

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 PNSA 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 race courses 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 (5 min?) 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 PNSA will consist of two regions:
 1. Northern, consisting of all of PNSA 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 2017-2018 the lists are:
 1. Northern: Kongsberger, Spokane, Methow, Leavenworth
 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. The maximum entry fee per day at a Qualifier Race, including trail pass but not including late entry fee, will be \$35.

B: ATHLETE SELECTION

1. Prior to the competition season the Nordic Competition Committee (NCC) will designate eight races, normally on four different weekends and normally including one two-day meet outside PNSA, to be Junior Nationals Qualifier (JNQ) Races. In addition the NCC will decide the size of the Junior Nationals Team for the coming season. For 2019 the team size will be 36 plus any out-of-division skiers.
2. PNSA skiers will be ranked according to the following procedures:
 - a. After each JNQ race JNQ Points will be assigned to PNSA skiers according to finish order among only PNSA skiers 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 to the final results rather than just to the qualification round. Except for U14 skiers who have filed a Junior Nationals letter of intent, skiers who are not skiing in their proper age group will not be given JNQ points in that race.
 - b. JNQ Scores: At the end of the JNQ series, a JNQ Score will be calculated for each PNSA skier equal to the total of the place points earned by that skier in his/her best five JNQ finishes of the season.
 - c. JNQ Ranking List: The JNQ Ranking List will consist of all PNSA skiers ranked by JNQ Score in one list without regard to age or gender.
3. Each racer who hopes to be named to the PNSA Junior Nationals Team will submit a letter of intent to the NCC Chair, using a format provided by the NCC Chair, by December 31 of the season. No racer will be denied a spot on the team as a result of not meeting this deadline, but may be subject to late fee of \$25.
4. 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 PNSA skier who has qualified for the JN Team by US Ski and Snowboard standards (US Ski and Snowboard Rule 70) will be named to the team.
 - b. The highest ranked U16 girls, U16 boys, U18 girls, and U18 boys will be added to the team until six skiers from each of those four groups have been named to the team.
 - c. The highest ranked skiers on the JNQ Ranking List who have not already been named to the team will be named until the total number of skiers named to the team equals the team size previously determined by the NCC.
 - d. If two or more skiers are tied for the final position(s) on the team, 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.
 - e. Any PNSA member who is at school outside the division, and who has declared a desire to be named to the PNSA Junior Nationals team, and who has finished in the top half of the field in at least one individual race at a prior Junior National Championships race will be named to the team. The skier must provide evidence of meeting these standards by the time of the Selection Committee meeting at the conclusion of the last PNSA JNQ.
 - f. 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.
 - g. 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.
5. Each skier who accepts a position on the JN Team must meet the US Ski and Snowboard's eligibility requirements, be a member of PNSA with 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 PNSA, having a PNSA uniform, signing required forms, and arranging transportation to and from the Junior Nationals.
6. 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 PNSA Executive Director within three business days of the selection meeting.
 - b. The appeal will be reviewed by an Appeals Committee consisting of the PNSA Executive Director, the PNSA President or his 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 PNSA skiers, and not just skiers from that coach's club,

- c. Work together with the other PNSA 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 at 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.