

## 2 - PNSA / U.S. SKI & 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 U.S. Ski & Snowboard membership is required to enter any U.S. Ski & Snowboard race. See the next chapter of this manual for information about memberships. During the 2018-19 season there are three U.S. Ski & Snowboard meets in the PNSA division:

the Sunnyside Challenge at Mount Bachelor, OR, December 15-16, 2018;

the Race of the Methow in Winthrop, WA, February 2-3, 2019;

the Mount Spokane Nordic Cup at Mount Spokane, WA, February 17-18, 2019.

Other than the three meets listed above, you do not need to be a member of PNSA or U.S. Ski & 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 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 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 U.S. Ski & Snowboard / PNSA. U.S. Ski & 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 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 2018-19 season means that the racer was born in 2004 or 2003 and is 14 or 15 years old on December 31, 2018.

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

Category	Age (as of 12/31)				
		2018-19	2019-20	2020-21	2021-22
Seniors	20 and older	1998	1999	2000	2001
U20	19	1999	2000	2001	2002
	18	2000	2001	2002	2003
U18	17	2001	2002	2003	2004
	16	2002	2003	2004	2005
U16	15	2003	2004	2005	2006
	14	2004	2005	2006	2007
U14	13	2005	2006	2007	2008
	12	2006	2007	2008	2009
U12	11	2007	2008	2009	2010
	10	2008	2009	2010	2011
U10	9	2009	2010	2011	2012
	8	2010	2011	2012	2013
U8	7 and younger	2011	2012	2013	2014

## **Coaches, Officials, and Volunteers**

In addition to racing memberships, U.S. Ski & Snowboard offers special memberships and resources for 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 cross-country page at <https://usskiandsnowboard.org/sport-programs/rules-equipment/cross-country-membership-rules> 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 U.S. Ski & Snowboard Level 100 Coach Certification. Race organizers will benefit from you 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.