

2025 - 26

**PNW Nordic
Competition Manual**





PACIFIC NORTHWEST DIVISION

A DIVISION OF

U.S. SKI & SNOWBOARD AND THE WESTERN REGION



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PNW Nordic Competition Manual

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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 2004 or earlier)

U21 Ages 18-20 (born 2005, 2006 or 2007)

U18 Ages 16 and 17 (born 2008 or 2009)

U16 Ages 14 and 15 (born 2010 or 2011)

U14 Ages 12 and 13 (born 2012 or 2013)

U12 Ages 10 and 11 (born 2014 or 2015)

U10 Ages 8 and 9 (born 2016 or 2017)

U8 Ages 7 and younger (born 2018 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

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

Age Class

<u>PNW:</u>	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)
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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 - \(pnwdivision.org\)](http://pnwdivision.org)), from the host club, or perhaps from your own ski club.

A U.S. Ski & Snowboard membership is required to enter any sanctioned U.S. Ski & Snowboard race. All JN Qualifiers are sanctioned. PNW Cup races are not sanctioned. See the next chapter of this manual for information about memberships. During the 2025 – 26 season there are five U.S. Ski & Snowboard meets in the PNW division:

the Sunnyside Challenge at Mount Bachelor, Dec 20 - 21, 2025 JN Qualifier

the Teacup / Mt Hood Races, Jan. 10 – 11, 2026 PNW Cup

the Methow Valley JNQ at Winthrop, WA, Jan. 31 – Feb. 1, 2026 JN Qualifier

the Mount Spokane Nordic Cup at Mount Spokane, WA, February 14 - 15, 2026 JN Qualifier

the Kongsberger Ski Club, WA Feb. 28 - March 1, 2026 PNW Cup

Other than the 3 JN Qualifier's 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.

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 2025-26 season means that the racer was born in 2010 or 2011 and is 14 or 15 years old on December 31, 2025.

Cross Country Age Classes

Category	Age	Year of Birth
Master	30 and older	1995 and earlier
Senior	20-29	1996 through 2005
U20	18-19	2006 and 2007
U18	16-17	2008 and 2009
U16	14-15	2010 and 2011
U14	12-13	2012 and 2013
U12	10-11	2014 and 2015
U10	8-9	2016 and 2017
U8	6-7	2018 and 2019
U6	5 and younger	2020 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, 2024 to June 30, 2025.

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 getting training from USSS/PNW for positions in the race organizing committee. There are many positions that local clubs will need to fill. You may even work toward 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 Page 1, 2026 Nordic Competition Guide, 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 - Renew license by Oct. 15:

U14 & Younger Competitor: \$28	U14 & Older Competitor: \$55	Coach: \$35	Official/General/Volunteer: \$15
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Renew license Oct. 16 or later

U14 & Younger Competitor: \$28	U14 & Older Competitor: \$70	Coach: \$50	Official/General/Volunteer: \$15
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Membership for Clubs

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

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

U.S. Ski & Snowboard Membership Pricing

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

XC Category	Age Parameters	Notes	Base Price
General Member	17 & under	Train with his/her club throughout the season and may be competing in both USSS and non-USSS competitions without earning points or rankings.	\$41
Short Term Membership	17 & Under	High School/Club Participant - May compete in U.S. Ski & Snowboard events. Does not include National Point's system ranking.	\$15 per event
Non-Scored Athlete	Age 18 & over	Provides access to all levels of US Ski & Snowboard scored & non-scored events at the local, divisional, regional and national level. No access to points list	\$103
*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).	\$138
Adaptive Competitor	0 – 100	Adaptive athlete	\$82
Coach w/Official	18 & over	Periodic background screening and SafeSport required	\$154
Jr. Coach	Age 15 – 17		\$77
Official	18 & over	Periodic background screening and SafeSport required	\$82
Club Volunteer	18 & over	Periodic background screening and SafeSport required	\$67

