

2 - PNSA / US Ski and Snowboard CROSS-COUNTRY PROGRAM

Competitors

Most races in PNSA 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 PNSA race calendar (<http://www.pnsa.org/calendar/x-country>), from the host club, or perhaps from your own ski club.

A US Ski and Snowboard membership is required to enter any US Ski and Snowboard race. See the next chapter of this manual for information about memberships. During the 2017-18 season there are three US Ski and Snowboard meets in the PNSA division:

the Sunnyside Challenge at Mount Bachelor, OR, December 16-17, 2017;

the Mount Spokane Nordic Cup at Mount Spokane, WA, , January 13-14, 2018; and

the Race of the Methow in Winthrop, WA, February 10-11, 2018.

Other than the three meets listed above, you do not need to be a member of PNSA or US Ski and Snowboard to enter most cross country races in the PNSA division. These races are the responsibility of the host club, which determines entry requirements and fees.

Even if you do not need a PNSA and US Ski and 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 PNSA (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 US Ski and Snowboard / PNSA. US Ski and Snowboard / PNSA racers are the only racers recognized by the United States Ski Team, the International Ski Federation and the US Olympic Committee.

Competitor Classification

In US Ski and Snowboard races junior competitors are grouped by their age on December 31 of the current season. Non-US Ski and Snowboard races are free to use any categories that they prefer, but they often use the US Ski and Snowboard brackets as well. US Ski and Snowboard uses the "U-" system with 2-year brackets. For example, U16 in the 2017-18 season means that the racer was born in 2003 or 2002 and is 14 or 15 years old on December 31, 2017.

The following table summarizes the brackets for each birth year for the next four seasons:

Category	Age (as of 12/31)				
		2017-18	2018-19	2019-20	20120-21
Seniors	20 and older	1997	1998	1999	2000
U20	19	1998	1999	2000	2001
	18	1999	2000	2001	2002
U18	17	2000	2001	2002	2003
	16	2001	2002	2003	2004
U16	15	2002	2003	2004	2005
	14	2003	2004	2005	2006
U14	13	2004	2005	2006	2007
	12	2005	2006	2007	2008
U12	11	2006	2007	2008	2009
	10	2007	2008	2009	2010
U10	9	2008	2009	2010	2011
	8	2009	2010	2011	2012
U8	7 and younger	2010	2011	2012	2013

Coaches, Officials, and Volunteers

In addition to racing memberships, US Ski and Snowboard offers special memberships and resources for cross-country coaches, race officials, and volunteers. US Ski and Snowboard offers training and certification for coaches and officials, as well as insurance and other benefits for all three categories. For details see the US Ski and Snowboard cross-country page at <http://nordic.uskiteam.com/cross-country-programs> as well as the membership page at <https://usskiandsnowboard.org/membership>.

If you enjoy cross-country skiing and racing, please consider getting involved as a coach, an official, or a volunteer at a PNSA race. Coaches will benefit from getting a US Ski and Snowboard Level 100 Coach Certification. Race organizers will benefit from you becoming a Level 1 Technical Delegate. (The Technical Delegate is US Ski and Snowboard's representative to a US Ski and 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.