

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.