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

NORDIC GUIDELINES AND PROCEDURES

4. The Nordic Competition Committee (NCC)

NCC Membership

NCC voting membership is comprised of the following:

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

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

Role of the NCC

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

NCC Chair

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

Voting & Appeals

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

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

NORDIC GUIDELINES AND PROCEDURES

5. JUNIOR NATIONAL CHAMPIONSHIPS

A: Qualifier Races

1. Each year before the beginning of the ski season the Nordic Competition Committee (NCC) will select certain ski meets, each normally consisting of separate races on two consecutive days, to be Junior Nationals Qualifier Races. Selection will be made according to the following process:
 - a. Qualifier Race hosts will be chosen from those clubs which have submitted a bid. Bids should be submitted to the NCC by the time of the spring meeting held in conjunction with the annual PNW convention. Bids should include the form in [Chapter 10](#).
 - b. The NCC will consider the likely quality of each meet, including the nature of the courses, ability to offer the appropriate race formats, and the host's ability to provide accurate timing and prompt results. At a minimum, the host club should commit to the following principles:
 - i. Course Marking: Mark racecourses 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 2025-26 the lists are:
 1. Northern: Spokane, Methow
 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. There will be a -15C / 5F temperature cutoff, plus or minus 2C, as determined by the Race Jury at Qualifier Races for athlete safety.
 5. The maximum entry fee per day at a Qualifier Race, including trail pass but not including late entry fee, will be \$40.
 6. Race Distances: All race day total distances at Qualifier Race weekends will be equal to or less than the distances shown below. Races that do not meet guidelines will not be scored.
 - a. 3k-10k per day for U18-U20
 - b. 3k-7.5k for U16 except for one 10k per season
 - c. 3.5k and under for U14
 - d. 2.5k and under for U12
 - e. 1k or under sprint for U14
 - f. 1.5k or so for U10 and under
 7. 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 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 2025-2026 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 2025 the team size will be 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 4 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 4 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. To be included on the final ranking list, a skier must attend a minimum of 50% of the qualifying races that are held during the season.
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 by January 15th, 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.
 - 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 from the same qualifying list (qualifying lists: U16 girls, U16 boys, U18/20 girls and U18/20 boys). Only the next eligible skier on a given list will be named in such a manner and the spot will not transfer to another list.

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, signing required forms, and arranging transportation to and from the Junior Nationals.
5. Appeals Process
 - a. If an athlete or coach believes that the Selection Committee erred in its selection process, the athlete or coach may appeal the decision by submitting a written appeal to the PNW Executive Director within three business days of the selection meeting.
 - b. The appeal will be reviewed by an Appeals Committee consisting of the PNW Executive Director, the PNW President or their designee, and the Nordic Athlete Representative.
 - c. The NCC will abide by the decision of the Appeals Committee.

C: Coach Selection

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

- 1st Offense:** Verbal Warning and 0–3-day suspension from all PNW and/or U.S. Ski & Snowboard activities,
2nd Offense: Written Warning and 1–7-day suspension from all PNW and/or U.S. Ski & Snowboard activities and/or team privileges
3rd 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

- 1st 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,
2nd 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, focused on younger skiers transitioning into traveling for competition. Series rankings are kept for U14, U16 and U18 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. PNW Cup races are scheduled on non-JNQ weekends.

All race day total distances at PNW Cups will be equal to or less than the distances shown below. Races that do not meet guidelines will not be scored.

- a. 3k-10k per day for U18
- b. 3k-7.5k for U16 except for one 10k per season
- c. 3.5k and under for U14
- d. 2.5k and under for U12
- e. 1k or under sprint for U14
- f. 1.5k or so for U10 and under

There will be a -15C / 5F air temperature cutoff, plus or minus 2C as determined by the Race Jury, at PNW Cup races for athlete safety.

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.

- a. All monies must flow through the PNW office.
- b. A budget must be submitted to the NCC Chair for review.
- c. 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.

