

4 - PNSA / USSA COMPETITIONS

PNSA race programs and race series provide skiers of all ages an opportunity to compete. These opportunities are designed to provide all athletes an avenue of advancement towards national and international competitions. For a complete list of races and race dates, refer to the PNSA website.

PNSA YOUTH SKI LEAGUE / BUDDY WERNER / MITEY-MITE RACING

Mission

PNSA Youth Ski League (YSL), Buddy Werner League (BWL) and Mitey-Mite programs provide skiers age twelve (J4) and younger an opportunity to train for, and compete in, local races. In addition, active participation should prepare athletes for advancement to J3 Junior racing.

Philosophy

PNSA YSL programs introduce children 12 and younger to the sport of ski racing. The philosophy includes, but is not limited to:

1. PNSA YSL racing is fun! Coaches, parents and race organizers need to insure that, in every endeavor, fun is paramount.
2. PNSA YSL racing is inclusive. Participation is recognized and rewarded. Race fields are maximized in an effort to include all athletes who have the desire to participate.
3. PNSA YSL racing should teach life skills. Through training and competition, coaches should use opportunities to teach positive values of sportsmanship, cooperation, preparation, physical fitness, nutrition and other applicable social and personal skills.
4. PNSA YSL racing achievement is development based. Performance is rewarded while attention should be paid to long-term skill development.
5. PNSA YSL regular-season racing is age-class competition. Athletes compete against their respective age classes and are rewarded for achievements amongst their respective peer group.
6. PNSA Buddy Werner Championships is an ability class YSL championship event that recognizes individual performance and team achievement. Team achievement is measured by including the vast majority of the racers in the team calculations.

Licensing

A USSA Youth Competitor License is required for participation in sanctioned PNSA YSL / BWL / Mitey-Mite events.

PNSA Buddy Werner Championships

A PNSA club hosts the Buddy Werner Championships (BWC) each year. J4 and J5 competitors qualify through their local YSL / BWL / Mitey-Mite events and through each individual program's selection process.

Primary Goals and Mission

1. The purpose of the Buddy Werner Championships ski race is to provide:
 - a. A divisional team championship event
 - b. A divisional individual championship event for J4s and J5s
 - c. An exciting and fun event to help J4s transition to J3 racing
2. The event focus shall be:
 - a. The execution of high quality and fair races
 - b. The acknowledgement of team and individual participants
 - c. The acknowledgement of team and individual performances

Competition

1. The BWC shall consist of two consecutive days of racing during the month of March. One day will be Slalom and the other Giant Slalom. Whenever possible, an extra day shall be added to the events as a training day.
2. Separate courses shall be provided for boys and girls.
3. Existing USSA / PNSA rules for organizing, officiating and racing shall apply to this event. Separate officials crews will be used for boys and girls courses. This includes two separate TDs.
4. The course regulations will be according to the USSA rules for J4s.
5. Self-addressing poles shall be used.
6. Awards are presented daily for individual performances based on finish order.

Event Enhancement

To make the BWC a special event, organizers may opt to include the following:

Event program	Team photo
Team meal plan	T-shirt and sweatshirt sales
Athlete souvenirs	Opening ceremonies
Banquet	Dance

However, organizers must strive to achieve the primary goals of the Buddy Werner Championships before incorporating additional event components.

Eligibility

1. Any PNSA member, who is a J4 or J5 (9 to 12 years old), is a member of a PNSA club or team, and has participated in local events as a member of that club or team, is eligible to compete in the BWC.
2. Only organizations affiliated with USSA / PNSA by January 1 of the appropriate year will be eligible to enter teams in the BWC.
3. Each team is allowed to enter a maximum 7 boys and 7 girls. There shall be no split entries.
4. There shall be no minimum number of competitors required. Coaches are encouraged to enter as few representatives as they desire.
5. There shall be one category of competition: J4 and younger, ages 12 and younger.
6. The Team Coach must send in team entries for the BWC along with the appropriate entry fees.
7. The host organizer shall set the entry deadline
8. The Head Coach for each club competing is required to be a USSA member with a Coach license and have a PNSA Coaches Card.
9. No racers from out of division, out of region or foreign countries will be allowed to enter the BWC. Only PNSA registered clubs may enter.
10. An official list of PNSA clubs eligible to enter the BWC shall be posted on the PNSA website by January of each year.
11. J4 Athletes competing at the BWC become eligible for selection to the Western Region J4 Festival based on their individual results. (See J4 Festival Selection Procedure.)

