

— 2019 —

# MASTERS

COMPETITION GUIDE



US  
SKI &  
SNOWBOARD



# Insurance isn't one size fits all.

At Liberty Mutual, we customize our policies to you, so you only pay for what you need. Home, auto and more, we'll design the right policy, so you're not left out in the cold.

**For more information,  
visit [libertymutual.com](https://libertymutual.com).**



**Liberty  
Mutual**  
INSURANCE



PROUD PARTNER



# 2019 ALPINE MASTERS COMPETITION GUIDE

## On The Cover

Nancy Auseklis (IM - class 13)

© Marshall Tate | Crystal Images bigskyphotos.com

## Editor

Bill Skinner and Lauren Beckos

## Contributors

Lisa Ballard  
Jack Ballard  
Robert Cravens  
Ryan Fuller

Deb Lewis  
Horst Locher  
Bill McCollom  
Nadine Price  
Meri Stratton

Carl Swanson  
James Thoman  
Carol Tomassetti  
Ray Tulloch

## Managing Editor and Layout

Jeff Weinman

## Cover Design

Jonathan McFarland | U.S. Ski & Snowboard Creative Services

## Published by

U.S. Ski and Snowboard  
PO Box 100 | 1 Victory Lane  
Park City, UT 84060  
usskiandsnowboard.org

Copyright 2018 by the U.S. Ski & Snowboard. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher. Printed in the USA. Additional copies of this guide are available for \$10.00 from Membership, 435.647.2666.

# TABLE OF CONTENTS

---

<b>Key Contact Directory</b>	<b>4</b>
<b>1 U.S. Ski &amp; Snowboard and the Masters Program</b>	<b>7</b>
An Introduction to the Masters	8
What You Will Need to Compete	8
U.S. Ski & Snowboard and the Masters Program	9
Alpine Ski Racing Events	9
Where to Find More Information	10
Alpine Memberships	10
Code of Conduct	11
Athlete Safety	13
Insurance Coverage	14
Masters Contacts	15
<b>2 Alpine Masters Champions</b>	<b>19</b>
Alpine Masters National Championship Medalists	20
Division's Cup	23
Al Sise/Ski Racing Recognition Awards	24
Spyder U.S. Alpine Masters National Team	25
<b>3 Alpine Masters General Competition Rules</b>	<b>27</b>
Rules and Entry Procedures	28
U.S. Ski & Snowboard and FIS Rules	
Regional and Divisional Rules and Procedures	
Important Message about Communications	
Rules to Remember	
Masters Age Classes [M1282.1]	
Entry Procedure: Masters Events (non-FIS)	29
General Racer Eligibility	
Foreign Competitors in non-FIS Competitions	
Unqualified Racers	
Entry Materials	
Entry Fees	
Refunds/Cancellations	
Entry Limits, Conditions and Invitational Events	
Geographic Affiliation	
General Rules	31
M1281 General Regulations	
M1282 Organization of Competition	
M1283 Start Order	
Officials, Jury Members and Course Setters	
Course Inspection	
Official Training: DH and SG	
Racing numbers, bibs	
Official Start Procedure	
Late Start	

Completion of Gate (Correct Passage)	
Single Pole Slalom and Giant Slalom	
Missed Gate or Stopping in GS, SG and DH	
Interference	
Yellow Flag	
Crossing Finish Line	
Binding Release	
Protests	
Sanctions and Penalties	
Helmets	
Ski-Brakes	
Competitor Protective Measures	
Gate Panels	
Event Regulations	36
Special Rules	40
Additional Regulations	40
Course Setting Specifications for Masters	42
<b>4 Event Rules for U.S. and Regional Championships and International Competitions</b>	<b>45</b>
U.S. Masters National and Regional Championships, and Speed Series	46
International (FIS) Masters	48
<b>5 Major Events</b>	<b>51</b>
Phillips 66 Alpine Masters National Championships	52
East / West Championships	53
Phillips 66 FIS Masters Cup / Western Championships	54
Phillips 66 Eastern Championships	55
FIS Masters Cup Series	56
Phillips 66 - Masters National Speed Series	57
Canadian Masters' National Championships	57
Summer Fun Nationals	58
<b>6 Divisional Programs</b>	<b>61</b>
Alaska	62
Central	63
Eastern	64
New England	64
Mid-Atlantic	64
New York State	66
Southern	67
Far West	67
Intermountain	69
Northern	70
Pacific Northwest	71
Rocky Mountain	73
<b>Concussion Checklist</b>	<b>76</b>

# KEY CONTACT DIRECTORY

---

Unless otherwise noted, all email addresses are a combination of first name dot last name followed by @usskiandsnowboard.org - e.g. first.last@usskiandsnowboard.org.

## Member Service (fax 435.647.2052)

Member Service Hotline	435.647.2666	membership@
Website	usskiandsnowboard.org	
National Office (fax 435.649.3613)		
U.S. Ski & Snowboard	435.649.9090	info@
PO Box 100   1 Victory Lane		
Park City UT 84060		

## Executive Management

Tiger Shaw   President/CEO	435.647.2001	tiger.shaw@
Brooke McAfee   Chief Financial Officer	435.647.2002	brooke.mcafee@
Patty Frechette   Executive Asst. to the CEO	435.647.2006	patty.frechette@
Suzette Cantin   Exec. Projects Manager	435.647.2074	suzette.cantin@
Charlotte Miller   Chief Human Res. Officer	435.647.2003	charlotte.miller@

## Alpine

Jesse Hunt   Alpine Program Director	435.647.2020	jesse.hunt@
Chip Knight   Alpine Development Director	435.647.2074	chip.knight@
Lauren Beckos   Alpine Masters Manager	435.647.2067	lauren.beckos@
Meghan Arigo   Women's Team Manager	435.647.2025	meghan.arigo@
Gwynn Watkins   Men's Team Manager	435.647.2070	gwynn.watkins@

## Athletics

Luke Bodensteiner   Chief of Sport	435.647.2055	luke.bodensteiner@
Kate Anderson   Athletics Manager	435.647.2016	kate.anderson@

## Communications

Tom Webb   Dir. Marketing & Communications	435.647.2097	tom.webb@
Lara Brucker   Communications Manager	435.647.2038	lara.brucker@

## Competition Services

Jeff Weinman   Director Competition Services	435.647.2030	jeff.weinman@
J.J. Ehlers   Competition Services Coordinator	435.647.2037	jj.ehlers@

## Content and Creative Services

Kyle Kilcomons   Director Content & Creative	435.647.2087	kyle.kilcomons@
Sarah Brunson   Photography Manager	435.647.2012	sarah.brunson@
Aaron Springston   Video Producer	435.602.9257	aaron.springston@

## Events

Calum Clark   Chief of Systems & Operations	435.647.2053	calum.clark@
Eric Webster   Senior Director of Events	435.674.2095	eric.webster@
Peter Tilton   Director Event Operations	435.647.2042	peter.tilton@
Nick Alexakos   Grand Prix Tour Director	435.467.2018	nick.alexakos@
Lindsay Arnold   World Cup Director	435.647.2072	lindsay.arnold@
Karen Korfanta   NorAm Coordinator	435.714.1376	karen.korfanta@
Sarah Welliver   Event Manager	435.647.2620	sarah.welliver@
Tom Johnston   Alpine Technical Advisor	435.649.9090	tom.johnston@

## Foundation (Fund Raising)

Trisha Worthington   Chief Dev Officer	435.647.2075	trisha.worthington@
Amanda Black   Director of Major Gifts	435.714.0287	amanda.black@

## Member Services

Sheryl Barnes   Director Member Services	435.647.2013	sheryl.barnes@
Jennie Wright   Member Services Manager	435.647.2017	jennie.wright@
Matt Lemon   Member Service Project Mgr.	435.647.2609	matt.lemon@

## Nordic

Bryan Fish   XC Sport Development Manager	435.640.8548	bryan.fish@
Billy Demong   J & NC - USA Nordic	435.901.1749	billy@usanordic.org

## Sales and Marketing

Dan Barnett   Chief Commercial Officer	435.647.2046	dan.barnett@
Vicky Gaylord   Sr. Account Exec & Licensing	435.647.2082	vicky.gaylord@

## Snowboard, Freeski & Freestyle

Jeremy Forster   Program Director	435.647.2079	jeremy.forster@
Katie Fieguth   Sport Development Manager	435.647.2068	katie.fieguth@
Jess Luscinski   Team Manager	435.647.2034	jess.luscinski
Alexis Williams   Team Manager	435.647.2105	alexis.williams

## Sport Education

Gar Trayner   Director Sport Education	435.647.2078	gar.trayner@
Anna Hosmer   Sport Ed. Coordinator	435.647.2050	anna.hosmer@
Ellen Adams   Club Development Manager	435.647.2033	ellen.adams@

## Sport Science

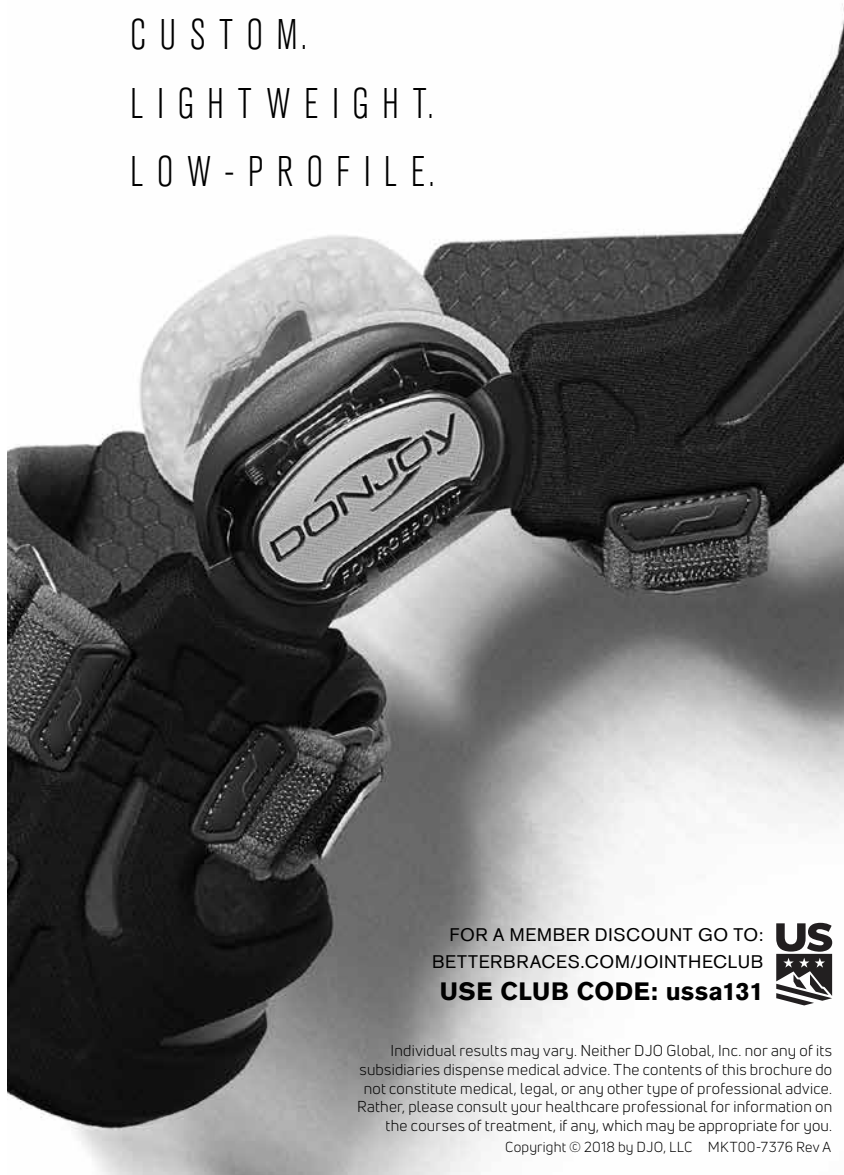
Dr. Troy Taylor   High Performance Director	435.647.2028	troy.taylor@
Kyle Wilkens   Medical Director	435.647.2058	kyle.wilkens@

## Travel Service - WorldTek Travel

24-hour Travel Service	800.TEAM.SKI	worldtek@
------------------------	--------------	-----------



CUSTOM.  
LIGHTWEIGHT.  
LOW-PROFILE.



FOR A MEMBER DISCOUNT GO TO:  
[BETTERBRACES.COM/JOINTHECLUB](http://BETTERBRACES.COM/JOINTHECLUB)  
**USE CLUB CODE: ussa131**



Individual results may vary. Neither DJO Global, Inc. nor any of its subsidiaries dispense medical advice. The contents of this brochure do not constitute medical, legal, or any other type of professional advice. Rather, please consult your healthcare professional for information on the courses of treatment, if any, which may be appropriate for you.

Copyright © 2018 by DJO, LLC MKT00-7376 Rev A



# **Chapter 1**

## **U.S. Ski & Snowboard and the Masters Program**



## **An Introduction to the Masters**

Masters are unique among the participants in alpine skiing. Racers seek to reach their best beyond the public perception of “prime years.” Masters racing is designed for every level of skier ability, from entry level racers through ex-national team members. Masters racing provides the next step for up and coming accomplished skiers who are late bloomers, NASTAR and college racers, ski instructors, former professional racers and even ex-national team members.

Masters, from ages 18 to over 90, compete in the same events and on similar courses as used for World Cup and Olympic alpine skiing events. Slalom, giant slalom, super G and downhill are all included in the 200-plus races in this season’s schedule. Masters series are conducted within each of the eight geographic divisions including Alaska, Central, Eastern, Far West, Intermountain, Northern, Pacific Northwest and Rocky Mountain. Each division has a specific contact person who can provide details on divisional competition programs; see contacts listed later in this chapter.

In addition to divisional competition, there are opportunities to compete on a regional, national, and international level. The alpine Masters program is just one of the participants in the International Ski Federation’s (FIS) Masters Cup in the U.S., Canada, South America and Europe. The highlight of the season is the Phillips 66 U.S. Alpine Masters Championships Mar. 18-23 at Mammoth Mountain, CA.

Masters racing offers more than high-quality ski competition. It offers an opportunity to meet, ski and compete with a group of extraordinary individuals from all walks of life. Many members of the ski industry compete including ski area executives, ski equipment and clothing entrepreneurs, former national team members, and honored members of the U.S. Ski Hall of Fame. Masters racing is highly social, and the masters are a friendly group. Of the reasons current masters list for participation, camaraderie is always among the first. Second, of course, is a love of competition. At many events, masters racing is a family affair, where two or three generations compete.

Masters race programs are organized by a network of committed volunteers led the Masters National Working Group and the Alpine Masters Manager.

This competition guide provides rules and general information about Masters ski racing in the U.S. as well as information for competition in Masters events abroad. In addition, all competitors, coaches, officials, and supporters of Masters ski racing are advised to check with their division’s contact or the Alpine Masters Manager for more information.

## **What You Need to Compete**

On a local level, Masters races are open to athletes 18 years of age or older, with appropriate eligibility, according to the rules. A U.S. Ski & Snowboard alpine Masters membership is required. Students 18 years of age and older with a Non-scored Student membership are eligible to compete with masters. Other members including athletes who hold a competitor, coaches or officials membership may compete in any masters races by simply adding a masters membership to their profile. There is no additional fee if the Masters membership is less than the racer’s other membership(s).

Some divisions have separate memberships as well. New or infrequent participants may take advantage of a short term membership for each day of competition; short term memberships are available at [usskiandsnowboard.org](http://usskiandsnowboard.org). When the amount spent on short term memberships equals or exceeds the cost of a full Masters membership, the athlete may call member services and request a conversion to a full Masters membership.

Ski equipment and a helmet that meets the specifications for masters competition are required for all events.

The many benefits of an alpine masters membership include: competition in masters races,

an annual Alpine Masters Competition Guide with rules, schedules and entry information, and divisional and national newsletters. For more information contact Lauren Beckos [lauren.beckos@usskiandsnowboard.org](mailto:lauren.beckos@usskiandsnowboard.org) or your division chair.

## U.S. Ski & Snowboard and the Masters Program

U.S. Ski & Snowboard is the Olympic national governing body for ski and snowboard sports in the USA, providing leadership and direction for tens of thousands of young skiers and snowboarders, encouraging and supporting them in achieving excellence. By empowering national teams, clubs, coaches, parents, officials, volunteers and fans, U.S. Ski & Snowboard is committed to the progression of its sports, athlete success and the value of team.

Thank you for your participation in U.S. Ski & Snowboard programs. These programs provide opportunities for athletes to develop skiing or snowboarding skills in a competitive and educational environment, from grassroots club programs up through national teams and the Olympics. This competition guide is a roadmap for various programs, rules and rankings.

U.S. Ski & Snowboard supports athletic programs in skiing, snowboarding, cross country, jumping, nordic combined, freestyle and freeskiing. U.S. Ski & Snowboard clubs make up over 385 professional coaching outlets for athletes and logistical support for competitions. These clubs, with both professional staff and volunteers and comprised of nearly 35,000 members, are the backbone of the U.S. Ski & Snowboard, supporting individual athletes and managing most of the organization's domestic competitions. In the 2018 season, our resort partners, clubs, officials and volunteers hosted more than 4,200 domestic competitions with more than 181,000 athlete starts being recorded.