- d. Proposals for ventures must be submitted to the NCC for approval.
- e. Proposals must include financial requests, budget, description, goals, estimated number of participants, targeted athletes/audience, etc.
- f. 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.

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

XC Race Bid Form
version 2014 Nov.

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. The Pacific Northwest Ski Education Foundation offers 2 Academic scholarships to graduating high school seniors who [APPLY](#).

PNW Honor Roll: 2024-25 Academic Year

PNW athletes who wish to be included in 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:

Anders, Colter A	Balsimo, Micco	Baskett, Garrett
Beukema, Zachary	Brown, Zoe	Brueggemann, Alice
Brueggemann, Annalise	Burt, Alida E	Connolly, Katherine
Cummins, Jude	Delaney, Dexter	Dolan, James
Dolan, Maryn	Doyle, Madailein	Fong, Carson
Fong, Marcus	Frisch, Lilian	Gabrielson, Alice
Giordano, Elizabeth	Giordano, Rachel	Hargreaves, Scarlett
Harris, Aven	Hart, Rosina	Hatfield, Sara
Kinney Moira	Kuzel, Teagan	Lechleitner, Riley
Lemieux, Jayvin	Lindblade, Camille	Lovejoy, Sawyer
Lynaugh, Teagan	Mak, Olive	Maxson, Lucinda
Menna, Caroline	Messinger, Grant	Mowry, William
Mullen, Jack	Peterson Annika	Priest, Evan
Priest, Kellen	Purchase, Rupert	Robertson, Louann
Sandvall, Brook	Schaffer, Bridger	Schaible, Sedona
Stapleton, Jane	Stoller, Irving	Stryker, Nola
Walter, Kai	Wang, Kai	

3.0-3.99 GPA:

Bielen, Izzy	Bjorkland, Brooke	BonDurant, Alia
Bonura, Donovan	Bonura, Luca	Brown, Rex
Darling, Piper	Debley, Patrick	Hargreaves, Lochlan
Grabos, Hudson	Hryhorenko, Anhelina	Jones, Perry IV
Khudia, Pahal	Kusske, Leland	MacDonald, Cormac
McNamara, Radley	Mullen, Colin	Paul, Lexi
Petett, Trae	Ratterree, Kaitlin	Rust, Cooper
Samuelson, Abi	Schanel, Sabrina	Sharp, Royce
Smith, Boden	Snyder, Braiden	Stapleton, Marie
Stevens, Vanessa	Sundquist, Elias	VanZutphen, Cooper
VanZutphen, Beckett	Werner, Greyson	Wittig, Zoe
Wright, Edie	Wright, Gus	



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, Walker Hall, Libby Ludlow, Tommy Ford, Torin Koos, Colby Granstrom, Jacqueline Wiles, Luke Winters, and Novie McCabe 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](http://pnwsef.org), or use this link to send an ♦[email](mailto:pnsef@pnsef.org). 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](http://pnwsef.org/grants) and ♦[scholarship](http://pnwsef.org/scholarships) applications on the PNWSEF website.

Website: www.pnwsef.org | Grants: www.pnwsef.org/grants | Scholarships:
www.pnwsef.org/scholarships

Email: pnsef@pnsef.org

All applications are treated with confidentiality.

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 2026 Junior Nationals.

Date	Event	Location
<u>JNQ Series – 2025-26</u>		
Dec. 20-21	CL Sprint/FR Int	Mt Bachelor, OR
Jan. 23-24	CL Sprint/FR Int(Tent)	SoHo, UT
Jan. 31-Feb. 1	FR Spr/CL Mass	Methow Valley, WA
Feb. 14-15	CL Mass/FR Int	Mt. Spokane, WA

Date	Event	Location
<u>PNW Cup Series-2026</u>		
Jan. 10-11	CI Int/FR Mass	Teacup Nordic / Mt. Hood, OR
Feb. 28-Mar. 1	Spr/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 2