Seeding

1. The entry lists of the team shall be submitted by order of ranking for seeding purposes to the race organizer.
2. Seeding for each event shall be conducted by a random draw from within each seeding group.

Scoring

1. Team Scoring
 - a. The top four finishers from each team will score for the team in that event. The sum of their points will be the team's score for that event.

- b. A scoring base of 200 points shall be used. One point differential between places will be used. In the event of a tie. Each tied racer receives total points corresponding to that position. The following racers receive the points for their finish position.
 - c. To calculate combined team scores, the sum of all four events for the teams top four finishers shall determine the team's combined total. If the points are identical for more than one team, that position shall be declared a tie.
 - d. Awards will be presented to the top 5 men's teams, top 5 women's teams and the overall team winner, in addition to the PNSA Buddy Werner traveling team trophy.
2. Individual Scoring
- a. Overall boys and girls awards are determined by using "New" World Cup points of 30 places (100, 80, 60, 50, 45, 40, etc.) per race finish. In the event of a tie, each tied racer received total points corresponding to that position. The following racers receive the points for their finish position.
 - b. Individual scores are totaled and computed and individual awards will be presented at the closing ceremonies of the BWC.
 - c. Awards will be presented to the top 10 male and female finishers in each event and to the top 5 individual combined male and female racers. When calculating the individual combined award winners, no ties will be broken. One "move-up" award shall be presented to one boy and one girl for each event.

The Organizer

1. The location of the BWC shall rotate annually by zone.
2. The sponsoring host team shall be responsible for the proper organization, course preparation, appointment of officials, calculations and other requirements of the event.
3. The sponsoring host team shall schedule the date for the event and set the entry fees, to be included on the PNSA race calendar.

The Committee

1. The YSL Working Group shall hold two meetings during the year. One at the Championships weekend with the participation of one representative of each organization entered in the event, and one at the PNSA Annual Convention.
2. Recommendations for furthering and improving the program shall be discussed and developed at these meetings.
3. Bid forms shall be available at the BWC meeting for the next Buddy Werner Championships. The BWC venue shall be voted on and awarded at the PNSA Annual Convention.

For further information regarding YSL / BWL/ Mitey-Mite racing in the Pacific Northwest or the Buddy Werner Championships, please contact the PNSA Office.

PNSA J3 SERIES

The PNSA J3 Series is an entry-level series for racers advancing from age-class racing to ability class racing. The J3 Series is intended to provide a level of racing appropriate to the age of the competitor, as well as a building block for USSA level racing. The J3 series also serves as the qualifying races for the PNSA J3 Junior Olympic Team.

The PNSA J3 Series is limited to racers in the J3 age class (ages 13 & 14), except for the J3 Finals, where older athletes may participate. The objective of the PNSA J3 series is to allow all J3 racers within the division to come together with minimal travel and cost while allowing sufficient training time at home to build strong technical skills.

The J3 Series was developed to promote FUN and the feeling of unity and identity at the J3 level of ski competition. PNSA intends to achieve that by providing our young racers with the opportunity to compete, testing their skills head to head with other divisional athletes their own age.

The J3 Series consists of four weekends of racing. All races will be run using J3 course specifications. Three of the weekends are Junior Olympic Qualifiers, which include Slalom, Giant Slalom and Super Giant Slalom events. Near the end of the season, the J3 Finals complete the series with Slalom, GS and Super G competitions.

Awards are presented daily for individual performances at all of the J3 Series events, including the J3 Finals. The overall men and women's individual J3 series awards and the perpetual J3 Team Series Award are presented at the closing ceremonies of the J3 Finals.

Individual series awards will be calculated using World Cup points awarded to the top 30 places (see appendix). Each run from the J3 Junior Olympic Qualifiers will be awarded World Cup points for the individual series awards. Each race at the J3 Finals will be awarded World Cup points. The individual boy and girl athlete with the highest total World Cup points will be the J3 Series Overall winner.

Team series awards will be calculated using the same World Cup points that are assigned to the individual awards. However, team points will be determined by summing only the points of the best four men and the best four women from each team for a run or race that is scored. The team scoring the highest total points will win the Overall Team Trophy.

Seeding

Seeding at each race of the J3 Qualifiers will be by the TRS System. The TRS system for the J3 series will be on a continuous basis to ensure full completion on the TRS method. Seeding at the J3 Finals will be by USSA points. USSA points will be scored at all J3 races.

