaliese Frohlich<br>William Dexter |
| 2009 | ??<br>??                          | 2015 | Not Awarded                    | 2022 | Alice Bouchard / Tyler Howell        |
| 2010 | Vanessa Berther<br>Scott Snow     | 2016 | Emma Ireton<br>R Minam Cravens | 2023 |                                      |
| 2011 | ??<br>??                          | 2017 | Tess Baldwin<br>Tanner Lujan   |      |                                      |
| 2012 | Linnea Baysinger<br>Cai Yamamoto  | 2018 | Tess Baldwin<br>Trevor Maxwell |      |                                      |
| 2013 | Elyse Burandt<br>Michael Estrella | 2019 | Teegan Lowe<br>Zach Simmons    |      |                                      |
|      |                                   | 2020 | Taylor Watkins<br>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                            | 2023 Bridget Burns                |
| 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                                   | 2023 Kyle Larson                   |
| 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) |
| 1984 Karl Ney                     | 2007 Heather Brooks / Chris Loewy   | 2022 Not Awarded                                                         |
| 1985 Claudia Ney                  | 2008 Heather Brooks                 | 2023 Dusty Hanchett                                                      |
| 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 for Jr. Nationals

PNW will name a team of 38 racers, plus any qualifying out-of-division athletes or USSS Rule 52.5 automatic qualifiers, for the 2024 Junior Nationals.

| Date                            | Event | Location          |
|---------------------------------|-------|-------------------|
| <b><u>JNQ Series - 2024</u></b> |       |                   |
| Dec. 16-17                      | TBA   | Mt Bachelor, OR   |
| Jan. 26-27                      | TBA   | SoHo, UT          |
| Feb. 2-3                        | TBA   | Methow Valley, WA |
| Feb. 17-18                      | TBA   | Mt. Spokane, WA   |

| Date                              | Event | Location                          |
|-----------------------------------|-------|-----------------------------------|
| <b><u>PNW Cup Series-2024</u></b> |       |                                   |
| Dec. 16 – 17                      | TBA   | Mt. Bachelor, OR                  |
| Jan. 6-7                          | TBA   | Teacup Nordic / Mt. Hood, OR      |
| Feb. 2-3                          | TBA   | Methow Valley, WA                 |
| Feb. 17-18                        | TBA   | Mt. Spokane, WA                   |
| Mar. 2                            | TBA   | Kongsberger / Snoqualmie Pass, WE |