PNW Race Administrator Contact List

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

<u>CLUB/PERSON</u>	<u>PHONE</u>	<u>EMAIL</u>
CMAC / HAYLEY DOYLE	425-830-1133	RACEADMIN@CMACSKIRACING.COM
FAST / KRISHA CHARBONNEAU	509-868-3541	KCHARBONNEAU@SKI49N.COM
LPRT / JEN MCCANN	509-951-5506	JEN-MCCANN@OUTLOOK.COM
LOUP / INGRID PATTERSON	509-997-7030	LOUPSKITEAM@GMAIL.COM
MBSEF ALPINE/TERESA CRAVENS	541-419-1933	RACEINFO@MBSEF.ORG
MBSEF NORDIC/REITLER HODGERT	541-550-9255	REITLER@MBSEF.ORG
MHRTA / KAREN LUNDGREN	909-224-9315	RACEADMIN@MHSEF.ORG
MRST / CHIP McELEARNEY	206-786-2266	RACEADMIN@MRST.US
MRT / RACE ADMINISTRATOR	541-490-9104	RACEADMIN@MEADOWSRACETEAM.ORG
MSSRT / CAT HARNDEN	509-993-9669	CATHARNDEN.MSSRT@GMAIL.COM
MVNSEF/PETER LEONARD	509-341-4450	PETE@MVNSEF.ORG
NWCSC / RALPH BLAKELY	206-718-9415	RHBLAKELY@HOTMAIL.COM
PVNT / CHRISTIE SAUGEN	509-888-7798	DIRECTOR@SKIPLAIN.COM
SARS / JAMIE LANDWEHR	208-946-7859	RA@SARS.NET
SPAC / EDWIN CHANG	734-678-8549	RACEADMIN@SPACRACING.COM
SPOKANE NORDIC / COLIN QUINN-HURST	541-306-0837	COLINQH@GMAIL.COM
SPARC / DORU NICA		DORU@SPARCSKI.CLUB
TARP / GABRIEL BERTELL	503-608-5698	TIMBERLINEALPINERACEPROGRAM@GMAIL.COM
TAS /CHRIS LOEWY	425-985-6875	TASCOACH@GMAIL.COM
TLNC / KELLY RYAN	503.816-591	KELLY@TEACUPNORDIC.ORG
WPSC / JORDAN DEYOUNG	509-759-3011	LC@SKIWHITEPASS.COM

CLUB CONTACTS FOR MASTERS RACES:

<u>CLUB/PERSON</u>	<u>PHONE</u>	<u>EMAIL</u>
CMAC / HALEY DOYLE	425-830-1133	RACEADMIN@CMACSKIRACING.COM
FAST / DAN HOLMAN	509-999-7723	DAN99214@GMAIL.COM
LPRT / CASEY HATFIELD	208-512-0112	LISETTEFEY@COMCAST.NET
MBSEF / TERESA CRAVENS	541-419-1933	RACEINFO@MBSEF.ORG
MT HOOD SKI BOWL/JOHN OREFICE	360-518-4123	JOHN@LANDSCAPEMGMT.COM
SARS / JAMIE LANDWEHR	208-946-7859	RA@SARS.NET
SPAC / AIMEE FORBES	360-376-4611	RACEADMIN@SPACRACING.COM
SPARC / DORU NICA	206-300-1928	DORU@SPARCSKI.CLUB
SPARC / MEGAN RASMUSSEN	206-300-1928	

APPENDIX 3

PNW Refund / Cancellation Policy

PNW makes every effort to keep costs for projects (Regional & National championships, camps) reasonable to the extent possible. Trip/Camp costs that often are not cancelable within 14 days of the project/camp start include but are not limited to lodging, meals, transportation, staff expenses, and athlete uniforms/swag.

