



Mt. Spokane Nordic Cup - JNQ/NRL Races - 2024

Race Registration CLOSSES Wednesday Night February 14th

No Day-of-Race Registrations

Race Organization	Race Jury
Spokane Nordic Ski Association: Matt Halloran, President Colin Quinn-Hurst, Chief of Competition Ryan Wade, Chief of Timing Matt Halloran, Chief of Course Chris Lambiotte, Chief of Stadium Shawna Wade, Chief of Volunteers Aaron Scott, Chief of Medical	Alan Watson, Technical Delegate (TD) Mike Burns, Assistant Technical Delegate (TDA) Colin Quinn-Hurst, Chief of Comp

Weather

National Weather Service:

<https://forecast.weather.gov/MapClick.php?site=otx&smap=1&textField1=47.912083333333&textField2=-117.11375#.YVeiamZKg1>

Fitness Fanatics/Race Site Weather Station

<https://www.wunderground.com/dashboard/pws/KWAMEAD8>

Medical

Full medical race plan attached at end of packet [here](#).

Mt. Spokane Ski Patrol Building Number	509.238.4463
Aaron Scott, MD - Medical Director JNQ#4 – Spokane	509 473 3184
Mike Burns, TDA, Alpine & Nordic Ski Patrol	509.499.1747
Carl Heine MD, MSSP Medical Advisor	360 305 6629
Kristin Whitaker, MSSP Director	509.951 7192
Lance Stengle, Mountain operations manager	509 238 2220

Area Hospitals:

Spokane Valley Hospital
12606 East Mission Ave, Spokane WA
509-473-5000

Sacred Heart Hospital
105 West 8th AVE. Spokane, WA
509-474-3131

Holy Family Hospital
5633 North Lidgerwood Spokane, WA
509-482-0111

Urgent Care:
Rockwood Clinic
9001 North Country Homes Blvd. Spokane, WA
509-755-5340

Firstcare Urgent Care Clinic
2713 North Argonne Rd. Spokane, WA
509-922-9254

Waxing Restrictions

Per PNSA rules all skiers agree to use a non-fluorinated glide wax which will be announced by the race organizer.

The glide wax for the 2024 Mt. Spokane Nordic Cup (U16 and older NRL races) will be:

Saturday - HS7

Sunday - HS8

All other categories are also required to use non-fluorinated products and we expect all racers to stick to basic level products such as the Swix HS or PS (formerly CH) line or equivalent. No fluorinated products are allowed in grip wax products (hard wax, klister, covers, etc.). For more information on the fluorocarbon ban – including a list of non-fluorinated kick waxes and klisters – visit the [US Skiing page](#) on the subject.

If it is discovered that fluorinated products have been applied to an athlete's skis (whether known or unknown to the athlete), the athlete will be subject to disciplinary action from US Ski and Snowboard.

Course Inspection

Courses will be marked Friday morning February 16 and will be open for official inspection from:
1-4pm

Schedule

Friday, February 16, 2024

1:00-4:00 pm: Course open for preview

6:00-7:00 pm: Coaches Meeting

COACHES MEETING - IN-PERSON OPTION:

[Riverview Corporate Center \(Click to Open Google Maps Link\)](#)

[16201 E. Indiana Ave.](#)

[Spokane Valley, WA 99216](#)

>>Large **First Floor** Conference Room - through main entrance to left of staircase

COACHES MEETING - VIRTUAL OPTION: via google meet - Link Below

meet.google.com/gno-igwk-tfy

Saturday, February 17, 2024 - Skate Sprint

7:30-8:50 am: Course Inspection + Ski Testing/Warmup

9:00 am: Timed Sprint Qualifier: U16+ FEMALES > 30-second intervals

9:30 am: Timed Sprint Qualifier: U16+ MALES > 30-second intervals

10:10 am - 12:35 pm: Heats: U16+ MALES, U16+ FEMALES

> > All participants will race 3 rounds with King's Court heat formats.

1:00 pm: Timed Sprint Qualifier: U14 & Younger MALE & FEMALE **Combined**

1:30 pm - 3:00 pm (Approximate): Heats: U14 & Younger MALE & FEMALE **Combined**

Combined U14 and younger heats will also follow a King's Court format, with all racers getting to participate in multiple heats.