## 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 <sup>TH</sup> AVE NE     | SEATTLE         | WA           | 98125      | 206-714-5025 | <a href="mailto:RACEADMIN@CMACSKIRACING.COM">RACEADMIN@CMACSKIRACING.COM</a>                     |
| FAST / KRISHA CHARBONNEAU          | PO Box 166                        | CHEWELAH        | WA           | 99109      | 509-868-3541 | <a href="mailto:KCHARBONNEAU@SKI49N.COM">KCHARBONNEAU@SKI49N.COM</a>                             |
| LPRT / JEN McCANN                  | PO Box 2128                       | COEUR D'ALENE   | ID           | 83816      | 509-951-5506 | <a href="mailto:JEN-MCCANN@OUTLOOK.COM">JEN-MCCANN@OUTLOOK.COM</a>                               |
| LOUP / INGRID PATTERSON            | PO Box 246                        | TWISP           | WA           | 98856      | 509-997-7030 | <a href="mailto:LOUPSKITEAM@GMAIL.COM">LOUPSKITEAM@GMAIL.COM</a>                                 |
| MBSEF ALPINE/TERESA CRAVENS        | 2765 NW LOLO DR                   | BEND            | OR           | 97703      | 541-419-1933 | <a href="mailto:RACEINFO@MBSEF.ORG">RACEINFO@MBSEF.ORG</a>                                       |
| MBSEF NORDIC/REITLER HODGERT       | 2765 NW LOLO DR                   | BEND            | OR           | 97703      | 541-550-9255 | <a href="mailto:REITLER@MBSEF.ORG">REITLER@MBSEF.ORG</a>                                         |
| MHRTA / SETH McCADAM               | 2149 CASCADE, STE 106A, PMB 50    | HOOD RIVER      | OR           | 97031      | 541-944-8827 | <a href="mailto:RACEADMIN@MHSEF.ORG">RACEADMIN@MHSEF.ORG</a>                                     |
| MRST / CHIP McELEARNEY             | 25 N WENATCHEE AVE, STE 112       | WENATCHEE       | WA           | 98801      | 206-786-2266 | <a href="mailto:RACEADMIN@MRST.US">RACEADMIN@MRST.US</a>                                         |
| MRT / RACE ADMINISTRATOR           | 2149 W CASCADE AVE, STE 106A-207  | HOOD RIVER      | OR           | 97031      | 541-490-9104 | <a href="mailto:RACEADMIN@MEADOWSRACETEAM.ORG">RACEADMIN@MEADOWSRACETEAM.ORG</a>                 |
| MSSRT / DAN HENRY                  | PO Box 678                        | SPOKANE         | WA           | 99210      | 425-232-5482 | <a href="mailto:DANMSSRT@GMAIL.COM">DANMSSRT@GMAIL.COM</a>                                       |
| MVNSEF/PETER LEONARD               | PO Box 1063                       | WINTHROP        | WA           | 98862      | 509-341-4450 | <a href="mailto:PETE@MVNSEF.ORG">PETE@MVNSEF.ORG</a>                                             |
| NWCSC / RALPH BLAKELY              |                                   |                 |              |            | 206-718-9415 | <a href="mailto:RHBLAKELY@HOTMAIL.COM">RHBLAKELY@HOTMAIL.COM</a>                                 |
| PVNT / CHRISTIE SAUGEN             | 215 LOIS LANE                     | PLAIN           | WA           | 98826      | 509-888-7798 | <a href="mailto:DIRECTOR@SKIPLAIN.COM">DIRECTOR@SKIPLAIN.COM</a>                                 |
| SARS / JAMIE LANDWEHR              | PO Box 63                         | SANDPOINT       | ID           | 83864      | 208-946-7859 | <a href="mailto:RA@SARS.NET">RA@SARS.NET</a>                                                     |
| SPAC / JASON COHEN                 | 10597 TITUS RD                    | LEAVENWORTH     | WA           | 98826      | 360-376-4611 | <a href="mailto:RACEADMIN@SPACRACING.COM">RACEADMIN@SPACRACING.COM</a>                           |
| SPOKANE NORDIC / COLIN QUINN-HURST | PO Box 501                        | SPOKANE         | WA           | 99210      | 541-306-0837 | <a href="mailto:COLINQH@GMAIL.COM">COLINQH@GMAIL.COM</a>                                         |
| SPARC / DEAN TONKIN                | PO Box 1068                       | SNOQUALMIE PASS | WA           | 98068      | 206-300-1928 | <a href="mailto:DTONKIN@SUMMITI90.COM">DTONKIN@SUMMITI90.COM</a>                                 |
| TARP / GABRIEL BERTELL             | 483 SW RIVERBEND DR               | WEST LIND       | OR           | 97068      | 503-608-5698 | <a href="mailto:TIMBERLINEALPINERACEPROGRAM@GMAIL.COM">TIMBERLINEALPINERACEPROGRAM@GMAIL.COM</a> |
| TAS / DANASUE KUSAKABE             | PO Box 85193                      | SEATTLE         | WA           | 98145      | 425-985-6875 | <a href="mailto:TASCOACH@GMAIL.COM">TASCOACH@GMAIL.COM</a>                                       |
| TLNC / KELLY RYAN                  | 1767 12 <sup>TH</sup> STREET #363 | HOOD RIVER      | OR           | 97031      | 503.816-5912 | <a href="mailto:KELLY@TEACUPNORDIC.ORG">KELLY@TEACUPNORDIC.ORG</a>                               |
| WPSC / JORDAN DEYOUNG              | 48935 US HWY 12                   | NACHES          | WA           | 98937      | 509-759-3011 | <a href="mailto:LC@SKIWHITEPASS.COM">LC@SKIWHITEPASS.COM</a>                                     |