Services provided by U.S. Ski & Snowboard are based around the three "R's": rules, races and rankings. Rules are established to ensure a consistent and fair playing field for all athletes. Races, or competitions, are the backbone of the U.S. Ski & Snowboard's programs, providing competitive opportunities for athletes. Rankings are a means of evaluating performance in competitions to determine advancement on the athlete development pipeline or to assist in determining start positions in specific competitions.

U.S. Ski & Snowboard provides educational resources to key constituent groups through the Center of Excellence, the organization's national training and education facility. Education is provided to athletes, parents, officials, coaches and clubs in areas such as sport technique, fitness and exercise, sport science and sports medicine.

U.S. Ski & Snowboard regions and divisions are volunteer-run programs which implement programs within small, multi-state geographic areas, including scheduling of divisional competitions, selection of divisional teams and training of competition officials.

## Alpine Ski Racing Events

In the early days of alpine ski racing, athletes competed in only two events: downhill and slalom. Giant slalom was added in 1950 and super G in 1983. Downhill and super G are generally grouped together as "speed" events, with slalom and giant slalom grouped as "technical" events. Masters racers compete primarily in technical events but also have opportunities to race in speed events throughout the season. All race courses must meet strict standards established and monitored by officials of the FIS and U.S. Ski & Snowboard.

Following is a brief outline of the alpine ski racing events. For complete and specific rules, see the rules chapter of this guide and/or the various FIS rule books.

**Slalom (SL)** - Slalom is a timed event requiring the execution of many short, quick turns through two different courses. Slalom is staged in two runs with times added together to determine the final finish order. The competitors are required to pass around all the gates (poles), which alternate red/blue in color. The course is made up of various gate combinations designed to test a skier's skill and strategy.

**Giant Slalom (GS)** - Giant Slalom is characterized as the event that is the easiest to finish but requires the most technical skill to do well. Skiers race down the mountain through a faster and more open course than in SL. The vertical drop of the course determines the number of gates in a GS course. Giant slalom is staged in two runs with the times added together to determine the final finish order.

**Downhill (DH)** - Perhaps the most exciting event in alpine ski racing is the DH. Racers attempt to record the fastest time during a single run on a course with a minimum number of control gates. Speeds in masters DH sometimes exceed 70 mph. Two practice runs on the course are required prior to the race. DH is the only event that requires practice runs prior to participation in the competition.

**Super G (SG)** - Super G is the newest of the alpine events combining the elements of speed as in DH while integrating high-speed technical turns as in GS. Super G is contested in a single run format; courses are set utilizing terrain variations with the number of gates being a function of a specific percentage of the vertical drop.

**Alpine Combined (AC)** - The Alpine Combined is a one-day event which adds the times from one SL run and one speed run (usually SG) to determine the results.

## Where to Find More Information

As you continue competitive skiing or snowboarding, you might have questions along the way. The following are helpful resources to guide you on your path to success.

**Website** - [usskiandsnowboard.org](http://usskiandsnowboard.org) is the best source of member information. There you will find contact information, criteria and advancement protocol on your sport as well as the latest in national news from your sport. You can also search the Knowledge Base for answers to many of our member's most common questions.

**Competition Guide** - This handbook is a guide for athletes, parents, coaches and officials that provides a roadmap to U.S. Ski & Snowboard programs. Here you can find information on rules and rankings for your sport.

**Local Club** - Clubs are the heart of the sport. These organizations have the background and knowledge to help answer most of your questions. Check your local club for information on schedules and qualifying procedures within your division.

**Regional/Divisional Contact** - Each region and division for your sport has a contact person who can help you answer questions. Contact information appears in the front of this competition guide and at [usskiandsnowboard.org](http://usskiandsnowboard.org).

**National Office** - Every sport has full-time staff in U.S. Ski & Snowboard's national office in Park City, UT. Contact the office at 435.647.2666 with national membership or ranking questions. For a quicker response, please send an email to the contact links found at [usskiandsnowboard.org](http://usskiandsnowboard.org).

## ALPINE MEMBERSHIPS

---

U.S. Ski & Snowboard offers a variety of membership opportunities depending on your area of interest. You can join online at [usskiandsnowboard.org](http://usskiandsnowboard.org). Your membership will be processed immediately while FIS membership may take up to one week.

Coaches, officials and club volunteer members are required to undergo periodic background screening and SafeSport training to activate membership.

**Masters** - For ages 18 and over prior to Dec. 31. The Masters membership gives alpine athletes over the age of 18 access to alpine masters events, including the Masters Championships. This membership is perfect for adult athletes who are interested in competing with other adults domestically. A masters membership is required for American citizens who wish to compete in FIS alpine masters events, along with a FIS Masters alpine license.

**General Member** - The low-cost General membership is designed for young athletes who are training with a club program but not participating in sanctioned events. It is also perfect for club volunteers or parents who are starting to become active in support of club activities and events as well as those forerunning in sanctioned events. Not intended for those in a position of authority over minors. Not eligible for those participating in sanctioned events.

**Non-Scored Student** - The membership is designed for students 14-24, prior to Dec. 31 and is primarily for interscholastic and intercollegiate racing only. The Non-Scored Student membership provides access to all levels of U.S. Ski & Snowboard scored and non-scored competitions at the local, divisional, regional and national level. However, as the name implies it does not include access to the U.S. Ski & Snowboard points list. Non-Scored Students who are 18-24 can participate in masters competitions, except for Regional and National Championships, where they need a full masters membership.

**Competitor** - For all ages, the Competitor membership provides access to all levels of scored and non-scored competitions at the local, divisional, regional and national level. Competitor memberships include scoring on national ranking lists for athletes 14 and older as permitted in their division, as well as FIS ranking lists where appropriate (with additional FIS license). This membership is required for FIS registration and FIS level competitions. Alpine Competitors 18 and older may add an Alpine Masters membership to their profile and compete in masters competitions

**Official** (with background screening) - For ages 18 and older prior to Dec. 31. U.S. Ski & Snowboard events are managed by officials. Each official is periodically background screened and SafeSport Trained to help provide a SafeSport environment in clubs. Officials can achieve certification through educational programs.

**Coach** (with background screening) - For ages 18 and older prior to Dec. 31. Coaches are the backbone of the development pipeline, providing leadership to athletes through club programs. Every coach member undergoes periodic background screening and SafeSport Training to help provide a SafeSport environment in clubs. In addition, coaches are required to take a short online education program on important coaching guidelines. U.S. Ski & Snowboard also provides coaches with an in-depth sport education program, helping them achieve various certification levels in their sport. Note: Required for access to coaching credentials at all sanctioned competitions. Issuance of credentials to appropriate working coaches is the responsibility of the event.

**Club Volunteer** (with background screening) - For ages 18 and older prior to Dec. 31. The Club Volunteer membership is designed for parents and club volunteers who undertake a leadership role in clubs, divisions, regions, competitions and club training sessions. Each club volunteer undergoes periodic background screening and SafeSport Training to help provide a SafeSport environment in clubs. This membership is a good stepping-stone to becoming a coach or official and is fully upgradable during the season. Applicable for those in a position of authority over minors. Not eligible for official's certifications.

## **CODE OF CONDUCT**

---

Membership in U.S. Ski & Snowboard is a privilege, not a right. All U.S. Ski & Snowboard members when participating in any U.S. Ski & Snowboard activity, must agree to conduct themselves according to U.S. Ski & Snowboard's core values of Integrity, Passion, Fun, Team, Community, Excellence, and Grit and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all U.S. Ski & Snowboard activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials,

resort employees, fellow members, and the skiing and snowboarding public, respect for facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

While participating in any U.S. Ski & Snowboard activity:

1. U.S. Ski & Snowboard members shall be subject to the jurisdiction of the International Ski Federation (FIS) Statutes, the United States Olympic Committee (USOC) Bylaws, the U.S. Ski & Snowboard Bylaws, and the U.S. Ski & Snowboard Code of Conduct.

2. U.S. Ski & Snowboard members shall conduct themselves at all times and in all places as befits worthy representatives of the United States of America, the United States Olympic Committee, U.S. Ski & Snowboard, their region, division, state or club and in accordance with the best traditions of national and international competition.

3. U.S. Ski & Snowboard members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the U.S. Ski & Snowboard national teams, camps or other projects when participating in such.

4. U.S. Ski & Snowboard members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well being of others, and courtesy and good manners.

5. U.S. Ski & Snowboard members shall abide by U.S. Ski & Snowboard rules and procedures while traveling to and from and participating in official U.S. Ski & Snowboard activities.

6. U.S. Ski & Snowboard members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official U.S. Ski & Snowboard or event organizer function.

7. No U.S. Ski & Snowboard member shall violate the customs, travel or currency regulations of a country while traveling with a U.S. Ski & Snowboard group or on a U.S. Ski & Snowboard ticket.

8. No U.S. Ski & Snowboard member shall commit a criminal act.

9. No U.S. Ski & Snowboard member shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion, disability or sexual orientation.

10. U.S. Ski & Snowboard members will avoid profane or abusive language and disruptive behavior.

11. U.S. Ski & Snowboard members agree to abide by anti-doping rules and procedures established by the World Anti-Doping Agency (WADA), the U.S. Anti-Doping Agency (USADA), and/or FIS.

12. U.S. Ski & Snowboard members agree to abide by policies and procedures established by the U.S. Center for SafeSport.

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- Removal from the team trip or training camp.
- Suspension from training and/or competition.
- Elimination of coaching, travel, and other benefits.
- Forfeiture of U.S. Ski & Snowboard membership.

U.S. Ski & Snowboard is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with U.S. Ski & Snowboard's Bylaws, policies and procedures. Members are entitled to notice and an

opportunity for a hearing before being prevented from participating in protected competition as that term is defined by the USOC Bylaws. Information on the processes for grievances, suspensions and appeals is available at [usskiandsnowboard.org](http://usskiandsnowboard.org).

Nothing in this Code shall be deemed to restrict the individual freedom of a U.S. Ski & Snowboard member in matters not involving activities in which one could not be perceived as representing U.S. Ski & Snowboard. In choices of appearance, lifestyle, behavior and speech while not representing U.S. Ski & Snowboard, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the U.S. Ski & Snowboard. However, in those events where one is representing or could be perceived as representing U.S. Ski & Snowboard, U.S. Ski & Snowboard demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and U.S. Ski & Snowboard's core values.

Revised June 6, 2018

## **ATHLETE SAFETY**

SafeSport education and implementation, and the protection of youths and people of all ages engaged in sport at all levels are the number one priorities today for National Governing Bodies (NGBs) across the United States.

Thousands of people take part in U.S. Ski & Snowboard events, training programs and competitions annually, from grassroots levels right up to elite, and U.S. Ski & Snowboard is placing the very highest possible emphasis on making sure every participant can do so in an environment that is free from abuse, hazing, and bullying.

Recently, the US Congress passed the "Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017", which now makes failure to report suspected child sexual abuse to police a violation of federal criminal law. This is an important step up in policy and one that U.S. Ski & Snowboard applauds and has implemented across our organization.

Federal law now requires that adults who have frequent contact with athletes or are in positions of authority over athletes must receive consistent and regular education on the critical importance of prevention of all forms of abuse, bullying, and hazing, and are empowered to report whenever they suspect something untoward is taking place.

At our recent Congress, U.S. Ski & Snowboard announced a number of operational updates to ensure that our organization is implementing best practice across all levels of our organization in this critical area. This will start from the grassroots with U.S. Ski & Snowboard member clubs, and extend to all areas of the Center of Excellence.

All employees of U.S. Ski & Snowboard must complete SafeSport training and background screening before their first day of work. All interns, volunteers and contractors who have access to the Center of Excellence, or who frequently interact with athletes, and those who have access to confidential U.S. Ski & Snowboard information related to the organization or athletes, must also complete SafeSport training and background screening before their first day of interning, volunteering, or beginning contract work.

The changes will also impact U.S. Ski & Snowboard member clubs, as they will be required to implement the same standards of SafeSport training and education, and background screening, as all those who work at or with U.S. Ski & Snowboard in Park City, and at the FIS events in the United States. These mandatory requirements will include:

- Criminal background screening for all employees, coaches, officials, and volunteers who are in regular contact with athletes, or in positions of authority over athletes
- Consistent education on prevention of sexual abuse, bullying, and hazing, and clear reporting structures in place to enable anyone who is concerned about any of these areas to be able to come forward and report

- The development and implementation of policies to limit, as much as possible, one-on-one interactions with athletes at any time
- Implementation and enforcement of policies and preparation for and quick response to random audits for compliance by the US Center for SafeSport
- Background screening and SafeSport training: Now required all employees, coaches, officials, and volunteers who are in regular contact with athletes, or in positions of authority over athletes every two seasons
- Fast Start Coaching Course: Now required for Level 100 certification

These policies and processes are in the process of implementation across all levels of U.S. Ski & Snowboard's member programs. More details regarding SafeSport are available on the U.S. Ski & Snowboard website.

## **INSURANCE COVERAGE**

---

U.S. Ski & Snowboard requires Members to have valid and sufficient primary medical / accident insurance coverage and to accept full responsibility for understanding the provisions of such coverage as a condition of becoming a member and participating in official U.S. Ski & Snowboard training and competition. Such primary coverage must be in effect for the entire term of the membership year in order for the member to have coverage under U.S. Ski & Snowboard's excess accident medical policy. Members must carry proof of primary insurance and such proof must be available at each event so that prompt medical/hospital care can be authorized, if needed. U.S. Ski & Snowboard provides properly registered members with excess accident medical coverage, as follows:

### **Excess Accident Medical Insurance for Members of a Member Club**

Current U.S. Ski & Snowboard Members of a U.S. Ski & Snowboard Member Club have excess accident medical coverage during sanctioned or registered events including official training (as defined by the policy) at such events. Please see [americanspecialty.com/ussa\\_cov/](http://americanspecialty.com/ussa_cov/) for a detailed description of coverage.

### **Excess Accident Medical Insurance for Members of a CLIP Member Club**

Current U.S. Ski & Snowboard Members of a U.S. Ski & Snowboard CLIP Member Club have excess accident medical coverage during skiing and snowboarding competition, while training to compete and conditioning to compete in ski and snowboard competition that is supervised by a U.S. Ski & Snowboard representative and/or representative of a CLIP Member Club, and during club activities that are supervised by a representative of a CLIP Member Club. Please see [americanspecialty.com/ussa\\_cov/](http://americanspecialty.com/ussa_cov/) for a detailed description of coverage including a list of activities that are excluded from the policy.

### **Liability Insurance**

U.S. Ski & Snowboard will provide liability coverage for:

- Event Organizers with respect to their ordinary negligence if such is alleged to have arisen in connection with competition in or conduct of sanctioned events (meaning a Schedule Agreement has been executed) and/or activities conducted or approved by U.S. Ski & Snowboard (including official training at such event as defined by the policy). Please see [americanspecialty.com/ussa\\_cov/](http://americanspecialty.com/ussa_cov/) for a detailed description of coverage.
- CLIP Member Clubs and the members and supervisory staff of such clubs and member coaches and officials while acting in their capacity as such on behalf of CLIP Member Clubs. Such coverage applies during (1) ski and snowboard competition; (2) while training to compete and conditioning to compete in ski and snowboard competition that is supervised by a U.S. Ski & Snowboard representative and/or representative of a CLIP Member Club; and (3) during club activities that are supervised by a representative of a CLIP Member Club. Please see [americanspecialty.com/ussa\\_cov/](http://americanspecialty.com/ussa_cov/) for a detailed description



of coverage, as certain club activities are not automatically covered.

**Note: This summary provides a general overview of insurance coverage that applies for U.S. Ski & Snowboard members. It is not a complete explanation of all policy provisions or specifics of the policy benefits. No coverage is extended, and no representations are made, other than what is stated in the actual insurance policies.**

## **MASTERS CONTACTS**

---

The divisional chairperson or volunteer administrator is a masters competitor's closest source of information. Each division organizes a schedule of masters competitions and can provide information and assistance.

### **National Office**

[usskiandsnowboard.org](http://usskiandsnowboard.org)

[info@usskiandsnowboard.org](mailto:info@usskiandsnowboard.org) | tel. 435.649.9090 | fax 435.649.3613

Box 100 | 1 Victory Ln | Park City UT 84060

### **Alpine Masters Manager**

[usskiandsnowboard.org/masters](http://usskiandsnowboard.org/masters)

Lauren Beckos | [lauren.beckos@usskiandsnowboard.org](mailto:lauren.beckos@usskiandsnowboard.org) | tel. 435.647.2067 | fax 435.649.3613

### **Member Services**

[membership@usskiandsnowboard.org](http://membership@usskiandsnowboard.org) | Member Service Hotline 435.647.2666

### **FIS Representative**

Bob Davis | [bdavis9112@yahoo.com](mailto:bdavis9112@yahoo.com) | tel. 858.342.6125

## **Alpine Masters National Working Group**

The Alpine Masters National Working Group is under the Regional Subcommittee of the Alpine Sport Committee.

The Masters Working Group governs and promotes alpine masters ski racing. Other responsibilities include

- organizing the annual National Masters Championship
- coordinating regional masters activities, including regional championships, and
- advising and assisting regions and divisions with their masters programs.