*A detailed race timetable for the heats is on the race page here:

<https://www.spokanenordic.org/jnq-schedule>

Sunday, February 18, 2024 - Classic Distance

7:30-8:50 am: Course Inspection + Ski Testing/Warm-up

9:00 am: Race Start Time (no testing on course after race start)

9:00 am: U18+ & Open 10K Males -10 K Classic Interval Start (2 laps)

9:10 am: U18+ & Open 10K Females -10 K Classic Interval Start (2 laps)

9:30 am: U16 & Open 5K Males - 5 K Classic Interval Start (1 lap)

10:00 am: U16 & Open 5K Females - 5 K Classic Interval Start (1 lap)

10:10 am: U14 and under 3K Males - 3 K Classic Interval Start (1 lap)

10:40 am: U14 and under 3K Females - 3 K Classic Interval Start (1 lap)

Following completion of Female 3k: Lollipop - 500 Meter

>>Non-timed race for kids 6 and Under

~ 12:45pm / Following Final Race:

Awards Ceremony + Junior Nationals PNSA Team Selection Announcement

Sno-Park Permits/Parking

The Washington State Sno-Park Permit is required to park at the ski trails. The pass is \$25 per day and can be pre-purchased directly from State Parks [HERE](#).
<https://epermits.parks.wa.gov/Store/SNO/SnoChoice.aspx> (You can also purchase the season-long pass "Seasonal Non-Motorized Permit/ Special Groomed Sticker Combo for \$120) You can also purchase this pass on-site at the Fitness Fanatics Trailer.

Registration

Registration Link:

<https://www.skireg.com/mt-spokane-nordic-cup>

This is a USSS-sanctioned race.

THERE IS NO SAME-DAY REGISTRATION FOR THIS RACE.

Registration Closes at 11:59 PM on Wednesday, February 14th.

Please note, there is a US Ski and Snowboard National Ranking List event for USSS members and an OPEN / NON-NRL community event open to any racer age 17 and under.

The link to both the USSS event registration and the community event registration is above.

SkiReg.com Tips:

- Please login to SkiReg.com with the Racer's own account or as a Guest to ensure that US Ski and Snowboard Member information links correctly.
- If you are registering for the Community / OPEN / Non-NRL races, be sure to log in to SkiReg.com with the Racer's own account, a Guest Account, or an account without an associated USSS #.a

Registration is entirely online. Fees increase at 11:59pm on Sunday February 11th, 2024

Up to 11:59 pm on Sunday February 11th, 2024, fees:

\$40 per day for USSS NRL Races - U16 and older USSS license holder

Monday February 12th - Wednesday February 14, fees increased to:

\$50 per day for USSS NRL Races - U16 and older USSS license holder

\$25 per day for Community Races - any skier - non-license holder

Food and Facilities

Food will be available at the event: two types of soup with a vegan option, and rolls.

Free soup and rolls for racers and \$5 suggested donation for all others.

Bathroom facilities are available in the Selkirk Lodge and in portable toilets located at the start area and Junction 1.

Start Lists

The final start lists will be posted Friday after the coaches meeting online at:

<https://live.athletictiming.net/meets/30396>

*The posted start list will represent any changes made at the coaches meeting to the seeding, group order, etc. Any start list posted or circulated prior to that will be considered Drafts.

Results

Results will be posted unofficially and officially at:

<https://live.athletictiming.net/meets/30396>

Unofficial results will be updated throughout the day.

Awards

Awards to the top 3 finishers in each age group will be given at the conclusion at the end of the race weekend on SUNDAY. Raffle prizes for each age group will be given at that time.

Course Maps

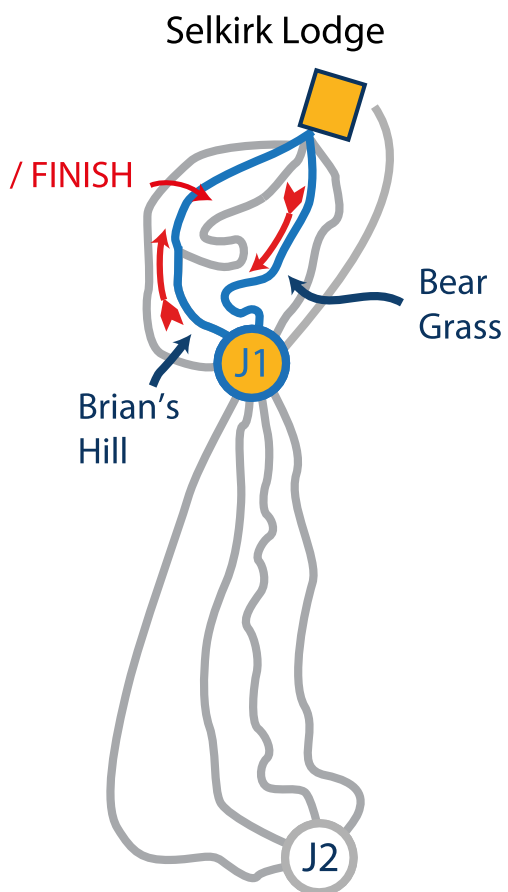
[See Following Pages Attached](#)