1. All cancellations will incur a \$25 cancellation fee to offset costs associated with making refunds.
2. Athletes who cancel within 14 days of a project/camp will be responsible for any non-refundable charges associated with the project/camp. These may include but are not limited to lodging, prepaid meals, prepaid tickets, prepaid entry fees, staff expense, and athlete uniform/swag.
3. PNW will make a reasonable effort to find another athlete to take the spot of the cancelled athlete. Athletes/Families who dispute the reasonableness of the late cancellation charges may take up the issue with the PNW Executive Board.



Pacific Northwest Ski Association

A Division of U.S. Ski & Snowboard

Appendix 4

2025-26

PNW BOARD OF DIRECTORS

OFFICERS

PRESIDENT

KARL WARDROP

MEADOWS RACE TEAM

LAKE OSWEGO, OR EMAIL: PRES@PNWDIVISION.ORG

VICE PRESIDENT

Tim Durkin

Lookout Pass Race Team

Spokane, WA

SECRETARY

MOLLY DENNEHY

CRYSTAL MTN ALPINE TEAM

SEATTLE, WA

TREASURER

MALCOLM ASH

INDEPENDENT

BEND, OR

DIRECTORS

EMAIL: DIRECTORS@PNWDIVISION.ORG

DIRECTOR OF ALPINE (APPOINTED)

JUSTIN RACKLEY

MAC SKI & SNOWBOARD

PORTLAND, OR

DIRECTOR OF NORDIC (APPOINTED)

COLIN QUINN-HURST

SPOKANE NORDIC

SPOKANE, WA

DIRECTOR OF OFFICIALS (APPOINTED)

ROGER ROOT

SCHWEITZER ALPINE RACE SCHOOL

MOSCOW, ID

DIRECTOR OF COLLEGIATE (APPOINTED)

RON BONNEAU USCSA

CALDWELL, ID



DIRECTORS AT LARGE

EMAIL: DIRECTORS@PNWDIVISION.ORG

Mark Stapleton MT BACHELOR SKI ED FOUND
P1 (1st YR. OF 1st TERM) BEND, OR

Jeff Kray CRYSTAL MT ALPINE CLUB
P2 (2nd YR. OF 2nd TERM) Tacoma, WA

Reitler Hodgert MT BACHELOR SKI ED FOUND.
P3 (1st YR. OF 1st TERM) BEND, OR

Colin Quinn-Hurst SPOKANE NORDIC
P4 (1st YR. OF 1st TERM) SPOKANE, WA

John Rust Meadows Race Team
P5 (2nd YR OF 2nd TERM) Hood River, OR

COURTNEY ALTRINGER SCHWEITZER ALPINE RACE SCHOOL
P6 (2nd YR OF 2nd TERM) SANDPOINT, ID

LILY ERICKSEN CRYSTAL MT ALPINE CLUB
P7 (2nd YR OF 2nd TERM) SEATTLE, WA

KAREN LUNDGREN MT HOOD ACADEMY
P8 (2nd YR OF 2nd TERM) HOOD RIVER, OR

Annie Elgee Schweitzer Alpine Racing School
P9 (2nd YR OF 1st TERM) Spokane, 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

DIRECTORS REPRESENTING SKI-RELATED ORGANIZATIONS

PACIFIC NORTHWEST SKI AREAS ASSOCIATION

JORDAN ELLIOTT - PRESIDENT PO Box 6975
BEND, OR 97708

Pete Korfiatis Ski Bluewood
 PO Box 167
 Dayton, WA 99328

PROFESSIONAL SKI INSTRUCTORS OF AMERICA - NORTHWEST

KIRSTEN HUOTTE PO Box 615
 WENATCHEE, WA 98807

BOD COMMITTEE LIST

APPEALS COMMITTEE

CHAIRPERSON: Jeff Kray

BY LAWS: Karl Wardrop, Tim Durkin

DISCIPLINARY REVIEW COMMITTEE

CHAIRPERSONS: JUSTIN RACKLEY – ALPINE
 COLIN QUINN-HURST - NORDIC

EXECUTIVE COMMITTEE

CHAIRPERSON: KARL WARDROP
 Tim Durkin
 MOLLY DENNEHY
 MALCOLM ASH
 COLIN QUINN-HURST
 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
EMAIL: PNW@PNWDIVISION.ORG Phone: 509-445-4454