The working group members are the masters chairs from each division, the FIS masters liaison and the immediate past chair of the working group. They elect a person to be their Chair for a term of two years. Such election to be held at the annual meeting at the National Masters Championships. The FIS masters liaison is appointed by the Chair.

Chair: Lisa Densmore Ballard, Red Lodge MT (NO)

Jack Ballard, Red Lodge MT (NO)

Rob Cravens, Bend OR (PN)

Bob Davis, Encinitas CA (FW, FIS liaison)

Ryan Fuller, Minneapolis MN (CN)

Stew Marsh, Salt Lake City UT (IM)

Bill McCollom, Waitsfield VT (EA)

Steve Slivinski, Sun Valley ID (IM, Past Chair)

Graham Smith, Monument, CO (RM)

Carl Swanson, Anchorage AK (AL)

Ray Tulloch, Incline Village NV (FW)

# Divisional Contacts

## National Chair

Lisa Densmore Ballard | lisaballardoutdoors@gmail.com | tel. 406.690.0190  
PO Box 1343 | Red Lodge MT 59068

## Alaska

Carl Swanson | carl@davisconstructors.com | tel. 907.344.8570  
800 Botanical Heights Cir | Anchorage AK 99515

## Central - midwestmasters.org

Ryan Fuller | ryanf1541@gmail.com | tel. 612.501.3268  
2012 Indian Rd W | Minnetonka MN 55305

## Eastern

Bill McCollom (Eastern Masters Chair) | bmccollom@skiracing.com | tel. 802.234.9561  
593 RR 2 | Bethel VT 05032

## Eastern - New England - nemasters.org

Nadine Price | nprice@ntp-associates.com | tel. 978.342.8141  
580 Blossom St | Fitchburg MA 01420

## Eastern - New York - nymasters.org

James Thoman | jethoman@gmail.com | tel. 716.848.1361  
101 Tree Haven | Elma NY 14059

## Eastern - Mid Atlantic

Carol Tomassetti | carolcartom@gmail.com | tel. 845.594.9045  
169 Parsell St | Kingston NY 12401

## Eastern - Southern

Horst Locher | horst@shentel.net | tel. 540.856.2860  
PO Box 9 | Basye VA 22810

## Far West - farwestmasters.org

Ray Tulloch | president@farwestmasters.org | tel. 207.409.4872  
643 Second Creek Dr | Incline Village NV 89451

## Intermountain - intermountainmasters.org

Stew Marsh | somarsh@msn.com | tel. 385.315.4817  
7453 Stone Rd | Salt Lake City UT 84121

## Northern

Jack Ballard | tel. 406.690.0190  
PO Box 1343 | Red Lodge MT 59068

## Pacific Northwest - pnsamasters.org

Rob Cravens | robcravens99@gmail.com | tel. 541.419.3893  
67467 Brooks Scanlon Rd | Bend OR 97701

## Rocky Mountain - rmmskiracing.org

Graham Smith | skiracer721@gmail.com | tel. 719.510.0747  
20421 High Pines Dr | Monument CO 80132

# Thank You

to the following partners of U.S. Ski & Snowboard

The Quality Sleep  
*airweave*

**BWT**  
BEST WATER TECHNOLOGY



**FedEx**®



**P&G**



**USANA**

**VISA**

xfinity

2019  
U.S. SKI & SNOWBOARD

# GOLD PASS



**ONE PASS.**

**250 RESORTS.**

**ALL ACCESS.**



## **As Member of the Gold Pass Club Your Generous Gift Will Provide You:**

- One of only 450 fully transferable Gold Passes for the 2018-19 season
- Exclusive access to over 250 resorts across the U.S.
- The ability to entertain clients and share with friends and family
- VIP tour of the Center of Excellence in Park City, UT
- Team insider information via eNewsletters

[USSKIANDSNOWBOARD.ORG/FOUNDATION](http://USSKIANDSNOWBOARD.ORG/FOUNDATION)



## **Chapter 2**

# **Alpine Masters Champions**



Medal winners from the 2018 Phillips 66 Masters National Championships at Okemo, VT are listed below. Also included are those competitors named to the Spyder 2019 U.S. Alpine Masters Team and honored with the Al Sise / Ski Racing recognition awards based on their results from these championships.

## 2018 Phillips 66 Alpine Masters National Championship Medalists

Okemo Mountain, VT Feb. 6-10, 2018

### Women Super G

Class	Gold	Silver	Bronze
1	Alexandra Mitchell (EA)	Andrea Levy (FW)	Samantha Sayers (CN)
2	Jacqueline Levy (EA)	Lauren Beckos (RM)	Emma Masur (EA)
3	Lisa Marien (EA)		
4	Kerry Finch (EA)		
5	Dasha Kadulova (IM)	Deborah Adams (EA)	
6	Cinthia Audet (CAN)	Gae Orsini (EA)	
7	Lisa Ballard (NO)	Sharon Way (EA)	Patti Lane (EA)
8	Deb Lewis (FW)	Nadine Price (EA)	Ellen Hendrickson (IM)
9	Cynthia Berlack (EA)	Barbara Settel (EA)	

### Men Super G

Class	Gold	Silver	Bronze
1	Kevin O'Brien (EA)	Matt Dodge (EA)	Brian Plancher (EA)
2	Thomas Scheeler (EA)	Leonard Kwan (EA)	Michael Misencik (EA)
3	Bastien Martini (EA)	John Beckos (RM)	Phillips Armstrong (RM)
4	James Thoman (EA)	Patrice Painchaud (CAN)	Ryan McGraw (EA)
5	Noel Christopher (RM)	Kevin Vaughn (IM)	Douglas Paul (EA)
6	Pat McNamara (EA)	David Harris (EA)	Jason Gladstone (EA)
7	Mark Sertl (EA)	Rich Slabinski (IM)	Jeff Sutherland (CAN)
8	Robert Skinner (IM)	Mark George (EA)	Chris Wilcox (EA)
9	Tim Stewart (FW)	Eric Cutting (EA)	Rick Walters (EA)
10	Pepi Neubauer (EA)	Bill McCollom (EA)	Stew Marsh (IM)
11	Don Smith (FW)	Dick Komarmi (EA)	Steve Foley (EA)
12	Halder Reinholt (EA)	Doug Wisse (EA)	William Hayes (EA)
13	Paul Rich (EA)	George MacNeil (EA)	

### Women Alpine Combined

Class	Gold	Silver	Bronze
1	Alexandra Mitchell (EA)	Andrea Levy (EA)	Samantha Sayers (CN)
2	Lauren Beckos (RM)	Jacqueline Levy (EA)	Emma Masur (EA)
3	Lisa Marien (EA)		
5	Dasha Kadulova (IM)	Deborah Adams (EA)	
6	Cinthia Audet (CAN)	Gae Orsini (EA)	
7	Lisa Ballard (NO)	Sharon Way (EA)	Noreen Knotz (EA)
8	Deb Lewis (FW)	Nadine Price (EA)	Margaret Vaughn (EA)
9	Cynthia Berlack (EA)	Barbara Settel (EA)	

## Men Alpine Combined

Class	Gold	Silver	Bronze
1	Kevin O'Brien (EA)	Brian Plancher (EA)	Eric Vitiello (EA)
2	Thomas Scheeler (EA)	Leonard Kwan (EA)	Tanner Woodcock (NO)
3	John Beckos (RM)	Phillips Armstrong (RM)	Matthew Mitsis (EA)
4	James Thoman (EA)	Patrice Painchaud (CAN)	Kevin Wickless (EA)
5	Douglas Paul (EA)	Noel Christopher (RM)	Imanol Zuniga (EA)
6	Pat McNamara (EA)	David Harris (EA)	James Spillane (EA)
7	Mark Sertl (EA)	Jeff Sutherland (CAN)	Greg Sarkis (EA)
8	Robert Skinner (IM)	Mark George (EA)	Rich Jefferson (EA)
9	Tim Stewart (FW)	Eric Cutting (EA)	Hans Truckenbrod (EA)
10	Pepi Neubauer (EA)	Bill McCollom (EA)	Stew Marsh (IM)
11	Don Smith (FW)	Steve Foley (EA)	Dick Komarmi (EA)
12	Haldor Reinholt (EA)	Douglas Wisse (EA)	
13	Paul Rich (EA)	George MacNeil (EA)	

## Women Giant Slalom

Class	Gold	Silver	Bronze
1	Alexandra Mitchell (EA)	Andrea Levy (FW)	Samantha Sayers (CN)
2	Kristen Bonkowski (EA)	Lauren Beckos (RM)	Jacqueline Levy (EA)
5	Deborah Adams (EA)	Dasha Kadulova (IM)	Margaret Faber (EA)
6	Cynthia Audet (CAN)	Gae Orsini (EA)	Barb Brumbaugh (EA)
7	Lisa Ballard (NO)	Patti Lane (EA)	Noreen Knortz (EA)
8	Margaret Vaughn (EA)	Nadine Price (EA)	Deb Lewis (FW)
9	Barbara Settel (EA)	Cynthia Berlack (EA)	Ellen Reap (EA)

## Men Giant Slalom

Class	Gold	Silver	Bronze
1	Kevin O'Brien (EA)	Matt Dodge (EA)	Tucker Rae (EA)
2	Thomas Sheeler (EA)	Michael Misencik (EA)	Leonard Kwan (EA)
3	Bastien Martini (EA)	Andrea Occhi (CAN)	Phillips Armstrong (RM)
4	James Thoman (EA)	Patrice Painchaud (CAN)	
5	Kevin Vaughn (IM)	Noel Christopher (RM)	Martin Malachovsky (EA)
6	Pat McNamara (EA)	Eric Tanner (EA)	Jason Gladstone (EA)
7	Jeff Sutherland (CAN)	Mark Sertl (EA)	Greg Sarkis (EA)
8	Mark George (EA)	Robert Skinner (IM)	Terry Hanna (CAN)
9	Eric Cutting (EA)	Hans Truckenbrod (EA)	Tom Kronthaler (IM)
10	Pepi Neubauer (EA)	Bill McCollom (EA)	Stew Marsh (IM)
11	John Lussier (EA)	Dick Komarmi (EA)	Roy Scovill (EA)
12	Haldor Reinholt (EA)		
13	Paul Rich (EA)	George MacNeil (EA)	

## Women Slalom

Class	Gold	Silver	Bronze
1	Alexandra Mitchell (EA)	Andrea Levy (FW)	Samantha Sayers (CN)
2	Lauren Beckos (RM)	Daria Zamolodchikov (EA)	Kristen Bonkowski (EA)
4	Kerry Finch (EA)		
5	Dasha Kadulova (IM)	Deborah Adams (EA)	Carole Stambo (EA)
6	Cynthia Audet (CAN)	Gae Orsini (EA)	Barb Brumbaugh (EA)
7	Lisa Ballard (NO)	Sharon Way (EA)	Hannele Sundberg (CAN)
8	Margaret Vaughn (EA)	Deb Lewis (FW)	Nadine Price (EA)
9	Cynthia Berlack (EA)	Barbara Settel (EA)	

## Men Slalom

Class	Gold	Silver	Bronze
1	Matt Dodge (EA)	Kevin O'Brien (EA)	Eric Vitiello (EA)
2	Thomas Sheeler (EA)	Matt Knortz (EA)	Michael Misencik (EA)
3	Andrea Occhi (CAN)	Bastien Martini (EA)	John Beckos (RM)
4	James Thoman (EA)	Kevin Wickless (EA)	
5	Noel Christopher (RM)	Alex Gadbois (EA)	Kevin Vaughn (IM)
6	Pat McNamara (EA)	David Harris (EA)	Stephen Willey (EA)
7	Jeff Sutherland (CAN)	Mark Sertl (EA)	Greg Sarkis (EA)
8	Mark George (EA)	William Zimmerman (EA)	Robert Skinner (IM)
9	Eric Cutting (EA)	Hans Truckenbrod (EA)	Tom Kronthaler (IM)
10	Pepi Neubauer (EA)	Scott Pyles (CN)	Stew Marsh (IM)
11	Paul Rodgers (EA)	Roy Scovill (EA)	Steve Foley (EA)
12	Haldor Reinholdt (EA)		
13	George MacNeil (EA)	Paul Rich (EA)	

## Combined Medalists

The Combined results are awarded in each age group based on the lowest total race points score accumulated by a competitor for the three events of slalom, giant slalom and super G. Race points are calculated as the ratio of the competitor's time to that of the winner, adjusted by a discipline-specific normalization factor set by the FIS which produces a time-based "closeness" ranking that can be compared across events. Because of the time-based scoring formula, competitors must finish all three events to be eligible for the combined.

## Women

Class	Gold	Silver	Bronze
1	Alexandra Mitchell (EA)	Andrea Levy	Samantha Sayers (CN)
2	Lauren Beckos (RM)	Jacqueline Levy (EA)	Emma Masur (EA)
5	Dasha Kadulova (IM)	Deborah Adams (EA)	
6	Cinthia Audet (CAN)	Gae Orsini (EA)	
7	Lisa Ballard (NO)	Patti Lane (EA)	Noreen Kortz (EA)
8	Deb Lewis (FW)	Margaret Vaughn (EA)	Nadine Price (EA)
9	Cynthia Berlack (EA)	Barbara Settel (EA)	

## Men

Class	Gold	Silver	Bronze
1	Kevin O'Brien (EA)	Matt Dodge (EA)	
2	Thomas Sheeler (EA)	Michael Misencik (EA)	Leonard Kwan (EA)
3	Bastien Martini (EA)	Phillips Armstrong (RM)	John Beckos (RM)
4	James Thoman (EA)		
5	Noel Christopher (RM)	Kevin Vaughan (IM)	Lou Mauro (IM)
6	Pat McNamara (EA)	David Harris (EA)	Jason Gladstone (EA)
7	Mark Sertl (EA)	Jeff Sutherland (CAN)	Greg Sarkis (EA)
8	Mark George (EA)	Robert Skinner (IM)	Chris Wilcox (EA)
9	Eric Cutting (EA)	Hans Truckenbrod (EA)	Rick Walters (EA)
10	Pepi Neubauer (EA)	Stew Marsh (IM)	Michael Rooney (EA)
11	Dick Komarmi (EA)	Don Smith (FW)	Paul Rodgers (EA)
12.	Haldor Reinholdt (EA)		
13.	George MacNeil (EA)	Paul Rich (EA)	



# National Downhill Championship Medalists

Ski Cooper, CO Mar. 10, 2018

## Women Downhill

Class	Gold	Silver	Bronze
1	Madaline Redden (RM)	Sarah Waldner (RM)	
2	Lauren Beckos (RM)		
3	Julia Harding (RM)		
4	Tanya Muller (RM)		
5	Jennifer Kaufman (RM)	Dasha Kadulova (IM)	
6	Laura Griffiths (IM)		
7	Lisa Ballard (NO)	Loretta Huff (RM)	
8	Jeanette Saylor (RM)	Ellen Hendrickson (IM)	
10	Patty O'Brien (RM)		

## Men Downhill

Class	Gold	Silver	Bronze
1	Steve Barton (RM)	Jonathan Wolf (RM)	Brian Plancher (EA)
3	John Beckos (RM)	Luke Keenan (PN)	Kevin Hochtl (RM)
4	Matt Johnson (RM)	Ryan Fuller (CN)	
5	Paul Lium (RM)	Dane Vranish (NO)	Lou Mauro (IM)
6	Steve Jones (RM)	Michael Levan (RM)	Sean McCann (CN)
7	Frank Mangold (RM)	Don Johnson (RM)	Ron Emery (RM)
8	Richard Briggs (RM)	Kevin Ward (RM)	Peter Monson (RM)
9	Bill Gooch (RM)	Hans Truckenbrod (EA)	Gary Vogel (RM)
10	Nick Hudson (IM)	Wayne Fuchs (RM)	
11	Lee Kaufman (RM)	Robert Benson (RM)	
12	Charles Hauser (RM)	Knut Reistad (RM)	

## 2018 Division's Cup

### Intermountain claims the 2018 Division's Cup

The Division's Cup is awarded to the division with the best ratio of points scored per competitor start for all races in the national championships. Division teams must consist of at least 10 competitors to be eligible. Intermountain's small but mighty crew of 11 bested the home team, Eastern.

Intermountain	11	2.2
Eastern	146	1.691
Rocky	5*	3.5
Far West	4*	3.4
Northern	4*	2.454
Central	5*	0.733
Canada*	12	1.5
Alaska	1	0

# 2018 AI Sise/Ski Racing Recognition Awards

## Outstanding Alpine Masters Named

An outstanding performance award, called the AI Sise/Ski Racing Award, is given annually to two U.S. alpine masters racers (male and female) based on their performances at the national championships. The award-winners are determined by a vote of the national chairpersons or designated representatives from each of the divisions. This year's winners of the AI Sise Award/Ski Racing Awards were Lauren Beckos (RM) in women's class 2 and Pepi Neubauer (EA) men's class 10.



Lauren Beckos

Pepi Neubauer



# SPYDER 2019 U.S. ALPINE MASTERS NATIONAL TEAM

---

The Spyder team is selected based upon a total of world cup points accumulated by each competitor for the three events of, SL, GS and SG (e.g., 1st in GS [25], 2nd in SL [20] and 3rd in SG [15] totals 60 points). When a Super Combined is held at the Masters Nationals, it is also included in the team selection. Ties will be broken by best single result, then second best result, then third best result and finally by race points, using the lowest total race points if the tied competitors finished the same races in the combined event, otherwise by best (lowest) points result. Only athletes who are citizens of the U.S. and hold a Masters membership are eligible for the Spyder team.