#### 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>                                                                 |
|-------------------------------|-------------------------------|-----------------|--------------|------------|--------------|------------------------------------------------------------------------------|
| CMAC / MOLLY DENNEHY          | 10344 44 <sup>TH</sup> AVE NE | SEATTLE         | WA           | 98125      | 206-714-5025 | <a href="mailto:RACEADMIN@CMACSKIRACING.COM">RACEADMIN@CMACSKIRACING.COM</a> |
| FAST / DAN HOLMAN             | PO Box 166                    | CHEWELAH        | WA           | 99109      | 509-999-7723 | <a href="mailto:DAN99214@GMAIL.COM">DAN99214@GMAIL.COM</a>                   |
| LPRT / CASEY HATFIELD         | PO Box 335                    | OSBURN          | ID           | 83849      | 208-512-0112 | <a href="mailto:LISETTEFEY@COMCAST.NET">LISETTEFEY@COMCAST.NET</a>           |
| MBSEF / TERESA CRAVENS        | 2765 NW LOLO DR               | BEND            | OR           | 97703      | 541-419-1933 | <a href="mailto:RACEINFO@MBSEF.ORG">RACEINFO@MBSEF.ORG</a>                   |
| MT HOOD SKI BOWL/JOHN OREFICE | 1001 Y ST                     | VANCOUVER       | WA           | 98661      | 360-518-4123 | <a href="mailto:JOHN@LANDSCAPEMGMT.COM">JOHN@LANDSCAPEMGMT.COM</a>           |
| SARS / JAMIE LANDWEHR         | PO Box 63                     | SANDPOINT       | ID           | 83864      | 208-946-7859 | <a href="mailto:RA@SARS.NET">RA@SARS.NET</a>                                 |
| SPAC / AIMEE FORBES           | 10597 TITUS RD                | LEAVENWORTH     | WA           | 98826      | 360-376-4611 | <a href="mailto:RACEADMIN@SPACRACING.COM">RACEADMIN@SPACRACING.COM</a>       |
| SPARC / DEAN TONKIN           | PO Box 1068                   | SNOQUALMIE PASS | WA           | 98068      | 206-300-1928 | <a href="mailto:DTONKIN@SUMMITI90.COM">DTONKIN@SUMMITI90.COM</a>             |
| SPARC / MEGAN RASMUSSEN       | PO Box 1068                   | SNOQUALMIE PASS | WA           | 98068      | 206-300-1928 |                                                                              |



# Pacific Northwest Ski Association

## A Division of U.S. Ski & Snowboard

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CALDWELL, ID





## **DIRECTORS AT LARGE**

EMAIL: DIRECTORS@PNWDIVISION.ORG

|                                               |                                                |
|-----------------------------------------------|------------------------------------------------|
| Rob Cravens<br>P1 (1st YR. OF 2ND TERM)       | MT BACHELOR SKI ED FOUND<br>BEND, OR           |
| STEVE MAYNARD<br>P2 (2nd YR. OF 2ND TERM)     | CRYSTAL MT ALPINE CLUB<br>NEWCASTLE, WA        |
| TODD GROVER<br>P3 (1ST YR. OF 2ND TERM)       | MT BACHELOR SKI ED FOUND.<br>BEND, OR          |
| MIKE BURNS<br>P4 (1ST YR. OF 2ND TERM)        | SPOKANE NORDIC<br>SPOKANE, WA                  |
| AUSTIN DEAN<br>P5 (2ND YR OF 2ND TERM)        | MT. HOOD ACADEMY<br>PORTLAND, OR               |
| COURTNEY ALTRINGER<br>P6 (2ND YR OF 1ST TERM) | SCHWEITZER ALPINE RACE SCHOOL<br>SANDPOINT, ID |
| LILY ERICKSEN<br>P7 (2ND YR OF 1ST TERM)      | CRYSTAL MT ALPINE CLUB<br>SEATTLE, WA          |
| KAREN LUNDGREN<br>P8 (2ND YR OF 1ST TERM)     | MT HOOD ACADEMY<br>HOOD RIVER, OR              |
| JOHN BARNETT<br>P9 (2ND YR OF 2ND TERM)       | MISSION RIDGE SKI TEAM<br>WENATCHEE, WA        |