2025-26 PNW ACC Roster APPENDIX 5

DIRECTOR OF ALPINE/ACC CHAIR

JUSTIN RACKLEY THE MAC SKI & SNOWBOARD
PORTLAND, OR

PRESIDENT

KARL WARDROP MEADOWS RACE TEAM
LAKE OSWEGO, OR

VICE PRESIDENT

Tim Durkin Lookout Pass Race Team
Spokane, WA

SECRETARY

DANASUE KUSAKABE Mission Ridge Ski Team
Wenatchee, WA

PAST ACC CHAIRPERSON

U12/YSL SUB-COMMITTEE

U14 SUB-COMMITTEE

Katy Loewy Meadows Race Team
White Salmon, WA

U16 SUB-COMMITTEE

Uros Pavlovic Crystal Mtn. ALPINE CLUB
Bonney Lake, 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

John Rust Meadows Race Team
Hood River, OR

OFFICIALS SUB-COMMITTEE

ROGER ROOT SCHWEITZER ALPINE RACING SCHOOL
 MOSCOW, ID

RULES & TECHNICAL SUB-COMMITTEE

Tim Durkin Lookout Pass Race Team
 Spokane, WA

JUDICIAL SUB-COMMITTEE

JEFF KRAY (SEE ABOVE)

AT LARGE ACC MEMBERS

ROGER TAGGART MISSION RIDGE SKI TEAM
 EAST WENATCHEE, WA

Karen Lundgren 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
KENT TOWLERTON BEND, OR

DAVE LYON STEVENS PASS ALPINE CLUB
 WOODINVILLE, WA

Cat Harnden Mt. Spokane Ski Race Team
 Spokane, WA

Shana Sweitzer Cooper Spur Alpine Team
 Hood River, OR

ACC EXECUTIVE COMMITTEE

ACC CHAIRPERSON JUSTIN RACKLEY
U12 SUB-COMMITTEE CHAIRPERSON Vacant
U14 SUB-COMMITTEE CHAIRPERSON Katy Loewy
U16 SUB-COMMITTEE CHAIRPERSON Uros Pavlovic
U18-21 SUB-COMMITTEE CHAIRPERSON JAMIE LANDWEHR

WORKING GROUPS

U18-21 DAVE LYON, KENT TOWLERTON
U16 Cat Harnden, NILS
ERIKSSON

U14
U12 DUSTY HANCHETT, Garrett Lodge



2024-25 NORDIC COMPETITION COMMITTEE APPENDIX 6

DIRECTOR OF NORDIC / NCC CHAIRPERSON

Colin Quinn-Hurst Spokane, WA
Spokane Nordic

PNSA PRESIDENT

KARL WARDROP LAKE OSWEGO, OR
MEADOWS RACE TEAM

PNSA VICE PRESIDENT

Tim Durkin, Spokane, WA
Lookout Pass Race Team

SECRETARY

ATHLETE REPRESENTATIVE :

ZEB MILLSLAGLE MT BACHELOR SKI ED FOUND

AT LARGE NCC MEMBERS

MINIMUM 1

KONGSBERGER SKI CLUB / ELLENSBURG SKI TEAM

JEFF HASHIMOTO

KOOTENAI CROSS COUNTRY TEAM

J. BEN SCOTT

MBSEF

REITLER HODGERT

METHOW VALLEY NORDIC TEAM

Pete Leonard

MOMENTUM NORTHWEST

STACEY MARION

PLAIN VALLEY NORDIC

Henry Gorman

SANDPOINT NORDIC

PAT BARRETT

SPOKANE NORDIC TEAM

COLIN QUINN-HURST

TEACUP NORDIC

KELLY RYAN

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