## Women

Class	Name	Division	Hometown
1	Alexandra Mitchell	EA	Dalton, MA
2	Lauren Beckos	RM	Denver, CO
3	Lisa Marien	EA	Westminster, MA
4	Kerry Finch	EA	Wallingford, VT
5	Dasha Kadulova	IM	Park City, UT
6	Gae Orsini	EA	Mendon, NY
7	Lisa Ballard	NO	Red Lodge, MT
8	Deb Lewis	FW	Mammoth, CA
9	Cynthia Berlack	EA	Franconia, NH

## Men

Class	Name	Division	Hometown
1	Kevin O'Brien	EA	Lyman, ME
2	Thomas Scheeler	EA	East Aurora, NY
3	John Beckos	RM	Denver, CO
4	James Thoman	EA	Elma, NY
5	Noel Christopher	RM	Boulder, CO
6	Patrick McNamara	EA	Ridgefield, CT
7	Mark Sertl	EA	Rochester, NY
8	Mark George	EA	Barre, VT
9	Eric Cutting	EA	Rowley, MA
10	Pepi Neubauer	EA	Naples, NY
11	Don Smith	FW	Berkeley, CA
12	Haldor Reinholdt	EA	Lenox, MA
13	Paul Rich	EA	Laconia, NH



# Thank You

to the following licensees and suppliers  
of U.S. Ski & Snowboard



# **Chapter 3**

## **General Competition Rules**



# **RULES AND ENTRY PROCEDURES**

In order to offer a schedule of events consistent across the nation, the masters have adopted a set of rules for participation, conduct, and course setting. These rules are to be used to conduct all sanctioned masters events. In general, Masters competition follows the rules set by FIS and U.S. Ski & Snowboard for alpine skiing events as set forth in the Alpine Competition Guide (ACR) and the FIS ICR. However, there are some rules and race procedures that are specific to masters competitions which are listed here.

This chapter summarizes the key rules from the ACR for alpine masters competition, with references provided to the complete rule in the ACR. The rules specific to masters with “M” rule numbers, follow the organization of the ACR. Rules that are new or revised for the season or deserving of emphasis are highlighted in the “Rules to Remember” section.

## **U.S. Ski & Snowboard and FIS Rules**

Competitors and coaches are responsible for knowledge and proper observance of the Alpine Competition Regulations (ACR) and the FIS International Competition Regulations (ICR). Copies of the Alpine Competition Guide and the FIS ICR may be purchased through the membership department, tel 435.647.2666 or [membership@usskiandsnowboard.org](mailto:membership@usskiandsnowboard.org), or they can be downloaded at [usskiandsnowboard.org](http://usskiandsnowboard.org) and [fis-ski.com](http://fis-ski.com).

## **Regional and Divisional Rules and Procedures**

Each region and division/state may have additional rules and procedures which apply. Please consult the regional sections of this guide for information in your area. Particularly note membership requirements in divisional/state organizations.

## **Important Message about Communications**

Communication between U.S. Ski & Snowboard, the various masters volunteer leadership, and master’s competitors is an important part of our programs. Please make certain that you are kept informed of national, regional, divisional, state and local correspondence throughout the year. Much of this information is provided in this book, on the web ([usskiandsnowboard.org/masters](http://usskiandsnowboard.org/masters)), at the various regional and divisional masters websites, and on Facebook pages maintained by each masters division.

## **Rules to Remember**

- It is recommended that Masters use helmets that meet the FIS standards for all U.S. Ski & Snowboard GS, SG and DH competitions. The helmet must bear a “CE” mark and conform to one or more of the following helmet standards: CEH.Din 1077, ASTM F2040, SNELL S98 or RS98. Helmets which meet the new FIS standard have a sticker affixed by the manufacturer that states “Conforms to FIS Specification RH 2013”.
- To participate in any Sanctioned masters event, racers must hold a Masters membership and be at least 18 years of age. Racers ages 18 to 24 with a Non-Scored Student membership may participate in Alpine Masters competitions except for Regional and National championships where the full Masters membership is required. Short-term (one day) memberships may be purchased to participate in non-championship (divisional) races, but they are not valid at masters national or regional championships. Two short term memberships, covering the period of two events can be purchased. Short-term fees accumulate toward a yearly masters membership.
- Masters equipment rules conform to the FIS Masters equipment rules. U.S. Ski & Snowboard recommends that competitors in Masters events compete on equipment designed for the particular discipline (DH, SL, GS and SG) but does not make any recommendations in regard to ski length or shape.
- For U.S. Ski & Snowboard membership, athletes must carry primary medical insurance that is in effect for the entire term of the membership season.
- The first run start order for Regional and National Championships shall be random draw

for smaller classes or random draw within seed groups for larger classes. If a class has 10 or more competitors, two or three seed groups may be created at the discretion of the race organizers. The second run start order for regional and national championships will be total reverse order based on first run order of finish within each age class.

## **Masters Age Classes [M1282.1]**

Following are the masters age classes for-sanctioned events; most competitions follow these classes. Some regions/divisions/states may modify the classes or running order for non-championship events due to a small numbers of participants or to add “super seed” classes.

Class 1 Ages 18-29 (1989-2000)	Class 8 Ages 60-64 (1954-58)
Class 2 Ages 30-34 (1984-88)	Class 9 Ages 65-69 (1949-53)
Class 3 Ages 35-39 (1979-83)	Class 10 Ages 70-74 (1944-48)
Class 4 Ages 40-44 (1974-78)	Class 11 Ages 75-79 (1939-43)
Class 5 Ages 45-49 (1969-73)	Class 12 Ages 80-84 (1934-38)
Class 6 Ages 50-54 (1964-68)	Class 13 Ages 85-89 (1929-33)
Class 7 Ages 55-59 (1959-63)	Class 14 Ages 90+ (1928 and earlier)

## **Age Class Groupings [M1282.2]**

Group A Men’s Classes 1-5 (18-49)	Group B Men’s Classes 6-8 (50-64)
Group C All Women’s Classes	Group D Men’s Classes 9-14 (65+)

## **Entry Procedure Masters Events (non-FIS)**

All participants (athletes, course setters, and officials) including foreign participants, in masters competitions must be members of U.S. Ski & Snowboard in the appropriate category. This is a risk management issue and needs to be strictly adhered to. Every participant must have either a short-term (one day) membership, a non-scored student membership, or a full masters membership.

## **General Racer Eligibility**

In order to participate in any sanctioned masters competition, athletes must be a member of U.S. Ski & Snowboard with a Masters or a Non-Scored Student membership and adhere to the following requirements:

- Be at least 18 years old,
- If the athlete is not a member, he/she must purchase a daily short-term membership. Short-term memberships can be purchased for a maximum of the two weekend race series for the season. To get credit for short term membership fees towards full membership, contact membership.

To compete in Regional or National Masters Championship events athletes must hold a Masters membership; short-term and non-scored student memberships are not allowed at these events.

Racers should know their membership number which is required for race entry. The number is assigned for life, starting with the first membership for which a person registers, regardless of year or membership category, including Short Term memberships. If racers do not know their U.S. Ski & Snowboard number, they should contact Member Services, tel 435.647.2666 or [membership@usskiandsnowboard.org](mailto:membership@usskiandsnowboard.org).

The responsibility for confirming the race organizer’s acceptance of an entry belongs to the entrant. It is strongly encouraged, but not required, for organizers to notify racers if their entry has not been accepted. Registered competitors are responsible for notifying the race organizer in advance to withdraw from an event.

All masters races, including regional and national masters events, are “open” events and do

not require qualification. All masters racers are encouraged to attend!

## **Foreign Competitors in non-FIS Competitions**

Foreign competitors must hold either a full or a short-term U.S. Ski & Snowboard Masters membership to compete in U.S. non-FIS competitions. The application must include the country of citizenship which will also be entered in their membership record.

## **Unqualified Racers**

The race jury may exclude racers from competition for lack of physical and/or technical ability, lack of appropriate equipment or helmet, and/or for not meeting membership criteria. [ACR 601.4.6.3, M1284.4]

## **Entry Materials**

Entries to masters races should be made according to the race organizer's instructions, i.e. online at SkiRaceReg.com (preferred), or by submitting a printed entry form.

Be sure that all the information you provide is readable and correct. Be especially careful with your membership number. This is the seven-digit number that appears on your membership card. If your number doesn't have seven digits, it's the wrong number. Check your card. Be sure to include both day and night time or cell phone numbers, as event organizers may need to contact participants in the evening. Providing a working email address is also important, as email is the usual means for communicating event information and updates to competitors.

If using a paper entry, send the completed entry form to the address listed under race contact for that event listed in the Schedules chapter in this Handbook within the entry deadline and with the entry fee.

Note: Some divisions have different entry procedures for their races. Check each division's requirements set out in the divisional section of this guide.

## **Entry Fees**

Entry fees must accompany all entries unless specified by the organizer and may or may not include a lift ticket.

## **Refunds/Cancellations**

It is every racer's responsibility to inform the race organization, in advance, of their withdrawal from a competition. Race organizers shall refund a competitor's entry fee if the reason for withdrawal is illness, injury, family emergency or similar excusable reason, otherwise a refund is at the discretion of the race organizer.

Race organizers shall refund entry fees for competitions which must be cancelled. When conditions are questionable, racers are responsible for contacting the host organization to confirm if the event will take place as scheduled.

## **Entry Limits, Conditions and Invitational Events**

National, Regional and Divisional competition committees may impose entry restrictions and requirements on various events. Please see the later sections of this guide for more information. Race organizers and competition juries may limit the number of entries in consideration of weather conditions, snow conditions, other safety considerations and fairness, as provided for in the rules.

All other limitations and conditions on entries proposed by the organizers must be clearly stated on their application for calendaring, must be approved by the Masters Working Group and or the Alpine Sports Committee in advance, and must be published sufficiently in advance, so that all competitors are properly advised.

## **Geographic Affiliation**

The choice (designation) of division in which a racer registers shall be based on where the racer spends the greatest part of his or her ski season. The designation must be made at the start of the season and is in effect for the entire season. As all sanctioned masters races are considered "open", racers may compete in events in any division at any time, however their contribution toward the Division's Cup at the national championships shall be based on their



designated division.

Requests for changes of affiliation must be made to Member Services.

## **General Rules**

### **M1281 General Regulations**

M1281.1 Masters competitions are non-scored races organized by age classes

M1281.2 Courses

All masters races must be held on courses which have been homologated by FIS or by U.S. Ski & Snowboard prior to the event [ACR 650.1]. Schedule agreements cannot be executed in the absence of homologation numbers for that course and discipline.

M1281.3 Course Maintenance

Although race organizers are responsible for proper course preparation, competition juries may require racer assistance in the preparation of the course should conditions warrant.

### **M1282 Organization of Competition**

The following are the age classes and running orders for men and women in sanctioned masters events. Some regions/divisions/states may modify the classes or running order for non-championship events (e.g., due to small numbers of participants or to add “super seed” classes).

M1282.1 Masters Age Classes

Definition of masters age classes is listed earlier in this chapter.

M1282.2 Age Class Groupings

Group A: Men’s Classes 1-5 (men 18-49)

Group B: Men’s Classes 6-8 (men 50-64)

Group C: All Women’s Classes

Group D: Men’s Classes 9-14 (men 65 and older)

M1282.3 Age Class Running Order

A masters race may be organized with all competitors of both genders competing on a single course or with multiple courses where the division of competitors may be by age class group(s) or split between classes so there are a fairly even number of racers on each course.

1. When all competitors are on the same course or the course split has competitors of different genders competing on the same course, the age class running order is as follows: Oldest classes first in oldest-to-youngest order for classes 14-10 with women then men i.e. oldest women then oldest men in class 14, women then men in class 13, and so forth through class 10; then all remaining women’s classes 9 and under in oldest to youngest order; then all remaining men’s classes 9 and under in oldest to youngest order:

W14, M14, W13, M13, W12, M12, W11, M11, W10, M10

W9, W8, W7, W6, W5, W4, W3, W2, W1

M9, M8, M7, M6, M5, M4, M3, M2, M1

2. When there are multiple courses, the race organizer may split the groups so that each course has approximately the same number of racers. Typically A and B groups race together, and C and D groups race together.

3. When there are separate courses for each group or all competitors on the same course are the same gender, the running order shall be by class from oldest to youngest age class in each race

M1282.4 The Jury has the right to change the starting order if warranted by course or weather

conditions. [ACR 621.5]

## **M1283 Start Order**

Start order for masters competitions is within age class, according to the age class and running order rules of M1282. This section supersedes ACR 621 for masters competitions.

### **M1283.1 Classification of competitors**

Competitors are classified by age class as described in M1282.1.

For National Championships, seed groups may be established within classes following the National Championship Seeding rules.

### **M1283.2 First Run Start Order**

The first run start order for Regional and National Championships will be random draw within age class, or within seed groups in class when seeding classification is established. Divisions are encouraged to use random draw within age class for first run start order.

### **M1283.3 Second Run Start Order**

The second run start order for Regional and National Championships will be total reverse order of first run finish within age class (slowest to fastest first run time). Divisions are encouraged to use total reverse-first-run finish order within class.

### **M1283.4 Competitors who wish to make a second run after a first run DSQ or DNF may do so at the discretion of the jury if snow conditions and time permit. Their second run shall be taken within age class after all qualified racers in their class have completed their second run. The second run shall not count in any way in the discipline or combined results.**

If a second run is not available to DSQs and DNFs, this decision should be communicated to competitors (e.g. by jury announcement or by posting on a notice board at check-in or the finish board).

### **M1283.4.1 Racers who were disqualified or who DNF in the first run of a SL or GS are not permitted to forerun the second run of the race.**

Under M613.6, if a competitor misses his/her start, he/she shall be allowed to run at the end of his/her class or as soon as possible after that within the race order at the discretion of the jury.

## **Officials, Jury Members and Course Setters**

### **M601.4.3.1 Jury participation**

Officials, Jury Members and Course Setters at Masters events may also be participants in those events as long as they maintain the appropriate membership(s). The exception to this is at the Masters National Championships and any FIS events, where the TD may not be a participant.

## **Course Inspection**

The rules pertaining to course inspection shall be enforced by the competition jury. [ACR 614.3]

Inspection procedures shall be announced and posted in advance and whenever conditions may require changes. A racer is subject to sanction if course inspection procedures are not followed; the penalty is assessed by the jury and may result in withdrawal of accreditation for the current event. [ACR 628, 223]

Competitor inspection of a SG shall be according to the rules for inspection of GS. The jury may decide that more than one hour is required for inspection.

Competitors should expect to be sanctioned for infractions of inspection or training procedures and may be sanctioned from future competitions for serious violations. Coaches may be disciplined for violation of procedures on their part, losing their credentials for the

meet or further events.

It is a racer's right and responsibility to inspect the course according to the rules and the instructions of the jury. Competitor inspection is held after course setting and jury inspection is completed, after the jury has opened the course. Competitors are not permitted to enter a closed competition course.

Racers should follow course inspection principles which include side-slipping outside the racing line, no high-speed skiing in the race area, and no shadowing of the course.

### **Official Training: DH and SG**

Official training for DH events is an integral part of the competition [ACR 704.1]. Participation in at least one timed training run is required for participation in the race [ACR 704.8.3]. Competitors must strictly respect the instructions of the competition jury. All course protection must be in place for official training [ACR 704.3, 704.4].

Training and/or controlled fast free-skiing on the race hill (racers start down the slope at intervals) at masters SG events is at the option of the race organizer but is highly recommended [M1285.4.b]. The training course should be similar to the intended race course(s). Participation in SG training is not required to compete in SG races. All course protection must be in place for the training run(s) and controlled fast free-skiing runs [M1285.4.c].

### **Racing numbers, bibs**

Competitors must carry their official start numbers during inspection. Bibs must be worn during official training. Bibs shall not be modified in any way. Athletes are subject to sanction for breach of these rules; the penalty is assessed by the jury and may result in withdrawal of accreditation for the current event [ACR 606.1, 614.3.2, 628.2, 628.3, 223].

### **Official Start Procedure**

At the direction of the starter, the competitor must plant both poles in front of start line. Pushing off from the start posts or other aids is not allowed. The competitor must start only with the help of their ski poles. [ACR 613.3]

GS, SG and DH: Ten seconds before the start, the starter shall tell the racer: "10 seconds". Then 5 seconds before the start, the starter will count "5, 4, 3, 2, 1" and then give the command "Go". The racer must start within the interval from 5 seconds before to 5 seconds after the command "go". A start more than 5 seconds early or late is a false start, with the racer subject to sanction (including disqualification) by the jury. [ACR 613.4, 613.7, 628, 223]

SL: When the course is clear, the starter gives the racer the warning, "Ready", then after a short pause, the command "Go". The competitor must start within 10 seconds after this start signal. A start more than 10 seconds after the "Go" command is a false start, with the racer subject to sanction (including disqualification) by the jury. [ACR 805.3, 628, 223]

### **Late Start**

#### **M613.6 Delayed Start**

If a competitor misses his/her start, he/she shall be allowed to run at the end of his/her class or as soon as possible after that within the race order at the discretion of the jury.