Course Maps

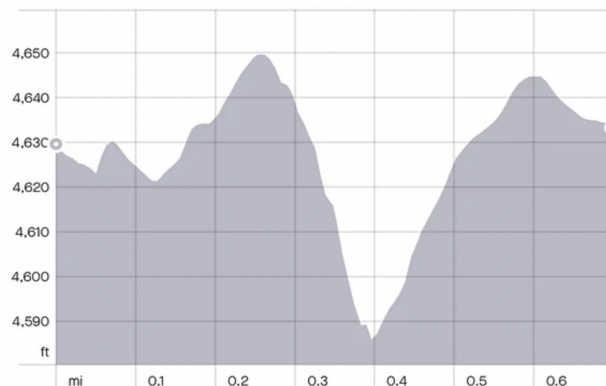
Mt. Spokane Nordic Cup 2024
Saturday Skate Sprint Course



1.26K Skate Sprint Course - Saturday 2/17



Elevation



Elevation Gain 83 ft

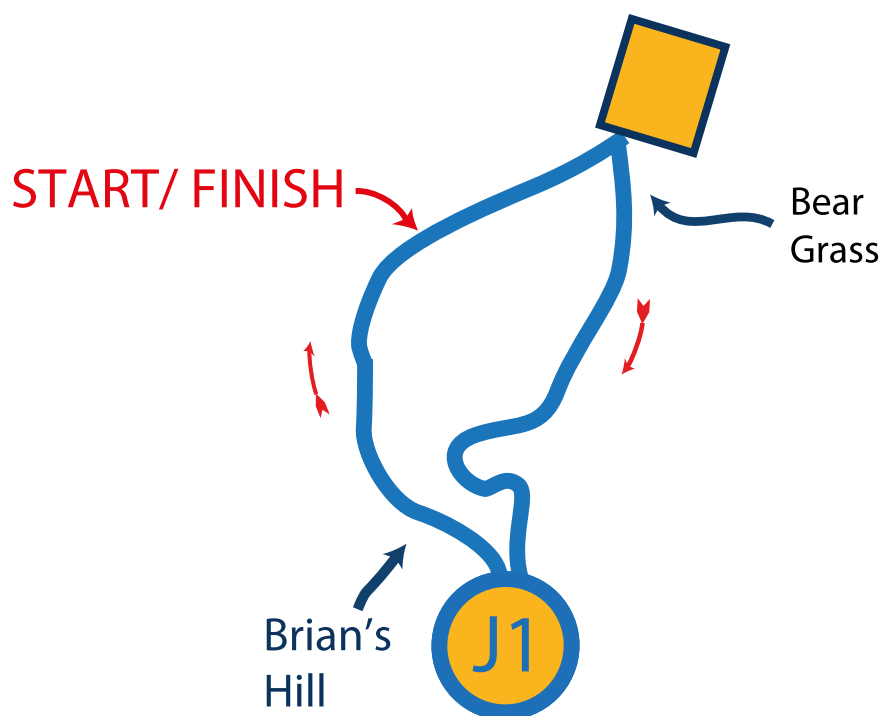
Max Elevation 4,650 ft

Trail Order

- Start: Learning Area
- Bear Grass
 - Junction 1
 - Brian's Hill
- Finish: Learning Area