## **ATHLETE REPRESENTATIVES**

ALEXI PANOS  
HAYDEN, ID

## **U.S. SKI & SNOWBOARD SPORT COMMITTEE MEMBERS**

PETER LEONARD

## **IMMEDIATE PAST PRESIDENT**

CURT HAMMOND  
SCHWEITZER ALPINE RACE SCHOOL  
DOVER, ID

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### **PACIFIC NORTHWEST SKI AREAS ASSOCIATION**

JORDAN ELLIOTT - PRESIDENT PO BOX 6975  
BEND, OR 97708

JOSH JORGENSEN                      MISSION RIDGE SKI & BOARD  
7500 MISSION RIDGE RD  
WENATCHEE, WA 98801

KEVIN MCCARTHY                      WHITE PASS SKI AREA  
48935 US HWY 12  
WHITE PASS, WA 98937

### **PROFESSIONAL SKI INSTRUCTORS OF AMERICA - NORTHWEST**

KIRSTEN HUOTTE                      PO BOX 615  
WENATCHEE, WA 98807

## **BOD COMMITTEE LIST**

### **APPEALS COMMITTEE**

**CHAIRPERSON:**                      JEFF KRAY

**BY LAWS:**                              JEFF KRAY & BILL BROOKS

### **DISCIPLINARY REVIEW COMMITTEE**

**CHAIRPERSONS:**                      JUSTIN RACKLEY – ALPINE  
PETER LEONARD - NORDIC

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JEFF KRAY  
MOLLY DENNEHY  
MALCOLM ASH  
PETER LEONARD  
JUSTIN RACKLEY

### **NOMINATING COMMITTEE**

**CHAIRPERSON:**                      ROB CRAVENS  
MOLLY DENNEHY  
COURTNEY ALTRINGER

## **PNW CONTACT INFORMATION**

### **PNWA OFFICE**

CLAUDIA YAMAMOTO  
EXECUTIVE DIRECTOR

1329 SECTION AVE.  
QUINCY, WA 98848

BUS: 509.445.4454  
EMAIL: [PNW@PNWDIVISION.ORG](mailto:PNW@PNWDIVISION.ORG)



## 2023 - 24 PNW ACC Roster

### **DIRECTOR OF ALPINE/ACC CHAIR**

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THE MAC SKI & SNOWBOARD  
PORTLAND, OR

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MEADOWS RACE TEAM  
LAKE OSWEGO, OR

### **VICE PRESIDENT**

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TACOMA, WA

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TEAM ALPENTAL SNOQUALMIE  
KIRKLAND, WA

### **PAST ACC CHAIRPERSON**

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MT SPOKANE SKI RACE TEAM  
SPOKANE, WA