With the TRS Seeding System all racers receive a 2nd run in SL or GS, whether they finished the 1st run or not. When more than four runs will be contested at a single event, the process starts all over again. A natural break in disciplines should be used to re-start the TRS Seeding.

For an example of the TRS Seeding System see the "Seeding Systems" section later in this manual.

EVERGREEN CUP RACES

The Evergreen Cup is the development level of racing for the PNSA division. The Evergreen Cup is open to all Junior-age competitors, J3 through A. PNSA racers begin at the Evergreen Cup level and then move up to the Northwest Cup Series as their skills develop and their ability improves.

Every geographic region throughout the PNSA tries to host several Evergreen Cup races to help keep travel, time and expense to a minimum. To be eligible to compete in the Evergreen Cup races, the racer must be a member of USSA and have a USSA Competitor or a USSA Non-Scored Student membership.

Awards

The organizing club will provide PNSA Evergreen Cup awards. The organizing club is responsible for the following awards and is encouraged to award further places as appropriate.

Overall 1st -		Men / Women
J1	1st - 3rd	Men / Women
J2	1st - 3rd	Men / Women
J3	1st - 3rd	Men / Women

NORTHWEST CUP SERIES

Every season, PNSA stages a World Cup type competition for the top racers in the Northwest. This race series, known as the Northwest Cup, is the elite race circuit of the division. Races counting for the Northwest Cup overall award are indicated on the calendar of competitions. In addition to being elite divisional races, they are also used as qualifiers for the Western Region Junior Championships and other major regional, national, and international events.

Eligibility

All Northwest Cup events are open to J3 and older competitors. However, J3s are not allowed to enter NW Cup ENL FIS races nor NW Cup races where the vertical drop exceeds the maximum allowed for the J3 age class.

J3 eligibility to participate in the Northwest Cup Finals will be based on field size as determined by the race organizer and the PNSA ACC. Fifty percent (50%) of the J3 Junior Olympic team (rounded up) will be considered automatics.

The PNSA ACC will monitor all Northwest Cup race results.

Scoring

Individual Titles

The Northwest Cup awards overall titles and discipline titles to individuals from the season-long series, which includes the January, and February Technical races, the Sun Cup and the Northwest Cup Finals. World Cup points (see appendix) are awarded to the top 30 finishers at each NW Cup race. All results (per discipline) count toward the season end individual and overall titles. In the case of a tie, the athlete with the lowest USSA points in the contested event will be declared the winner.

Team Title

The overall team title is awarded to the team that accumulates the most individual World Cup points during the season-long series as described above. However, only the results from a team's top 4 male athletes and top 4 female athletes per race will be counted in the scoring.

WESTERN REGION RACE SERIES

The Western Region of the USSA comprises the 5 divisions in the West; Alaska, Northern (Montana, North and South Dakota), Intermountain (Utah, Wyoming and southern Idaho), Far West (California and Nevada), and the PNSA (Washington, Oregon, and northern Idaho). The Western Region offers the first level of FIS competition to PNSA's top racers.

From these regional races competitors can qualify for national / international events such as the National FIS Series, Super Series (Nor-Ams), and U.S. Nationals. The Western Region also conducts Junior Olympic and Junior Championship events for top competitors within their age-class.

For more information on selections and quotas, see PNSA Selection Procedures later in this manual and PNSA Quotas in the Appendix.

Western J3 Junior Olympics

The J3 Olympics is a championship event for racers ages 13 & 14 from the 5 divisions of the Western Region. Each of the three Regions of the USSA will conduct their own J3 Olympics. The event rotates each year among the divisions, and consists of Super G, Giant Slalom and Slalom races. Only J3 age competitors are eligible to participate.

Western Region Junior Championships

The Western Region Junior Championships is a championship FIS event for racers age 15 thru 19 from the 5 divisions of the Western Region. The event consists of Super G, Giant Slalom and Slalom races.

Western Region FIS Racing

The Western Region Elite FIS Series consists of three major events throughout the season. In early January a tech block consisting of two slaloms and two giant slaloms is scheduled in Utah. The second event is another tech block in Wyoming in February. The final event is the Spring Series consisting of two SG/GS/SL in early April. This is the highest level of regional racing, and is the platform from which racers move on to national and international competition. From this series racers may qualify for Super Series (NorAm) races, the U.S. Nationals, and international competition.