During a multi-day event, after two or more missed starts, the jury may sanction the racer.

### **Completion of Gate (Correct Passage)**

For gates delineated by two poles, a competitor will be disqualified if he/she fails to cross the (gate) line between the inside and outside poles of the gate with both ski tips and both feet. [ACR 661.4]

A racer who is clearly disqualified for missing a gate may not continue further through the course. Violations can result in sanction. [ACR 614.2.2]

In the event a pole has been knocked out (removed from its vertical position) and not

replaced, the competitors ski tips and both feet must pass across the original gate line as defined by the hole or marking in the snow. [ACR 661.4.1.3]

### **Single Pole SL and GS**

Where there is no outside pole, both feet and ski tips must pass the turning pole on the same side, following the normal race line and crossing the imaginary line from turning pole to turning pole. If a competitor loses a ski, without committing a fault, such as straddling a pole, then the tip of the remaining ski and both feet must meet both requirements. In SL only, if the competitor has not correctly passed the imaginary line from turning pole to turning pole and does not follow the normal race line, then he has to climb back up and correctly pass around the missed turning pole, unless he will interfere with or is passed by the next competitor, in which case he must stop away from the course and not finish. [ACR 804.3, 904.3]

### **Missed Gate or Stopping in GS, SG and DH**

If a competitor misses a gate, he must no longer continue through further gates and shall be designated “DNF” [ACR 614.2.2]. If a competitor comes to a complete stop for any reason, he must no longer continue through previous or further gates [ACR 614.2.3]. This interdiction is valid in all events with a fixed start interval (DH, SG, and GS). The only exception is in SL [ACR 661.4.1], as long as the competitor does not interfere with the run of the next competitor or has not been passed by the next competitor.

### **Interference**

If a competitor feels that he or she has suffered from interference on the course, he or she must stop immediately and ski out of the course and request a provisional rerun from any jury member or jury advisor, explaining the specific problem and location [ACR 623.1.1]. The jury will give immediate instruction. The jury will determine the validity of the claim in a subsequent meeting, according to the rules relating to reruns [ACR 623.3].

Grounds for interference include blocking of the course by an official, a spectator, an animal, or other obstruction; blocking of the course by a fallen competitor who did not clear the course soon enough; objects in the course such as a lost ski pole or the ski of a previous competitor; activities of the first aid service which obstruct the racer; absence of a gate knocked down by a previous competitor and not promptly replaced; other similar incidents beyond the will and control of the competitor, which cause significant loss of speed or a lengthening of the racing line and subsequently affect the competitor's time; malfunction of the timekeeping system; interruption of a DH or SG run by an official in a “yellow zone”. [ACR 623.2]

### **Yellow Flag**

Yellow flag zone(s) may be set by the race jury, with a yellow flag positioned where it may be required to alert the next competitor. Yellow flags must be positioned before inspection and should be recognizable by competitors.

When a competitor is waved down by a yellow flag, he must stop immediately. If stopped in training, the competitor may be allowed to restart from the point where he was stopped. The stopped competitor may request a rerun if stopped in a training run, which the jury may allow if possible. If stopped during the race, the competitor has the right to a rerun provided the jury considers this possible from an organizational point of view. [ACR 705 and 1008]

### **Crossing Finish Line**

The finish line must be crossed on both skis, or on one ski, or with both feet in case of a fall between the last gate and the finish line. In this case, the time is taken when any part of the competitor's body stops the timekeeping system [ACR 615.3].

### **Binding Release**

A binding release occurring more than two gates above the finish in SL, GS or SG or one gate in DH shall be considered a “clear disqualification”. Racers may not continue on the course. A racer may finish a race on one ski if the other ski releases less than two gates from

the finish in SL, GS or SG or after the last gate in DH. [ACR 615.3, U629.4]

## **Protests**

If a racer protests the decision of a race official, he or she must submit a written protest and post a bond of an amount determined by the competition jury. If the protest is denied, the bond is forfeited. If the racer appeals this jury decision to U.S. Ski & Snowboard, an additional bond must similarly accompany the appeal. Appeals of jury decisions at FIS events must first be made to U.S. Ski & Snowboard. [ACR 640-647]

## **Sanctions and Penalties**

An offense for which a sanction may apply and a penalty be imposed includes conduct that is in violation of competition rules, non-compliance with directives of the Jury, or is unsportsmanlike. Penalties that may be imposed by jury decision include reprimand, withdrawal of accreditation, disqualification, and impairment of starting position. A jury may not impose a monetary fine or suspend a competitor beyond the event at which the offense occurred. [ACR 223, 224]

A competitor shall only be disqualified if the offence would result in an advantage in the end result, unless specifically stated otherwise in the rules. [ACR 223.3.3]

## **Helmets**

Regulations on helmets for alpine competition are covered in ACR 606.4 and in the Additional Regulations section “Helmets”.

Equipment is the responsibility of the athlete. Equipment must be maintained and utilized in accordance with manufacturer’s instruction. [ACR 222]

In FIS competitions, international competition rules will apply.

Helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and forerunners in all U.S. Ski & Snowboard events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98.

For U.S. Ski & Snowboard races, helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL.

Helmet mounted cameras are not allowed on helmets in official training or competition.

It is not wished for officials to disqualify or deny entry or starts to an athlete because the athlete has personalized his/her helmet with stickers, glitter, helmet cam mounts or other applications.

U.S. Ski & Snowboard does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. U.S. Ski & Snowboard undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Anyone with questions regarding their helmet should contact the manufacturer for specific guidelines regarding its safety or use.

## **Ski-brakes**

Within stand-height limits, ski brakes which are functional with the ski/plate/binding in use are required and are the responsibility of the respective manufacturers and the athletes. Any and all ski brakes used by competitors in all events, must be functional and comply with all related FIS requirements. [ACR 606.3, Additional Regulations section “Ski Brakes”]

## Competitor Protective Measures

With the exception of forearm protection used in SG, GS and SL, and shin protection used in SL, body protection must be worn under the suit. This includes knee braces; however a brace may be worn over a suit if covered by a piece of an old suit. [FIS Specifications for Alpine Equipment B5]

## Gate Panels

All GS, SG and DH competitions must use gate panels which conform to the current FIS specifications. A list of homologated panels is published at [fis-ski.com](http://fis-ski.com). ACR 901.2.2 and 1001.3.2 remain valid. [ACR 690]

# EVENT REGULATIONS

---

## M1284 Downhill (DH)

Masters downhill competitions follow the ACR 700 rules for Downhill, with adjustments to the guidelines for course preparation and course setting deemed appropriate for masters. All U.S. Ski & Snowboard homologation rules (course, gate panels) and equipment rules (ski brakes, helmets) must be followed.

### M1284.1 Technical Data

Vertical drop (VD)

	Min. VD	Max VD
All Classes	400 m	600 m

There is no specific number of direction changes required, only the number needed for visibility from one gate to the next and to aid racers with anticipation of line.

### M1284.2 The Course

#### M1284.2.1 Preparation of the Course

Courses should have a smooth, firm snow surface for the full course width and all outside areas where a racer might go off line.

Choppy bumps, ruts, etc. should be removed before race training begins and after training and prior to the race. Competitors may be required to pack and side slip the course at the discretion of the jury.

### M1284.3 Course Setting

Course setter guidelines:

- Set a rhythmic and challenging course that tests a racer's technical skills.
- Speeds in excess of 70 mph are discouraged.
- If bumps (air) are present in the course, they should be reasonable and prudent for the range of ability and ages in the competition.

### M1284.4 Official Training

Official training is an integral part of the competition. [ACR 704.1] Scheduling at least two days of training is recommended. One training run may be scheduled on the same day as the race. Participation in at least one timed training run is required to participate in the race. [ACR 704.8.3].

All hill protection shall be in place for all training runs [ACR 704.3]

#### M1284.4.1 DH training should be so organized as to permit maximum timed training runs.

All racers must have the opportunity to take a minimum of two official training starts on the course prior to race day. If two training runs are not possible, the race may be changed to a SG.

#### M1284.4.2 The training schedule will be established and distributed to all competitors. It is desirable to schedule training for men and women by age groups.

M1284.4.3 The jury shall have the power to declare the final scheduled training run as a provisional race run, that may be counted as the race if conditions on race day require the race to be cancelled. This decision must be made prior to the final training run and must be communicated to all competitors.

#### M1284.4 Control of Official Training

A starter shall control the training starts.

The entire course shall be monitored by course officials with radio communication during all training periods. Course officials should be in a stationary position unless the course is on a “hold”.

#### M1284.5 Execution of the Downhill

A DH is carried out in 1 run [ACR 706] on a course that has been homologated by U.S. Ski & Snowboard for the event. [ACR U650.1]

Age class running order and start orders are described in M1282 and M1283.

#### M1284.5.1 Downhill in Two Runs

U.S. Ski & Snowboard in consultation with the division chair, race organizer and TD shall determine at the time of sanction approval, whether or not a two-run DH is appropriate for that event. Two-run DHs are not encouraged. At the running of the event, the Jury shall have the power to change to a two-run DH if appropriate due to weather and/or course conditions.

#### M1284.6 Unqualified Competitors

The TD and other members of the jury have the right and duty, after the first or subsequent training runs, to propose for jury decision, the exclusion from further participation, those competitors who do not demonstrate the ability to complete the course in racing fashion or whose personal safety appears endangered because they do not measure up to the difficulties of the course. [ACR 601.4.6.3] Competitors who snowplow, side slip, or make SL or GS turns between gates in order to slow down, shall not be deemed to be completing the course in racing fashion. Racers who enter and who are subsequently excluded by the jury will not be entitled to receive entry fee or lift ticket refunds.

### M1285 Super-G (SG)

Masters SG competitions follow the ACR 1000 rules for SG, with adjustments to the guidelines for course preparation and course setting deemed appropriate for masters. All U.S. Ski & Snowboard homologation rules (course, gate panels) and equipment rules (ski brakes, helmets) must be followed.

#### M1285.1 Technical Data

Vertical drop (VD)

	Min. VD	Max VD
All Classes	300 m	450 m

#### M1285.1.1 Gates

The distance between the turning poles of two successive gates must not be less than 30 m and not more than 50 m. For delay gates, the distance between successive gates can be less than 30 m but must be at least 15 m, with a maximum of 55 m from turning pole to turning pole.

#### M1285.2 The Course

Terrain should preferably be undulating and rolling as skillful use of the terrain is an important aspect of SG. Preparation should be the same as DH.

#### M1285.3 Course Setting Guidelines

- Set a rhythmic and challenging course that tests a racer's technical skills.
- Set as in the DH section above.

- c. A SG should present a variety of long and medium turns which a good adult racer can ski aggressively.
- d. The line must not be set in the fall-line of the slope. The course should include some turns which can be made in a tuck and some that cannot.

Guidelines for direction change:

- On steeps (up to 90 degrees)
- On medium slopes (30-60 degrees)
- On flats (minimum turns with emphasis on gliding skills).

e. If bumps (air) are present in the course, they should be reasonable and prudent for the range of ability and ages in the competition.

f. "Blind" gates are discouraged if possible.

#### M1285.4 Pre-Race Inspection and Training

a. Careful course inspection is an important aspect of SG for all racers. Inspection shall be according to the rules of GS. Competitors should be allowed to study the course on race day for at least one hour. The jury may decide if more than one hour should be required for inspection.

b. Within 24 hours of race day, a training run or fast free-skiing on the race hill at controlled intervals is highly recommended but not mandatory.

c. All hill protection shall be in place for the training runs which shall be run the same as for DH training.

#### M1285.5 Execution of the SG

A SG is carried out in 1 run [ACR 1006] on a course that has been homologated by U.S. Ski & Snowboard for the event. [ACR U650.1]

Age class running order and start orders are described in M1282 and M1283.

### M1286 Giant Slalom (GS)

Masters GS competitions follow the ACR 900 rules for GS, with adjustments to the guidelines for course preparation and course setting deemed appropriate for masters. All U.S. Ski & Snowboard homologation rules (course, gate panels) and equipment rules (ski brakes, helmets) must be followed.

#### M1286.1 Technical Data

Vertical drop (VD)

	Min. VD	Max VD
All Classes	200 m	350 m

In Central Division, min. VD may be reduced based on geographical limitations.

##### M1286.1.1 Gates

The distance between the turning poles of two successive gates must not be less than 23 m and not more than 30 m. For delay gates, the distance between successive gates can be less than 23 m but must be at least 10 m, with a maximum of 35 m from turning pole to turning pole.

#### M1286.2 The Courses

##### M1286.2.1 Preparation of the Course

Courses should have a smooth, firm snow surface for the full course width; a very wide line must be prepared.

#### M1286.3 Course Setting

Course setter guidelines:

- a. Set a rhythmic and challenging course that tests racers' technical skills.
- b. Avoid complex gate combinations.
- c. Gate patterns should emphasize skill in making round turns, avoiding wiggles,



blind traps and jam turns.

d. The course should demand changes in rhythm, speed, and adaptability through terrain changes.

#### M1286.4 Execution of the Giant Slalom

A GS is carried out in 2 runs, using a different course for each run [ACR 906.1] on a course that has been homologated for the event. [ACR U650.1] The combined time of both runs determines the race results.

Age class running order and start orders are described in M1282 and M1283..

### **M1287 Slalom (SL)**

Masters SL competitions follow the ACR 800 rules for SL, with adjustments to the guidelines for course preparation and course setting deemed appropriate for masters. All U.S. Ski & Snowboard homologation rules (course, gate panels) and equipment rules (ski brakes, helmets) must be followed.

#### M1287.1 Technical Data

Vertical drop (VD)

	Min. VD	Max. VD
--	---------	---------

All Classes	100 m	180 m
-------------	-------	-------

In Central Division, min. VD may be reduced based on geographical limitations.

#### M1287.1.1 Gates

A gate in a vertical combination must have a minimum width of 5 m and a maximum of 6 m.

The distance from turning pole to turning pole of successive gates must not be less than 10 m and not more than 13 m. Delayed gates must have a minimum distance of 14 m and a maximum distance of 16 m from turning pole to turning pole.

#### M1287.2 The Courses

##### M1287.2.1 Preparation of the Course

Course conditions should be firm, but not icy, with chemical use as needed.

Course preparation should try to ensure race conditions remain the same for all competitors from first to last, and provide consistent conditions within age classes.

##### M1287.3 Course Setting Guidelines

a. Set a rhythmic and challenging course that tests a racer's technical skills.

b. Stay off of the fall line.

c. Gate patterns should demand rounded turns, not abrupt gymnastic turns, with potential changes in speed, rhythm and turn radius.

d. Avoid blind traps leading to jammed turns.

#### M1287.4 Execution of the SL

A SL is carried out in 2 runs, using a different course for each run [ACR 806.1] on a course that has been homologated for the event. [ACR U650.1] The combined time of both runs determines the race results.

Age class running order and start orders are described in M1282 and M1283.

M1287.4.1 At regional and national championships, a separate race should be run for each group (A, B, C, D) larger than 40 competitors.

# SPECIAL RULES

---

## M1288 Parallel/Dual Events

Masters Parallel and Dual events follow the ACR U1226 rules.

Parallel and dual races provide an opportunity for head-to-head racing that adds a new dimension and excitement to alpine competition. In both parallel and dual competitions, pairs of athletes compete head-to-head on parallel courses, which are set with gates and distances closely matched so that both courses are as similar as possible. Both racers start at the same time and each pair of racers takes a run on both courses.

In a parallel race, the result is determined by the racer's combined time on both courses. In dual race, the result is determined by the time difference between the competitors after both runs. The racer who wins both runs or who wins by the greatest differential after two runs is the winner of the match-up. Dual events are customarily elimination events, with the winner of each pair advancing to the next bracket and the race concluded when the final pair of competitors who have advanced to the final bracket complete their runs.

The first-round bracket matchups for a dual race can be determined by holding qualifying run(s) or by using alternate methods to seed competitors.

# ADDITIONAL REGULATIONS

---

## Super Seeds

At the discretion of the race organizer, some events implement a "Super Seed" or "Open" class. The purpose of a super seed is to allow competitors across multiple age groups to compete at the same time on similar course conditions to determine the fastest overall competitor of the day. It also adds excitement and showcases the ability of the top masters racers at the event.

Typically, a "super seed" class is formed for the second run of a GS or SL event from a group of the fastest competitors overall in the first run (e.g. top 10 men, top 5 women). Start order position of a super seed class within the standard age class start order described in M1282.3 is determined by the race organizer and host division rules.

## Ranking and Placement

Within each of the eight divisions, masters racers compete against members of their own age class for individual awards. Most divisions also have a season-long competition for an overall winner. In New England, masters compete for the Sise Cup, while in the Intermountain division, the Jans Cup is the masters' grail.

Masters may also compete in regional championships. These events do not take past results into consideration and allow for interdivisional rivalries to add excitement.

Masters events do not contribute to a national points list. Most masters use the national championships results as a basis for national comparison. Masters races are therefore considered non-scored events.

## Old World Cup Points Scoring (Top 15 Position Points)

On a per event and interdivisional basis, points are frequently assigned based upon "old World Cup values" for scoring the top 15 finish positions within each class. Finish position points scoring may be used for determination of ranking position and combined awards.