Saturday 1.26K Skate Sprint Course

Selkirk Lodge



Trail Order

Start: Learning Area

- Bear Grass

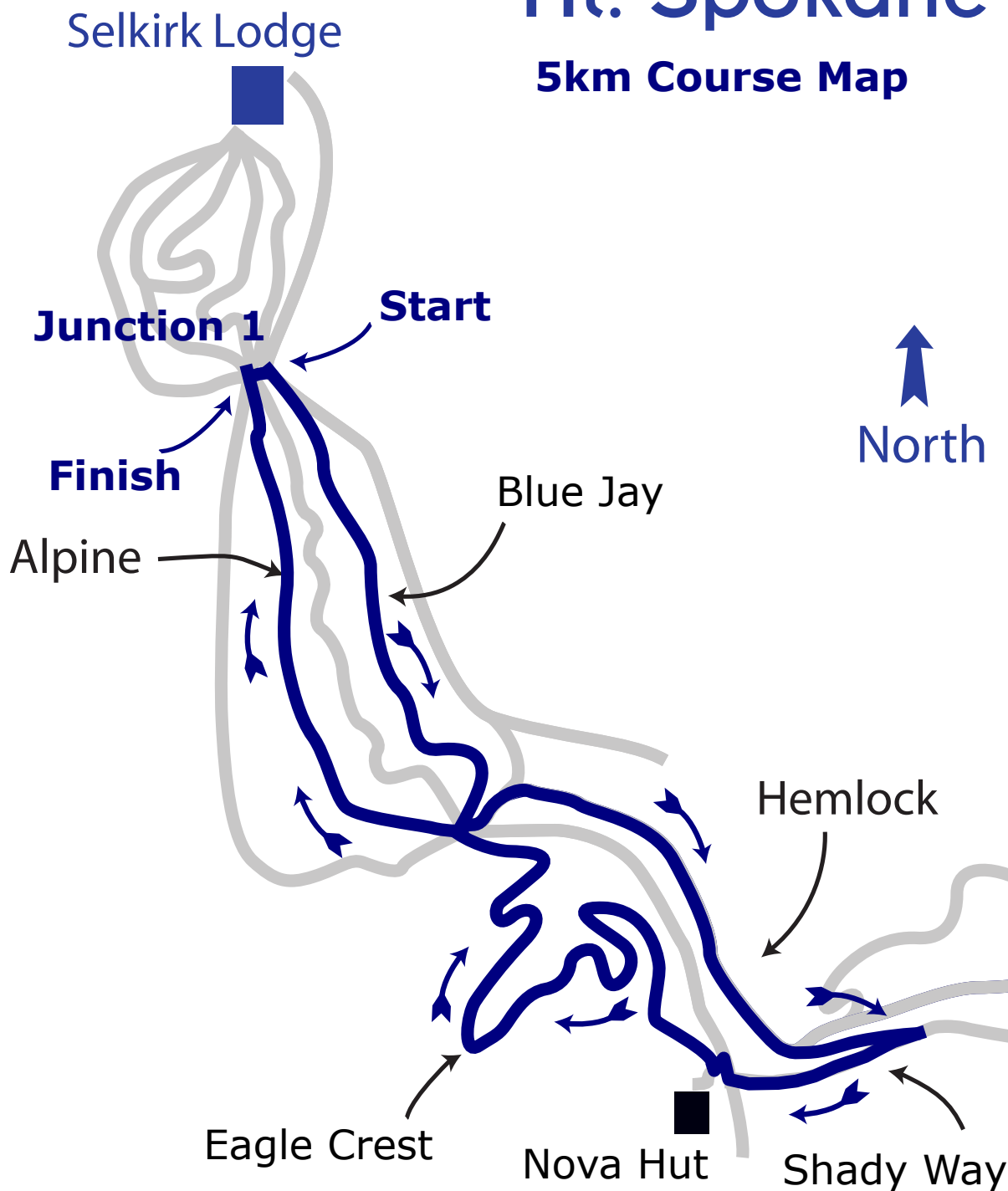
- Junction 1

- Brian's Hill

Finish: Learning Area

Mt. Spokane Nordic Cup / JNQ

5km Course Map



Trail Order

Start: Junction 1

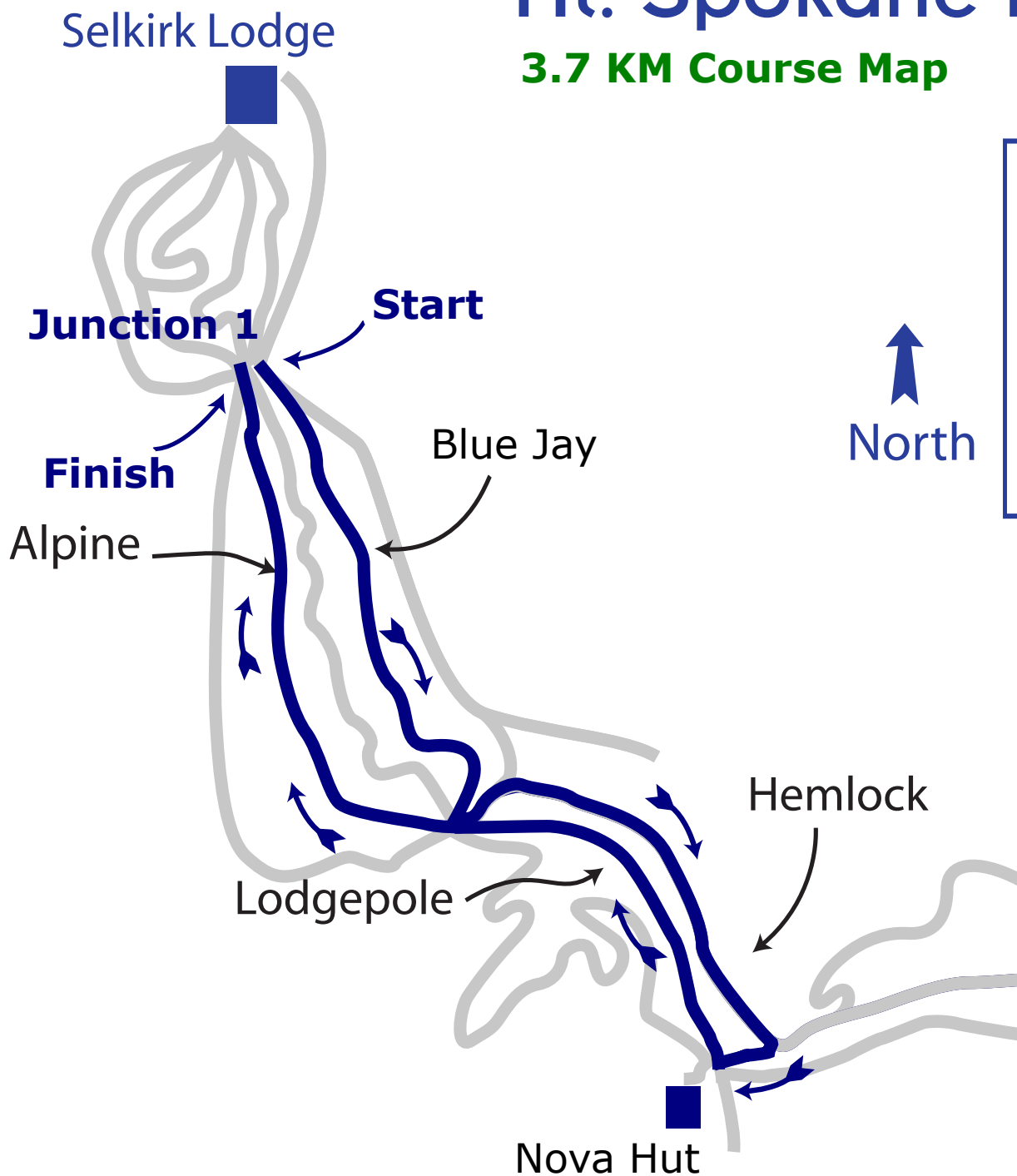
- Blue Jay
- Hemlock
- Shady Way Cutoff
- Shady Way
- Eagle Crest
- Alpine

Finish/Lap: Alpine to Blue Jay at Junction 1



Mt. Spokane Nordic Cup / JNQ

3.7 KM Course Map



Trail Order

Start: Junction 1

- Blue Jay
- Hemlock
- Lodge Pole
- Alpine

Finish: Junction 1



Ascent	52 m
Descent	55 m
Max Elevation	1,449 m
Min Elevation	1,393 m



MT. SPOKANE SKI PATROL

SERVING THE SKIING PUBLIC ON MOUNT SPOKANE SINCE 1938



MEDICAL PLAN FOR RACES

2023 - 2024

Patrollers will be stationed on the course during the duration of the race. **Ski Patrol Snow Mobile Stationed along course with toboggan and first aid equipment at the ready during race.**

Radios to contact ski patrol will be located in the Start/finish area and with volunteers for the duration of the race.

Instant snow mobile response will be available for serious trauma. Ambulance and/or helicopter can be called to transport injured skier to the hospital.

A patroller with a toboggan, trauma pack, and oxygen will be at Start/finish area of the course at all times. In addition, we will follow all standard operating procedures for patrol work.

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