The second tier FIS series is the Western Region FIS Series. A speed series is held in January and will consist of two Downhills and two Super Gs for men and women. A tech series will be held in April for men and women, consisting of 2 Slaloms and 2 Giant Slaloms.

The third tier FIS series is the Divisional FIS, a new series for 2009-10. Each division can host up to 8 FIS race starts per gender, with limited participation from other divisions. See the Western Region Policies and Procedures manual for full details and quotas.

MAJOR USSA COMPETITIONS

U.S. Alpine Championships

Once each year the top racers in the United States come together for about eight days to compete for national titles in alpine ski racing. Racers from the U.S. Olympic Team, the U.S. Ski Team, top collegiate racers and the best regional racers are all in attendance. For many young racers this is the opportunity to prove themselves against the country's best.

Super Series (Nor-Ams)

The Super Series is the premier race circuit in North America, paralleling the Europa Cup Series in Europe. These races are the final step to the World Cup, skiing's top level of international racing. Top racers from the United States and Canada, as well as foreign racers, compete each year for the Super Series title. The events are held both in the United States and Canada, and include races throughout the winter season.

PNSA COLLEGE RACING UNITED STATES COLLEGIATE SNOWSPORTS ASSOCIATION

The United States Collegiate Ski and Snowboard Association (USCSA) operates from coast to coast through five (5) regions (East, Midwest, Southeast, West, and California) further divided into 11 conferences (Southern California, Northern California, Northwest, Rocky Mountain, Grand Teton, Midwest, Mideast, East, Southeast, Allegheny, and New Jersey).

Northwest Collegiate Ski Conference

The conference consists of the following institutions:

College of Idaho	University of Idaho
Central Oregon Community College	University of Oregon
Eastern Oregon University	University of Puget Sound
Gonzaga University	University of Washington
Oregon State University	Washington State University
Pacific Lutheran University	Western Washington University
Seattle University	Whitworth College
University of British Columbia	

Any other institution located in the states of Alaska, Washington, Oregon, or Idaho and British Columbia, Canada, may join the NWCSC by contacting Ron Bonneau for the proper steps to USCSA and NWCSC membership: c/o College of Idaho, 2112 Cleveland Blvd., Caldwell, ID 83605, email: rbonneau@collegeofidaho.edu.

PNSA Quota and Entry to NWCSC Events

The NWCSC invites qualified non-collegiate PNSA athletes to compete in each of the conference qualifying races. Interested PNSA men and women must complete a NWCSC Intent to Compete Form and send it to the PNSA Office. Any questions please call: 208.459.5863 or email: rbonneau@collegeofidaho.edu.

The PNSA Athletic Development sub-committee will review the applicants and invite a maximum of 5 men and 5 women (J1, J2 and J3 age classes) to each of the qualifying races. PNSA athletes will be entered as a team - one racer in each of the five seeds.

All eligible PNSA athletes, who wish to be considered in the selection for the PNSA quota to the NWCSC qualifying events, must declare their intent at least 21 days prior to the event. Athletes who declare their intent, are duly entered, and then do not start may be denied participation in further NWCSC qualifiers for the remainder of the current season and the following year.

The NWCSC will also invite the race organizing host/junior race program to enter athletes: 5 men and 5 women (J1, J2 and J3 age classes)). They will also be entered as a team, one racer per seed. If the hosting club does not fill their allocation, the college teams will be able to enter their team alternates.

Entry Fees

PNSA racers will be charged \$25.00 per day to compete. Competitors must be represented and fees MUST be paid in full at the Friday night team captain's meeting prior to racing.

Competition

All competitions sanctioned by the NWCSC are to be conducted under USCSA, USSA and FIS rules. All of the NWCSC races are USSA sanctioned and score towards USSA points. The USCSA rulebook is the governing body for collegiate ski racing in the northwest; collegiate skiers must follow these additional rules and regulations.

Race Calendar:

For Race Calendar and Race information please see the PNSA website

Scheduling

The NWCSC will mail out race bid information to perspective ski areas/clubs in the northwest that has an interest in hosting such an event. The bid must be returned to the NWCSC office at College of Idaho (address above) by April 15 of each year. The conference coordinator will meet with interested parties at the PNSA Convention to solidify the dates and arrangements.

Proposed schedules should be drawn up prior to the annual PNSA Convention. Confirmation of competition dates and their details shall be made at the NWCSC annual fall meeting (the first Saturday of October) or by email.