Place	Points	Place	Points	Place	Points
1	25	6	10	11	5
2	20	7	9	12	4

3	15	8	8	13	3
4	12	9	7	14	2
5	11	10	6	15	1

### **New World Cup Points Scoring (Top 30 Position Points)**

On a per event and interdivisional basis, points may also be assigned based upon “new World Cup values” for scoring the top 30 finish positions within each masters class. Finish position points scoring may be used for determination of ranking position and combined awards.

Top-30 points scoring awards 100 points for 1st place, 80 for 2nd, 60 for 3rd, through 1 point for 30th place. The detailed description of the place/points scale is provided in the ACR Points and Rankings chapter, section “World Cup and Continental Cup Points Scale”

### **Age Handicap Scoring**

Some events may also have special awards based on age-handicap scoring formulas that rank competitors based on age or age class factors rather than position within age class. Age handicap scoring formulas typically compute an adjusted finish time for ranking by applying a factor that considers the competitor’s age.

# Course Setting Specifications for Masters

		U.S. Masters		FIS Masters	
		as required			
<b>Downhill (DH) 700 and M1284</b>	Distance between gates	Max 600m	M1284.1		(N/A - no FIS masters DH regulations)
	Vertical Drop (VD) Direction changes (DC) Additional requirements	as required min of 2 official training runs scheduled prior to race day required; min 1 training start required	M1284.4.1 <sup>(1)</sup>		
<b>Slalom (SL) 800 and M1287</b>	Distance between gates	Combination 5-6 m; Open 10-13 m; Delay 14-16 m	M1287.1.2		ICR 801.2.3: 4-6 m combination, 6-13 m open, 12-18 m delay 120 m - 180 m ICR 801.2.4: 30-35% VD ICR 803.2
	Vertical Drop (VD) Direction changes (DC)	Max 180 m	M1287.1.1		
	Additional requirements	3-6 hairpins; 1-3 verticals (3-4 gates); 1-3 delays	ACR/ICR 803.2		
<b>Giant Slalom (GS) 900 and M1286</b>	Distance between gates	Open 23-30 m; Delay min. 10 m between successive gates and max. 35 m from turning pole to turning pole	M1286.1.2		ICR 901.2.3: min 10 m 250 m - 350 m (men A) 200 m - 300 m (men B, women C) ICR 901.2.4: 11-15% VD
	Vertical Drop (VD) Direction changes (DC)	Max 350 m	M1286.1.1		
	Additional requirements	Variety of terrain suggested			
<b>Super G (SG) 1000 and M1285</b>	Distance between gates	Open 30-50 m; Delay min. 15 m between successive gates and max. 55 m from turning pole to turning pole	M1285.1.2		ICR 1001.3.4: min 25 m open ICR 1003.1.1: min 15 m delay 300 m - 400 m ICR 1001.3.4: min 7% VD
	Vertical Drop (VD) Direction changes (DC)	Max 450 m	M1285.1.1		
	Additional requirements	Variety of terrain suggested Training run or fast free-ski on race hill highly recommended	M1285.4(b)		
<b>Parallel/Dual U1226 and M1288</b>	Distance between gates	10-20 m <sup>(2)</sup>	ACR		(N/A - no FIS masters parallel/dual rules)
	Vertical Drop (VD)	Max 100 m			

<sup>(1)</sup> Scheduling at least 2 days of DH training recommended; one training run may be scheduled on the same day as the race

<sup>(2)</sup> Distance between courses should be 8-12 m.



*For over 27 years World Cup Supply has provided coaches, officials and athletes with the best products and service in ski racing. Thanks for being our customers, partners and friends.*

**800-555-0593**

**Bradford, VT • Salt Lake City, UT**

**[info@worldcupsupply.com](mailto:info@worldcupsupply.com)  
[www.worldcupsupply.com](http://www.worldcupsupply.com)**

# Thank You

to the following uniform partners  
of U.S. Ski & Snowboard

**BURTON**

**L.L.Bean**



**Chapter 4**

**Event Rules for U.S. and  
Regional Championships and  
International Competitions**



# U.S. MASTERS NATIONAL AND REGIONAL CHAMPIONSHIPS AND SPEED SERIES

---

## General Championships Rules

1. Technical delegates for the Alpine Masters National Championships will be nominated in consultation with the national alpine masters working group chair and the U.S. Ski & Snowboard masters manager. The TD cannot compete in the event.
2. FIS and U.S. Ski & Snowboard course specifications apply as modified in the Masters Competition Rules (chapter 3). All races must be held on homologated or registered courses.
3. A divisional representative may be appointed by the national alpine masters working group. The representative must approve proposed trails and slopes to be used by areas proposing or selected to hold the Alpine Masters National Championships.
4. Each course setter must have proven experience with masters events wherein he/she has displayed a complete understanding of the philosophy of masters racing and has set courses within these specifications and requirements in the past.
5. Qualified masters racers competing in an event may set courses and serve as Referee or Assistant Referee.
6. Major emphasis shall be placed on course preparation and the installation of hill protection.
7. Course setters should set appropriate, legal, rhythmical, and challenging courses which test racers' technical skills rather than nerve.
8. The TD, Chief of Course and Referee are responsible to ensure that course setters do their work correctly.
9. If the course set is not acceptable to the jury, it may be reset by an appointee of the TD and Chief of Race in conjunction with the masters working group.
10. SG, GS and SL are used for scoring of combined awards at the Masters National Championship. The DH will not be used in any combined or overall scoring. When a AC (SG/SL) is substituted for the DH, the AC will be used in the scoring of the Division's Cup and the Spyder Masters National Team.

## National Championship Seeding

Due to the wide range of abilities within each class, the national championships will be seeded during the team captain's meeting prior to the event. If a class has 10 or more competitors, two or three seed groups may be created at the discretion of the race organizers. The team captain for a racer's division shall select the seed in which the racer shall be placed. Whenever possible, event organizers shall try to make the number of racers in each seed as even as possible.

Racers shall start the first run in random order within their seed. [M1283.2]

### 1st Seed Criteria

Racers must have proven results showing their ability to place in the top three in the masters national championships.

### 2nd Seed Criteria

Racers must have experience with masters racing or recent junior or college racing but are unlikely to place in the top three.

### 3rd Seed Criteria



Racers with little or no experience in masters racing or recent junior or college racing.

## Age Classes

The U.S. Masters National and Regional Championship and the Speed Series use the age classes found earlier in this guide. [M1282.1]

### Running Orders

For national and regional events, the age class running order is described in M1283. Competition may be organized with all competitors of both genders on a single course or with multiple courses where the division of competitors is by age class group(s).

At Regional and National Championships, a separate SL race should be run for each group (A, B, C, D) larger than 40 competitors. [M1287.4.1]

Start order with age class is described in M1283. First run order for championship events is random draw within age class or seed group; second run order is total reverse order of first run finish within age class.

If snow conditions and time allow, DNFs and DSQs shall run at the end of their respective classes; this is a jury decision. [M1283.4]

## Scoring

### National Championship Age Class Combined

The national age class Combined champions are awarded based on the lowest total race points accumulated by a competitor for the three events of SL, GS and SG at the national championships (triple-combined). Race points are calculated as the ratio of the competitor's time to that of the winner in the competitor's class, adjusted by a discipline-specific normalization factor set by the FIS which produces a time-based "closeness" ranking that can be compared across events.

Because of the time-based scoring formula, competitors must finish all three events to be eligible for the combined.

### Divisions Cup

The Division's Cup is awarded to the division with the best ratio of points scored per competitor starts for all races in the national championships. When a AC is held as part of the national championships, the AC will be included in the Division's Cup scoring.

Divisions Cup points are awarded to the top 5 places in each age class (5 pts 1st, 4 pts 2nd, 3 pts 3rd, 2 pts 4th, 1 pt 5th). If a class has less than 5 competitors the points are scaled accordingly (e.g. a class with 3 competitors would award 3, 2, 1 points respectively).

Division teams must consist of at least 10 competitors to be eligible.

### National Masters Team

The Spyder Nationals Masters Team is named each year from the national championships age class results, based on total points accumulated using the "Old World Cup" points scoring system. When a AC is held as part of the national championships, the AC will be included in the Spyder Team scoring.

Scoring is based on highest total points accumulated from all applicable events. Competitors need not finish all events to be eligible. In the case of a tie, the first tiebreaker is based on the lowest value as determined by adding together a racer's place finishes, e.g. 1st SG + 2nd GS + 8th SL = 11. If there is still a tie, an additional tiebreaker adding race points from all applicable events is applied; lowest total wins.

Competitors must have a current U.S. Ski & Snowboard alpine masters membership and be a U.S. citizen to be eligible for the National Masters team.

### National Championship Downhill

The downhill championship is a stand-alone national event and is not included in the

Divisions Cup, triple-combined (SG-GS-SL) national class champions, or Spyder National Masters Team awards scoring.

### **Speed Series**

The National Speed Series awards are based on total points accumulated across all races in the series using the “Old World Cup” points scoring system. Age class awards are given to the top three finishers in each age class of the season-long series. Competitors must have at least three starts to be eligible for series awards.

The overall Speed Series champions trophies are awarded to the overall fastest racer in each of three groups, based on the total points in all races of the series:

Group A/B (men age 18-64)

Group D (men age 65+)

Group C (all women)

## **INTERNATIONAL (FIS) MASTERS**

Masters racers looking for additional challenge and travel opportunities can compete internationally in the FIS Masters Cup. This series includes approximately forty races held annually in Europe, North America and South America.

### **Eligibility**

Entries are limited to men and women over 30 years old by Dec. 31 of the competition season. Athletes must have a valid Masters membership, register for a FIS Masters license through U.S. Ski & Snowboard, and must comply with requirements specific to international masters competitions.

### **FIS Athlete Declaration**

Athletes wishing to participate in internationally FIS masters events, in or out of the USA, must complete the FIS Athlete Declaration (hard copy or online as part of the membership process) and be a Master’s member of both FIS and US Ski & Snowboard in good standing. Contact the US Ski & Snowboard masters manager for more information on how to register for FIS if you did not get your FIS Masters License when renewing your US Ski & Snowboard membership. FIS member numbers are awarded for life, but must be renewed annually.

### **Foreign Athletes in USA FIS Competitions**

Foreign athletes competing in USA FIS competitions must have signed the FIS athletes declaration, be a current FIS Masters member, be a member in good standing with their home federation, and be entered to compete by their home federation.

### **Age Classes**

Men Group A

30-34=1; 35-39=2; 40-44=3; 45-49=4; 50-54=5

Men Group B

55-59=6; 60-64=7; 65-69=8; 70-74=9; 75-79=10; 80-84=11; 85-89=12

Women Group C all women

Note: Group D (women 55 and over) is recognized when awarding the best time of the day prizes.

### **Entries**

The number of entries from each country is not limited, except U.S. entries may be limited at races in the U.S. Entries must be received by the organizing committee at least 24 hours before the draw (see chapter 5), except as noted for U.S. entries. Late individual entries may be accepted only at the discretion of the organizing committee. The official representation of each national ski association must ensure that each competitor is in possession of a valid membership issued by that association. If field size is limited, U.S. entries in FIS masters events shall be on a first come, first serve basis.

## USA Athlete Entry Outside The USA

For information and entry to FIS Masters competitions outside of the USA, contact the Alpine Masters Manager Lauren Beckos ([lauren.beckos@usskiandsnowboard.org](mailto:lauren.beckos@usskiandsnowboard.org) or 435.647.2067). For specific event information contact Bob Davis ([bdavis9112@yahoo.com](mailto:bdavis9112@yahoo.com) or 858.342.6125).

## Ski Length Rules for FIS Masters Races

The FIS recommends length and radius of skis for GS and SL, but racers may compete on any length and radius of ski as long as it is deemed appropriate by the jury. For SG, ski length must be at least 185 cm for men and 180 cm for women; except for women over 55 and men over 65 where there is no SG ski length requirement. See the current FIS rulebook Specifications for Competition Equipment for additional FIS equipment rules, including helmet and stand-height rules, for international masters events.

## Courses

It is recommended that GS races be held in a single run and SL in two runs. GS events in the U.S. normally consist of two runs. Total combined time for scoring will be used unless decided otherwise by the jury. All competitions are to be held on a FIS-homologated course, with the following vertical drop specifications:

### Slalom (SL)

All Categories	Min. 120 m	Max 180 m
----------------	------------	-----------

### Giant Slalom (GS)

A group	Min 250 m	Max 350 m
---------	-----------	-----------

B and C groups	Min 200 m	Max 300 m
----------------	-----------	-----------

### Super-G (SG)

All groups	Min 300 m	Max 400 m
------------	-----------	-----------

Two courses with different characteristics and different start and finish points must be prepared, allowing contemporary or simultaneous carrying out of the races for group A on one course and group B and C together on another. Should this not be possible, the races may be held on one single course, provided the start and vertical drops differ.

In principle, older groups shall always have priority, except when the jury decides otherwise, due to bad weather or other special difficulties. Further, group C (women) always has priority.

The start intervals for men and women aged 75 and older (ICR art. 621.10) will not be shorter than one minute. The starting order for the second run shall continue to apply to each age class (reverse first five).

## Masters FIS Points

Masters points are calculated in each of the age groups; A, B, C for each event, GS, SL and SG. Refer to the FIS rules for details.

## Draw

Draw is made according to FIS masters points in each age group. A first seed of up to the 15 best competitors, regardless of nationality, will be drawn. The remaining competitors will start in order of their FIS masters points. Competitors without FIS masters points will be drawn and placed within the last seed within each group.

## Scoring Information for FIS Masters Cup Events

1. All of the races on the calendar are scored for the FIS Masters Cup.
2. Immediately following the competition, race results shall be sent to Stefano Arnhold, [sarnhold@techttoy.com.br](mailto:sarnhold@techttoy.com.br).
3. Each racer's best twelve results from all events will be counted in scoring for the overall FIS Masters Cup in his or her age class, with the FIS masters finals counting as double points per race. For the discipline title in each age class, the best four SG results and the best seven GS and SL results are counted.

4. Each racer must score in at least six results to be classified in the FIS Masters Cup overall rankings series in his or her age class.
5. In case of ties, placing will be determined by totaling FIS points in the results scored for the FIS Masters Cup series.
6. If early season events are cancelled, they may be rescheduled.
7. Points are scored by places for the top 30 finishers according to the “new” World Cup formula.

### **Technical Delegate**

The organizing committee must reimburse the expenses of the FIS technical delegate, according to FIS regulations. All other rules and procedures are according to the current International Ski Competition Rules (ICR) except where there are specific ICR Masters regulations.

## **Chapter 5**

### **Major Events**



# PHILLIPS 66 ALPINE MASTERS NATIONAL CHAMPIONSHIPS

---

## Mammoth Mountain, CA Mar. 18-23, 2019

The 2019 Phillips 66 Alpine Masters National Championships will be held Mar. 18-23 at Mammoth Mountain, CA. This year's championships will include DH, SG, GS, and SL.

### Qualification

All entrants must have a current U.S. alpine masters membership. Foreign participants must hold either an alpine masters membership or purchase a short-term alpine masters membership for each day of competition.

### Registration

1. Online registration for the championships will open by Dec. 1 at [skiracereg.com](http://skiracereg.com).
2. There is a \$10 per race late fee after Mar. 3, 2019 for both online and mail-in entries.
3. The Masters Working Group has established the following policy for cancellations: Masters must cancel at least one week prior to the event for a full refund (midnight, Mar. 10, 2019). Refund percentages are at the discretion of the host area; no refunds for non-injury/emergency/sickness requests. Masters who cancel due to emergencies, sickness or injury within the cancellation period may be subject to a \$20 service fee by the Mammoth Mountain Race Department.
4. Entry is on a first-come basis until a field size of 300 is reached.

### Schedule

Sunday, Mar. 17, 2019

Registration

Mountainside Conference Center

Monday, Mar. 18, 2019

Competitors meeting

Mountainside Conference Center

2 DH training runs - all groups

Cornice Bowl – Fascination

Tuesday, Mar. 19, 2019

2 DH training runs - all groups

Cornice Bowl – Fascination

Wednesday, Mar. 20, 2019

DH race all groups

Cornice Bowl – Fascination

Masters National Working Group meeting

Mountainside Conference Center

DH awards and welcome reception

Mountainside Conference Center

Thursday, Mar. 21, 2019

SG race - all groups

Cornice Bowl – Terry's

Awards party

Mountainside Conference Center

Friday, Mar. 22, 2019

GS race - groups A and B

World Cup – Terry's

SL race - groups C and D

Fascination

Awards party

Mountainside Conference Center

Saturday, Mar. 23, 2019

SL race - groups A and B

Fascination

GS race - groups C and D

World Cup – Terry's

Awards banquet

Mountainside Conference Center

Racer check in is available daily during the championships. Detailed schedule information is available at [usskiandsnowboard.org/masters](http://usskiandsnowboard.org/masters). Weather and snow conditions may cause a change in schedule and venue!

## Fees

Lift tickets will be available for all racers with bibs at the discounted rate of \$59 per day (\$50/day seniors 65-79). There will be a discounted rate for family members. Mammoth Mountain is an unlimited access resort on the Ikon Pass and a participating resort on the Mountain Collective Pass.

