

2 - PNSA / USSA ALPINE PROGRAM

HOW TO BECOME A COMPETITOR

Anyone who is interested in ski racing can join USSA. Once you have made this decision, the membership form can be printed from the USSA website at www.ussa.org. You can also join the organization by completing an on-line membership (See the "USSA Membership and Licensing" section in this manual for further information.) With your membership you will receive a copy of the USSA Alpine Competition Guide and a Competitor's License. This license allows you to compete in sanctioned PNSA / USSA competitions. A schedule of events is listed in the back of this Competition Manual and is also available on the PNSA website at www.pnsa.org.

It is also advisable that you join a local ski club or training program that prepares racers for USSA competition. Such programs exist at most ski areas around the Northwest, and offer assistance in scheduling, on-snow training, dry land training, travel arrangements and many other benefits. The PNSA office will have information on programs in your area, and they are available on the PNSA website at www.pnsa.org.

If you are 12 years of age or younger, you will be joining a Youth Ski League or Buddy Werner / Mitey Mite program. These are "learn-to-ski-race" programs that teach the basics in ski competition and technique. Racers 13 -19 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 PNSA 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 USSA / PNSA. USSA / PNSA racers are the only racers recognized by the United States Ski Team, the International Ski Federation and the US Olympic Committee.

COMPETITOR CLASSIFICATION

Age Classification / Age Class Racing

Age Classification is based on your age as of December 31st of each year.

PNSA Youth Ski League or Buddy Werner / Mitey Mite Program

12 and younger (born 1997 or later)

PNSA/USSA Junior Program

A 20 and older (born 1989 and earlier)
J1 17, 18, 19 (born 1990-1992)
J2 15, 16 (born 1993-1994)
J3 13, 14 (born 1995-1996)

PNSA Adult Program / Masters Racing

There are 12 Classes of Master Racers with each class based on age.

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

Ability Classification / Ability Racing

The PNSA/USSA Junior Program also classifies racers by ability. This is accomplished by using the USSA Competitor Classification Points that handicap racers and rank them among other racers in the United States. As a racer's ranking, or handicap, improves, the racer becomes eligible for higher levels of competition.

In PNSA there are three levels of ability racing for Junior competitors.

Evergreen Cup

The Evergreen Cup is open to all racers J3 through A with no restrictions. These races provide entry-level competition for young junior racers. Advancement from Evergreen Cup to NW Cup is possible by lowering one's USSA Points. The Evergreen Cup is open to all competitors, novice to experienced. This is the development level of PNSA racing.

Northwest Cup Series - USSA

This is PNSA's premier level of USSA divisional racing. The Northwest Cup series serves as the divisional trophy series, crowning the division's overall champions as well as team champions. Some races may also be designated as J1/J2 qualifiers.

Northwest Cup Series – ENL FIS

The Northwest Cup ENL FIS level offers athletes an opportunity to begin their international skiing careers without the added expense of extended travel. The Northwest Cup ENL FIS is the elite level in the PNSA, from which racers advance to regional, national, and international FIS competitions.

ADVANCEMENT THROUGH THE PNSA RACE SERIES

Advancement up the PNSA ability-class ladder is achieved by lowering one's USSA Points to the designated point cut-off. Check with your head coach or contact the PNSA office for further information (509.445.4454)

USSA / PNSA Competition Ladder

FIS International	Olympic Games World Championships World Cup
USSA National	NorAm Super Series U.S. Nationals Collegiate
USSA Regional	Regional FIS & Divisional FIS Junior Championships – J1/J2 Junior Olympics – J3
PNSA Divisional Ability	ENL FIS Northwest Cup Evergreen Cup
PNSA Divisional Age-class	J3 Series Buddy Werner / Mitey Mite