### **U12/YSL SUB-COMMITTEE**

LINDSAY DAVISSON  
MISSION RIDGE SKI TEAM  
WENATCHEE, WA

### **U14 SUB-COMMITTEE**

MATT MORRELL  
WHITE PASS SKI CLUB  
GRESHAM, OR

### **U16 SUB-COMMITTEE**

MIKE GRAVES  
STEVENS PASS ALPINE CLUB  
EDMONDS, WA

### **U21-U19 SUB-COMMITTEE**

JAMIE LANDWEHR  
SCHWEITZER ALPINE RACING SCHOOL  
SANDPOINT, ID

### **MASTERS SUB-COMMITTEE**

ROB CRAVENS  
MT BACHELOR SKI EDUCATION FOUND  
BEND, OR

### **ATHLETE REPRESENTATIVES – FEMALE AND MALE**

FEMALE – LAURENNE ROSS  
MT BACHELOR SKI EDUCATION FOUND  
BEND, OR

CHRIS LOEWY

TEAM ALPENTAL SNOQUALMIE  
SEATTLE, WA

**COACHES & EDUCATION SUB-COMMITTEE**

SHANA SWEITZER                      COOPER SPUR ALPINE TEAM  
HOOD RIVER, OR

**OFFICIALS SUB-COMMITTEE**

ROGER ROOT                              SCHWEITZER ALPINE RACING SCHOOL  
MOSCOW, ID

**RULES & TECHNICAL SUB-COMMITTEE**

JOHN RUST                                MEADOWS RACE TEAM  
HOOD RIVER, OR

**JUDICIAL SUB-COMMITTEE**

JEFF KRAY                                (SEE ABOVE)

**AT LARGE ACC MEMBERS**

ROGER TAGGART                        MISSION RIDGE SKI TEAM  
EAST WENATCHEE, WA

SETH MCCADAM                        MT HOOD SKI EDUCATION FOUND  
HOOD RIVER, OR

TED MCNAMARA                        SCHWEITZER ALPINE RACING SCHOOL  
HOPE, ID

ALAN LAUBA                              CRYSTAL MTN ALPINE CLUB  
BELLEVUE, WA

NILS ERIKSSON                        MT BACHELOR SKI EDUCATION FOUND  
BEND, OR

DAVE LYON                                STEVENS PASS ALPINE CLUB  
WOODINVILLE, WA

KATY LOEWY                              MEADOWS RACE TEAM  
WHITE SALMON, WA

TIM DURKIN                                LOOKOUT PASS RACE TEAM  
SPOKANE, WA

**ACC EXECUTIVE COMMITTEE**

|                                  |                  |
|----------------------------------|------------------|
| ACC CHAIRPERSON                  | JUSTIN RACKLEY   |
| U12 SUB-COMMITTEE CHAIRPERSON    | LINDSAY DAVISSON |
| U14 SUB-COMMITTEE CHAIRPERSON    | MATT MORRELL     |
| U16 SUB-COMMITTEE CHAIRPERSON    | MIKE GRAVES      |
| U18-21 SUB-COMMITTEE CHAIRPERSON | JAMIE LANDWEHR   |

**WORKING GROUPS**

|        |                               |
|--------|-------------------------------|
| U18-21 | DAVE LYON, KENT TOWLERTON     |
| U16    | ALAN LAUBA, NILS ERIKSSON     |
| U14    | CHUCK HOLCOMB, DANA KUSAKABE  |
| U12    | DUSTY HANCHETT, CHLOE LAVELLE |

**DIRECTOR OF NORDIC / NCC CHAIRPERSON**

PETE LEONARD  
WINTHROP, WA  
METHOW VALLEY NORDIC TEAM

**PNSA PRESIDENT**

KARL WARDROP  
LAKE OSWEGO, OR  
MEADOWS RACE TEAM

**PNSA VICE PRESIDENT**

JEFF KRAY  
TACOMA, WA  
CRYSTAL MTN. ATHLETIC CLUB

**SECRETARY**

ZACHARY RUSSO  
PLAIN VALLEY NORDIC

**ATHLETE REPRESENTATIVE**

ZEB MILLSLAGLE  
:  
MT BACHELOR SKI ED FOUND

**AT LARGE NCC MEMBERS**  
**MINIMUM 1**

**KONGSBERGER SKI CLUB / ELLENSBURG SKI TEAM**

JEFF HASHIMOTO

**MBSEF**

REITLER HODGERT

**METHOW VALLEY NORDIC TEAM**

SAM NANEY

**MOMENTUM NORTHWEST**

STACEY MARION

**PLAIN VALLEY NORDIC**

PIERRE NIESS

**SANDPOINT NORDIC**

PAT BARRETT

**SPOKANE NORDIC TEAM**

COLIN QUINN-HURST

**TEACUP NORDIC**

KELLY RYAN

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