## Contact Information

Entries and registration [nationals@usalpinemasters.org](mailto:nationals@usalpinemasters.org)

Mammoth Mountain Race Department [raceadmin@mammothresorts.com](mailto:raceadmin@mammothresorts.com)

## Lodging Information

Please call 800-MAMMOTH (1-800-626-6684) before Friday, Mar. 1, 2019, for reservations by referencing the group name USSA Masters Nationals 2019 or Booking ID: 26668. Reservations are subject to the deposit and cancellation policies quoted online or by the vacation specialist. Please note applicable taxes and fees are subject to change at the time of your stay. Individuals may book online until the room block cutoff date, <https://groups.mammothmountain.com/mammothresort/rlp/USSAMASTERSNATIONALS2019>.



## EAST / WEST CHAMPIONSHIPS

The U.S. Ski and Snowboard Eastern and Western Masters Championships are open to masters competitors from all regions of the U.S. and Canada. With both the National Championships and FIS Masters Cup in the Western region this season, the Western Championships will be held as a joint event with the FIS Masters Cup races at Aspen Highlands.

The Eastern and Western Championship teams are named from the top finishers in the age class combined results based on total points accumulated using the "old World Cup" points scoring system. Competitors need not finish all events to be eligible. Ties are broken by best finish result, then next best, etc. and finally race points (as in the U.S. National Masters Team scoring).

Competitors must have a current U.S. Ski & Snowboard alpine masters membership to be eligible for regional championship awards.

# PHILLIPS 66 FIS MASTERS CUP / WESTERN CHAMPIONSHIPS

---

## Aspen Highlands, CO Feb. 8-10, 2019

The 2019 FIS Masters Cup and U.S. Western Region Championships will be held in the beautiful Rocky Mountains in Aspen, Colorado on Feb. 8-10, 2019. The event will include SL, GS, and 2xSG races. For those looking for more speed, the event will be immediately followed by Rocky Mountain Masters DH races on Feb. 11-12.

### Eligibility

Masters racers 30 years and older are eligible for FIS results/awards and U.S. Western Championship results/awards. FIS/WC competitors age 30+ must have an active FIS Master's License and a U.S. Master's membership. U.S. Masters racers 18-29 are eligible only for U.S. Western Championships results/awards and must have a U.S. masters membership. Field size will be limited to the first 200 U.S. competitors.

The Rocky division DH races on Feb. 11-12 are U.S. races open to all competitors with a U.S. masters membership or a short-term masters membership for each day of the event.

### Schedule

Friday, Feb. 8	FIS/WC SL
Saturday, Feb. 9	FIS/WC GS (2 runs)
Sunday, Feb. 10	FIS/WC SGx2
Monday, Feb. 11	RMM DH training (2 runs)
Tuesday, Feb. 12	RMM DHx2

Schedule subject to change.

Both SG races and the first DH race are part of the U.S. Masters National Speed Series.

The Western Championships team is awarded to the top finisher in each age class based on total points accumulated in the four events SL-GS-SGx2 using the "old World Cup" points scoring system.

### Entry Deadline

Feb. 2, 2019, with a confirmed FIS entry form from each participant's National Ski Federation to [fismasters@usalpinemasters.org](mailto:fismasters@usalpinemasters.org) or online registration for U.S. entries at [skiracereg.com/fis](http://skiracereg.com/fis).

### Entry Fees

SG	\$100 entry/lifts/hospitality/ 2nd race \$24
GS	\$100 entry/lifts/hospitality
SL	\$100 entry/lifts/hospitality
DH	\$90 entry includes training runs/2nd race \$45

### Contact Information

Entries and registration: [fismasters@usalpinemasters.org](mailto:fismasters@usalpinemasters.org)

Aspen Highlands Race Department: [snichols@aspensnowmass.com](mailto:snichols@aspensnowmass.com)

Rocky Mountain Masters: [office@rmmskiracing.org](mailto:office@rmmskiracing.org)

### Lodging

The Inn at Aspen is the official host hotel at the base of Buttermilk Ski Area. Discount Rates are available for stays Feb. 7 through Feb. 12, 2019. Rooms starting at \$164.45/night (45% discount) (not including taxes or 13.85% resort fee) 2-night minimum stay. Book online at [www.wyndhamvacationrentals.com/promotion/aspen-highlands-dh-and-fis](http://www.wyndhamvacationrentals.com/promotion/aspen-highlands-dh-and-fis) with promo code "FISCUP19", or book via phone at 888.750.2631 and reference "2019 Aspen Highland DH and FIS Masters Cup".



# PHILLIPS 66 EASTERN CHAMPIONSHIPS

---

## **Stratton Mountain Resort, VT Jan. 24-27, 2019**

The 2019 Phillips 66 Alpine Masters Eastern Regional Championships will be hosted by Stratton Mountain Resort, VT, one of New England's premier racing venues. The Stratton races are some of the most popular races on the New England Masters circuit each year. From the varying and challenging terrain to the world-class course sets with spectacular views of the Green Mountains, the Stratton races are a can't miss. And the race day experience continues off the hill with amazing after-parties and après scene.

All races will take place on Frank's Fall Line where racers will be challenged from start to finish with speed, rolls, and masters friendly terrain. There is a mid-mountain lodge located at the base of the trail where racers can leave gear, eat lunch or just relax while watching fellow racers from the comfort of the lodge with an unobstructed view of the course.

Information on fees, start times, discounted housing, and awards parties will be available in the fall.

### **Schedule**

Jan. 24 SG Training  
Jan. 25 SG Race x 2  
Jan. 26 GS  
Jan. 27 SL

Both SG races are included in the 2019 U.S. Masters National Speed Series.

All four races will be included in the New England Masters Sise Cup scoring. The GS race will also count for the Janeway Cup, which is one of the oldest cups in NEMS history and is awarded to the fastest man and women over the age of 40.

The Eastern Championships team is awarded to the top finisher in each age class based on total points accumulated in the four events SGx2-GS-SL using the "old World Cup" points scoring system. Competitors must start in three of the four races to be eligible for the Eastern Champions team.

### **Entries**

Register online at [www.skiracereg.com/nems](http://www.skiracereg.com/nems) in the New England Masters race series.

### **Contact**

Bill McCollom, [bmccollom@skiracing.com](mailto:bmccollom@skiracing.com)

# FIS MASTERS CUP SERIES

---

The FIS Masters Cup Series provides the opportunity for international masters competition, with a series calendar featuring races in Europe, North American, and South America. The age class series champions are awarded coveted FIS crystal globes for discipline and overall age class series winners.

## Schedule

Date	Site	Disciplines
Sept. 8-9	Nevados de Chillan, CHI	GS/SG
Nov. 10-11	Amneville, FRA (indoor)	SL/SL
Dec. 1-2	Abetone, ITA	SG/GS
Dec. 8-9	Veysonnaz, SUI	SGx2/GS
Dec. 15-16	Fuegen/Hochfuegen, AUT	SL/GS
Dec. 21-23	Pila, ITA	SG/SL/GS
Jan. 4-6	Cerkno, SLO	SG/SL/GS
Jan. 12-13	Lackenhof, AUT	SL/GS
Jan. 18-20	Zagreb, CRO	SG/SL/GS
Jan. 26-27	Goetschen, GER	GS/GS/SL
Feb. 1-3	Chatel, GBR	SG/SL/GS
Feb. 8-10	Aspen Highlands, USA	SL/GS/SGx2
Feb. 15-17	Cortina, ITA	SG/SL/GS
Mar. 2-3	Strbske Pieso, SVK	SL/GS
Mar. 9-10	La Clusaz, FRA	SL/GS
Mar. 11-16	Megeve, FRA (Criterium)	SG/SL/GS/GS
Mar. 23-24	Pec Pod Snezkou, CZE	SL/GS
Apr. 5-6	Hochkar, AUT (Finals)	SG/GS

Schedule subject to change. For latest schedule information visit the FIS Masters calendar page at <https://data.fis-ski.com/masters/home.html>.

Contact U.S. Alpine Masters Manager Lauren Beckos (435.647.2067 or [lauren.beckos@usskiandsnowboard.org](mailto:lauren.beckos@usskiandsnowboard.org)) for information and entry to FIS Masters competitions outside of the USA For specific event information contact FIS Masters Committee representative Bob Davis before making travel plans.

# PHILLIPS 66 - MASTERS NATIONAL SPEED SERIES

---

The 2019 Masters National Speed Series features 16 races at 7 events in five divisions, around the country. Season-long awards will be presented to the overall fastest woman, younger man (64 and under) older man (65+). This series will also give those Masters with a taste for speed the opportunity to earn a Masters National Speed Series title in their age group. See the fall Masters Newsletter for complete details.

## Schedule

Date	Site		Disciplines
Jan. 18-20	Ski Cooper, CO		DHtr/DH/SG
Jan. 24-25	Stratton, VT	Eastern Champs	SGtr/SGx2
Jan. 24-26	Mammoth, CA		DHtr/DH/SG
Feb. 10-12	Aspen, CO	FIS/Wstrn Champs	SGx2/DHtr/DH
Feb. 15-17	49° North, WA		SGtr/SGx2/SG
Mar. 8	Park City, UT		SGx2
Mar. 18-21	Mammoth, CA	Nationals	DHtr/DHtr/DH/SG

## Entry Contacts

Entries should be sent to host organization for each event or register at [skiracereg.com](http://skiracereg.com).

# 2019 CANADIAN MASTERS' NATIONAL CHAMPIONSHIPS

---

## Panorama Resort, BC, Canada Mar. 29-31, 2019

### Schedule

Mar. 28	SG training
Mar. 29	2 SG
Mar. 30	GS
Mar. 31	SL

Panorama is situated in the Purcell Mountains, with alpine views to the Rocky Mountains. The nearest major city is Calgary, AB, a 3½-hour drive away. Calgary International Airport (YYC) is the most common access point as 311 km from Panorama, through the world-famous Banff and Kootenay National Parks. During the winter season, airport transfers are offered from/to YYC.

The Championships are open to skiers aged 18 (as of Dec. 31, 2018) and over. The U.S. Ski & Snowboard Masters membership is recognized and valid to participate in this event.

For more information on the resort go to [panoramaresort.com](http://panoramaresort.com).

The race notice and registration details will be at [alpinecanadamasters.racing/?page\\_id=1070&lang=en](http://alpinecanadamasters.racing/?page_id=1070&lang=en)

# SUMMER FUN NATIONALS

---

## **Mt. Hood, OR – July 13-14, 2019 SummerFunNationals.com**

Each summer Masters racers and their families have found the ultimate advantage for keeping their ski legs in shape for racing by coming to Mt. Hood in July. Combining training, racing and family fun is the ultimate dream. Halfway between last season and next, the Summer Fun Nationals is the event to keep on your summer calendar. With daily and week-long training camps plus the opportunity to check out next season's race equipment at the tech/demo centers in Government Camp, this is masters ski racing at its best! Make it a family affair and race with your family. The Eigenvector Fastest Family Trophy awaits participation of all families. All must have current memberships. Classes for all ages, young and old.

The weekend kicks off with a welcome party and racer check-in in Government Camp, the village where all the summer action is centered. Saturday starts early on Palmer Glacier with a GS race followed by an elaborate BBQ/awards party with lots of food, beer, awards, and prizes. On Sunday there is the traditional SL race followed at the Timberline pool for the awards party and swim. Other awards include the Fastest Man and Fastest Woman in slalom, the Atomic Skier-of-the-Year Award for Sportsmanship, and the Skoch Memorial Cup for the 2-day combined class winners.

Check SummerFunNationals.com for the latest information on schedules, lodging, camps, entry forms, updates and more.

Get your race entry in early. No day of race entry. DNS refund requests must be in writing.

### **Schedule**

Fri. July 12	3-6 p.m.	Booster Strap welcome party and racer check-in in Government Camp
Sat. July 13	6-6:45 a.m.	Late check-in outside Ski Patrol door in van
	6:30 a.m.	Ticket window opens
	7 a.m.	Lifts open - 2 one-mile chair rides
	8:30 a.m.	1st run GS - Palmer lanes
Sun. July 14	4:30 p.m.	BBQ/Awards Party - Timberline Day Lodge
	7 a.m.	Lifts open - 2 one-mile chair rides
	8:30 a.m.	1st Run SL - Palmer lanes 1 and 2
	2 p.m.	Awards - Timberline Pool

### **Airport**

Portland, OR (PDX). Distance to Mt. Hood: 60 miles. Rental car suggested.

### **Entry Fees**

Whole weekend - \$145 (includes BBQ), Saturday only - \$105 (includes BBQ),

Sunday only - \$75

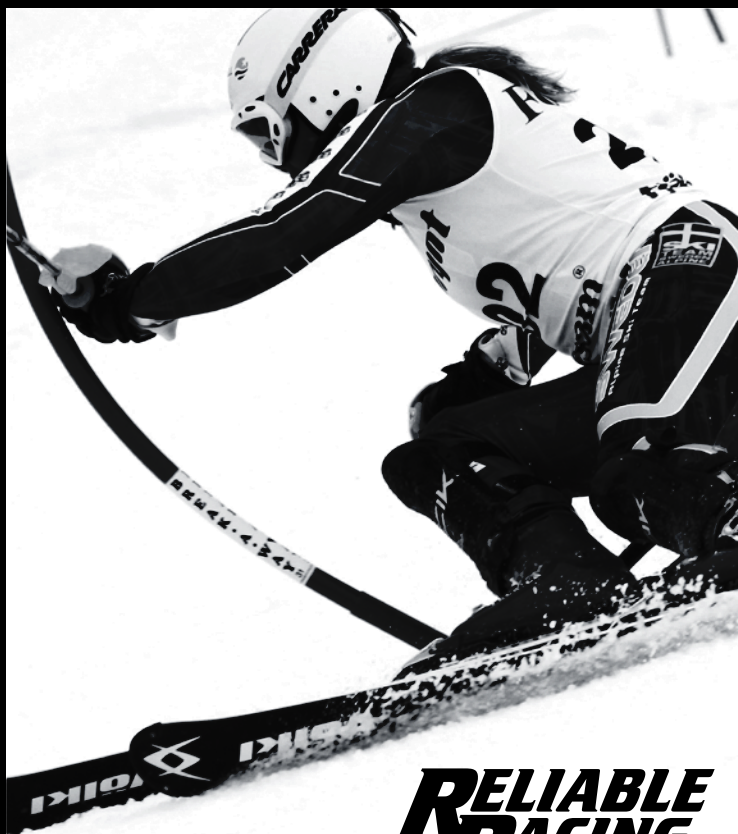
### **Entries**

Online at SummerFunNationals.com (enter this way as skiracereg.com is different in summer than winter entries).

### **Further Information**

SummerFunNationals.com or contact Meri Stratton at SummerFunNationals@gmail.com, tel. 541.490.5888.

**Your 1-Stop Online Shop for Ski Racing Supplies!**



**RELIABLE  
RACING**  
ESTABLISHED 1965

  
**Break-A-Way**  
SLALOM POLES



**ALGE-TIMING**

**VOLVO**  
RACING

**SPORTEN**



**TAG Heuer**  
PROFESSIONAL TIMING

**FIZAN**

**10% Off Consumer Products for  
U.S. Ski & Snowboard Members**

**USE KEYCODE  
16300**

**[www.reliableracing.com](http://www.reliableracing.com) • 1.800.585.4443**

# Thank You

to the following licensees and suppliers  
of U.S. Ski & Snowboard



## **Chapter 6**

### **Divisional Programs**



# DIVISIONAL MAP

---

The U.S. is broken up into eight divisions, with Eastern division being further divided into four series for alpine master's racing. This chapter outlines the competition program in each division. Contact information can be found in each section of this chapter and in chapter 1 under Masters Contacts.

Most racers compete throughout the winter within their geographic area. Racers are also encouraged and welcome to attend races in other divisions and many take advantage of this opportunity. All U.S. Ski & Snowboard masters races are "open" races, including the Regionals and Nationals, requiring only an eligible U.S. Ski & Snowboard membership, membership in one of the divisions, and payment of the entry fee to compete. There are on average 200 races at 60 resorts across the U.S. during a typical winter.



## ALASKA MASTERS

---

The Alyeska Ski Club, at Alyeska Resort, offers the only masters training and racing program in Alaska. The program is open to all skiers 18 years and older and have at least beginner/intermediate skiing skills. Members in this program range from Masters National Champions to first time racers.

Most of our sanctioned masters races are held in conjunction with our junior events at Alyeska Resort. Out-of-division racers with appropriate Alpine Masters membership are always welcome to enter.

### Race Entry

Registration and check-in are on the day of the race from 10 a.m. to 11 a.m. We encourage racers to call the hotline at 907.783.2160, contact the race organizer, or contact the Alaska Masters representative prior to each race to check for any schedule changes or cancellations, which may occur due to weather or hill conditions. Download race entry forms at [alyeskaskiclub.com](http://alyeskaskiclub.com) and submit with the entry fee. Late entries may be accepted, check with the organizer.



## **Adult League Races**

In addition to our sanctioned Masters races there are eight non-pointed Adult League races scheduled for this season, four GS and four SL. The series is sponsored by Denali Brewing and Pabst Blue Ribbon Beer. Come join us for these low-key races, great awards and prizes from our sponsors. We invite all masters and others interested in giving gates a try, to drop in and ski with us. This race series is typically calendared sometime before Dec. 1. Check [alYESkaskiclub.com/programs/masters](http://alYESkaskiclub.com/programs/masters) for the current schedule.

## **Training Opportunities**

Alyeska Ski Club conducts a relatively large Masters training program with typically 28 weekend training days during the season. The Alyeska Ski Club Junior Program also conducts special training camps just for masters during the midweek. There is also a masters training camp in Breckenridge, Colorado during the first week in December. Registration and information can be found at [Zone4.ca](http://Zone4.ca) for the Breckenridge camp. The training season usually begins the second weekend of December and continues through March.

## **Division Contact and Further information**

For an updated training and race schedules or to get more information on Alaska Masters check [alYESkaskiclub.com/programs/masters](http://alYESkaskiclub.com/programs/masters) or contact the Alyeska Ski Club at 907.783.2160.

Other questions can be directed to Masters Head Coach Carl Swanson at 907.529.9300.

# **CENTRAL MASTERS**

---

In the Central Division, Midwest Masters represents U.S. Ski & Snowboard as the only Masters alpine club and hosts all Masters alpine racing in the Midwest. The Central Division consists of Minnesota, Wisconsin, Michigan, North Dakota, South Dakota, Iowa, Illinois, Indiana, Ohio and Missouri. We are an open, volunteer, not-for-profit organization and welcome all who wish to participate. Events are hosted at a variety of ski areas throughout the Midwest. Racers range in age from 18 to over 80 years old. Races follow U.S. Ski & Snowboard rules, with some adjustments per Midwest Masters. Based upon the race, competitors compete based on age class and/or ability class. This allows racers to compete directly with those in their age group as well as those at their ability level. Race highlights for the upcoming season are the Central Division Championship events at Granite Peak and Spirit Mountain.

## **Training Opportunities**

Every season, Midwest Masters schedules several training opportunities. See [tinyurl.com/traincentral](http://tinyurl.com/traincentral) for a full list. Training highlights for this upcoming season are our Fall Copper Camp in November and our 7th Annual Kristina Koznick Race Camp in early January.

## **Division Contact and Further information**

For detailed information on Midwest Masters including schedule, registration fees, contact information and sponsorship details, visit [midwestmasters.org](http://midwestmasters.org).

# **EASTERN MASTERS**

---

The Eastern Division is governed by the Eastern Masters Committee and is divided into four masters series: New England, New York, Southern (SARA) and MidAtlantic.

## **NEW ENGLAND MASTERS**

---

New England Masters Skiing, Inc. is a nonprofit corporation, which administers the Sise Cup Series. This series offers a season-long schedule of races comprised of slalom, giant slalom and super G with all courses conforming to U.S. Ski & Snowboard specifications. Award parties follow each race, where prizes are given to the top finishers in each age group. Season-long standings are kept, and awards presented at the final awards banquet. The series includes a broad spectrum of ability levels, with an emphasis on fun for all.

### **Membership Requirements**

A U. S. Ski & Snowboard Masters membership is required along with a New England Masters membership for \$35 except for those racers visiting from other divisions or Canada.

### **Race Entry**

Racers should register for races using [skiracereg.com](http://skiracereg.com). Detailed information is available at [nemasters.org](http://nemasters.org). New England Masters members will receive a \$10 discount for online entries received by noon the day before the first race of a series.

Refunds will be provided for no-shows (DNS) whose names appear on the start list but will be assessed a \$5 handling fee. Cancellations can be made on [skiracereg.com](http://skiracereg.com) until noon the day before the race.

### **Running Order**

First and second run running order will alternate between the oldest women's and men's classes through class 10, followed by all the remaining women's classes and then the remaining men's classes, oldest to youngest.

First run seeding within classes will be by random draw of the top eight racers, followed by the remainder of the class in random order. Late entrants will run last in their respective classes. Second run seeding within classes will be in reverse order of finish from the first run. DNFs and DSQs will run last in class.

### **Training Opportunities**

There are many opportunities for training available throughout New England from camps to specific weekly training days. Check [nemasters.org/race-preparation](http://nemasters.org/race-preparation) for a complete listing.

### **Division Contacts and Further Information**

For more detailed information, go to [nemasters.org](http://nemasters.org)

**Division Chair:** Bill McCollom, [bmccollom@skiracing.com](mailto:bmccollom@skiracing.com)

**New England Masters President:** Nadine Price, [nprice@ntp-associates.com](mailto:nprice@ntp-associates.com)

**Race Administrator:** Lucy Blake, [nemastersra@gmail.com](mailto:nemastersra@gmail.com)

## **MID-ATLANTIC MASTERS**

---

Mid-Atlantic Masters Skiing, Inc., is a nonprofit corporation that administers the Foy Cup Series. This series offers a season-long schedule of races and awards to the overall and class winners for men and women, juniors, and teams. Mid-Atlantic Masters' roots originated from the ASRA ski race organization, which was formed by John (A.J.) Foy in 1980. We encourage family participation and provide seasonal awards the categories of Ironman, Family, Team, Seasonal Age Class, and the Foy Cup overall champion. Above all, our primary goal is to have fun and enjoy challenging ski racing at the same time.

Mid-Atlantic (MA) Masters hosts GS, SL and SG races from December through March in New York, Vermont, New Jersey and Pennsylvania. Points are awarded by finish position in each age category, and season champions are recognized at the MA Masters Championships in March. Teams are also scored at each race and for the overall team championship.

We have three weekends identified as joint races with New York Masters and New England Masters. The Jan. 12-13 weekend at Toggenberg and Greek Peak with NY Masters and the Eastern Regional Championships at Stratton hosted by New England Masters will count towards seasonal scoring for our overall Foy Cup. The Mid-Atlantic hosted race at West Mountain on Feb. 15-17 will also be a joint race with New England and New York Masters.

To join our email list, include your email address when becoming a member, or visit us at [mamasters.org](http://mamasters.org) and opt-in for email communications. Like us on Facebook at [facebook.com/MAMastersSki](https://facebook.com/MAMastersSki). Be sure to check out our website for more details on participation.

### **Membership Requirements**

1. A Mid-Atlantic Masters membership at an early season cost of \$26 per season (\$30 after Dec. 1). Competitors must be Mid-Atlantic members or secondary members to qualify for the seasonal Foy Cup, class (age group), team, and family prizes.
2. A U.S. Ski & Snowboard Masters short term or seasonal membership is required to compete in races.

### **Race Entry Procedures, Fees and Deadlines**

1. Online registration for all races may be completed at [skiracereg.com/mamasters](http://skiracereg.com/mamasters)
2. The cut-off for race entry is noon on the day before the first race of the event (usually held over a weekend but three-day weekends have a Thursday deadline).
3. Day-of race registrations generally will NOT be accepted – however, late submissions may be permitted only for extenuating circumstances. A late fee will apply.
4. If you cancel your registration prior to the cutoff deadline (i.e., noon the day before the first race of the event), your credit card will not be charged. If you do not cancel prior to the cut-off time, you will not be charged for the registration, but there will be a \$10 DNS fee.
5. Racers entered in a race can be viewed on [skiracereg.com](http://skiracereg.com) prior to the race date.

### **Race Bibs**

1. Bibs are available for purchase through Mid-Atlantic Masters at [skiracereg.com](http://skiracereg.com). A purchased bib will serve as your permanent bib and racer identifier for all regular Mid-Atlantic Races.
2. Temporary bibs will be provided for out of division guests. You can bring your own bib, however please check if the number is available when you register.

### **Seeding (Start Order)**

The first run start list is ordered using Masters class designation. Racers within each class are ordered by earliest to latest signup. Second run start list is the same as the first. If juniors are included in the race, juniors U14 or younger will run prior to all other classes. The jury may change the start order at its discretion. If a Mid-Atlantic Masters race is held concurrently with a U.S. Ski & Snowboard Junior or open race, the Masters division will be scored as a separate race.

### **Training Opportunities**

Multiple Training Opportunities are available. See our website for more details and links.

**Hunter MT, NY:** Midweek Adult Masters Training alternating SL/GS Mon. and Wed. 8 sessions with a seasonal and drop in rate. December through March. Contact Jim Tomassetti for details at [jtskirat@gmail.com](mailto:jtskirat@gmail.com).

**Mountain Creek, NJ:** Monday Night Adult Training GS/SL January through March. Contact John Pierce for more details at [jps@optonline.net](mailto:jps@optonline.net)

**West Mountain, NY:** Mid-Week GS/SL Masters Training December through March every

Thursday 10 a.m. to 2 p.m. \$40 with lift ticket, \$20 without. Contact Cliff Mark for more details at [clifmk@aol.com](mailto:clifmk@aol.com).

**Blue Mt, PA:** Weekly alpine training Jan. 9 through Feb. 14 Wed. AM or Thur. PM. 6 sessions for \$200 without lift ticket. For more information contact [racing@skibluemt.com](mailto:racing@skibluemt.com)

**White Tail, PA:** Mid-Week Adult Training. More details will be available this fall from Bruce Rankin, [school@skiwhitetail.com](mailto:school@skiwhitetail.com)

**White Tail, PA:** Masters Training Camp with Lisa Ballard Jan. 22. Contact Bruce Rankin ski school supervisor, for more details [school@skiwhitetail.com](mailto:school@skiwhitetail.com).

**Mountain Creek, NJ:** Pre-Race GS Clinic Feb. 22: Contact John Pierce for more details at [jps@optonline.net](mailto:jps@optonline.net)

### **Division Contacts and Further Information**

Links and more information on training opportunities and the latest schedules can be found at [mamasters.org](http://mamasters.org).

Mid-Atlantic Masters Board of Directors

**Chair:** Ryan Whitson, [ryan.l.whitson@gmail.com](mailto:ryan.l.whitson@gmail.com) or 856.466.4280

**Vice Chair:** Carol Tomassetti, [carolcartom@gmail.com](mailto:carolcartom@gmail.com) or 845.594.9045.

**Treasurer:** Kathy Hart, [kmhart4302@gmail.com](mailto:kmhart4302@gmail.com)

## **NEW YORK STATE MASTERS**

---

The New York series offers an incredible value for its participants. In addition to having access to some of the best race hills and race crews in the Upstate New York, we also continue to have a two race format that allows for four race runs per day. Even with four race runs, there is still ample time for free skiing and après race activities. Most race fees include lift ticket, adult beverages, and après ski food in addition to the race.

The schedule includes SL, GS and SG and is subject to change as the season progresses.

We will have two weekends of joint races with Mid-Atlantic Masters this winter to follow up on our successful "Syracuse Weekend" from last winter. This year we will return to the Syracuse Area for joint races with Mid-Atlantic, and we will also head further east to West Mountain for another joint race with Mid-Atlantic and with New England. Eastern Regionals will be counted towards New York's coveted Skiff Cups (Marshal Skiff for the men and Joan Skiff for the women). Last season saw Tom Scheeler (Elma, NY) and Alexandra Mitchell (Ithaca, NY) repeat as Skiff Cup winners.

Come on out and join us in our 43rd year of New York State Masters Ski Racing. See you on the slopes.

### **Race Entry**

This year we will exclusively use our website for pre-registration and encourage all participants to use the online payment options through PayPal and Venmo. Same day registration will continue to be available.

### **Division Contact and Further Information**

Check [nymasters.net](http://nymasters.net) or NY Masters Facebook for updated schedule information. Other questions can be directed to the New York Masters division contacts:

**Jim Thoman**, [jthoman@gmail.com](mailto:jthoman@gmail.com)

**Mark Sertl**, [msertl@rochester.rr.com](mailto:msertl@rochester.rr.com)

**Tom Scheeler**, [skiracr624@gmail.com](mailto:skiracr624@gmail.com)

**Alexandra Mitchell**, [aandrewsmitchell@gmail.com](mailto:aandrewsmitchell@gmail.com)

# **SOUTHERN (SARA) MASTERS**

---

Open to U.S. Ski & Snowboard members who hold a valid masters membership. Masters racing provides the next step up for NASTAR racers and recreational racers who would like to be in a higher level of ski racing.

Masters from other regions who hold valid masters membership are welcome to participate in any SARA races. The races are held in Virginia, West Virginia and North Carolina.

## **Race Contacts and Entry**

**Bryce Resort**, Horst Locher, Bryce Resort, PO Box 3, Basye VA 22810  
skischool@bryceresort.com or 540.856.2121 x229

**Massanutten Resort**, Sandy Crenshaw, 4000 Old Navy Way, Bridgewater, VA 22812  
screnshaw@massresort.com or 540.271.1291

**Snowshoe Resort**, Alisa Colpitts alisaski@gmail.com or 540.953.3893 or 304.572.8611 (weekends)

**Sugar Mtn**, Gunther Jochl, Sugar Mountain, PO Box 369, Banner Elk, NC 28604  
gjochl@skisugar.com or 828.898.4521 ext. 224

**Wintergreen Resort**, Chris Shepard, Wintergreen Ski Team, PO Box 706, Wintergreen, VA 22958  
cshepard@wintergreenresort.com or 434.325.8282

**Timberline Resort**, Mark Russell, Timberline Ski Team russellmarke@gmail.com or 571.420.0346

## **Division Contact and Further Information**

**Horst Locher**, skischool@bryceresort.com or 540.856.2121 x229

Visit [salaracing.org/organization/genera-master-racing-information](http://salaracing.org/organization/genera-master-racing-information) for the latest schedule updates and information.

# **FAR WEST MASTERS**

---

Far West Masters Ski Racing events are open to competitors 18 and older. The race schedule includes high quality competitions held throughout the Sierras from the beginning of December through April. New racers and masters from other divisions are welcome! Be sure to check [farwestmasters.org](http://farwestmasters.org) for detailed information and updates throughout the season.

## **Membership Requirements**

A Masters membership or short-term membership is required to compete in any Far West Masters race. Competitors who race more than one weekend per season must join Far West Masters at a cost of \$20. Far West Masters membership benefits include a permanent stretch bib, tracking of points for the season awards, newsletters and eligibility to compete as part of the Far West team at the Masters National Championships. Contact membership VP Mary Feddis at [membership@farwestmasters.org](mailto:membership@farwestmasters.org) or President Ray Tulloch at [president@farwestmasters.org](mailto:president@farwestmasters.org), or better yet, go to [farwestmasters.org](http://farwestmasters.org) for Far West Masters and U.S. Ski & Snowboard membership information.

## **Age Categories**

Far West Masters racers are divided into five-year age classes, as described in this Masters Competition Guide. There also is an optional "Open Class" available with advance registration for both men and women that is ranked independently from age classes for awards and which is used for season leader bibs standings. Racers who register in advance to enter the Open Class will still start in their normal age class but only score points in the Open Class

## **Race Entry Fees, Procedures and Deadlines**

1. Registration is available at [skiracereg.com/fw](http://skiracereg.com/fw). Racers need to update their account for the current season, and new racers need to create an account; then enter races as desired. Entry

- deadlines will be clearly posted on both the [farwestmasters.org](http://farwestmasters.org) Season Schedule page and on the [skiracereg.com](http://skiracereg.com) registration system for every event. Entries may be withdrawn without fees charged at any time prior to the published entry deadline. The entry fee increases by \$5 for entries received after midnight on the Sunday preceding the race date.
2. Racers not able to enter online need to check [farwestmasters.org](http://farwestmasters.org) for entry details. Each race will be listed on the Season Schedule page with the address, entry fee amounts, and due dates for submitting entries. Racers can print a copy of the event entry form for the races they wish to enter and mail to the organizer with entry fees.
  3. Day-of-race signups generally will NOT be accepted; you must be on the start list prepared the day prior to the race to be able to compete. If you are allowed by the race organizer to submit a late entry after the entry deadline has been reached, be aware that late fees may be charged.
  4. No entry fees will be charged IF race entries are cancelled prior to the published event entry deadline. Competitors are responsible for withdrawing from the event if they will be unable to compete in a race. Withdrawal after the close of registration at the entry deadline MUST be done by contacting the race organizer; entry fee refunds for late withdrawal are at the discretion of the host area.
  5. Schedule changes, updates and cancellations will be posted at [skiracereg.com/fw](http://skiracereg.com/fw) and at [farwestmasters.org](http://farwestmasters.org). Check websites prior to the event for any updated information. Schedule updates are also sent out on the Far West news mailing list and to competitors registered for the event on [skiracereg.com](http://skiracereg.com) as appropriate.

## **Training Opportunities**

Many of the ski areas in California and Nevada offer training opportunities for adults. Masters training opportunities in Far West include programs at Mammoth, Squaw Valley, Mt. Rose, and Diamond Peak. Further details can be found at [farwestmasters.org/info/training](http://farwestmasters.org/info/training).

Clinics and training camps may also be organized, such as the annual Masters Training Camp week at Mammoth prior to our first races in early December.

## **Division Contacts and Further Information**

**President**, Ray Tulloch, [president@farwestmasters.org](mailto:president@farwestmasters.org)

**Membership**, Mary Feddis, [membership@farwestmasters.org](mailto:membership@farwestmasters.org)

**Race Registration Support**, Deb Lewis, [dlewis@farwestmasters.org](mailto:dlewis@farwestmasters.org)

See the Contacts page at [farwestmasters.org/contacts](http://farwestmasters.org/contacts) for a complete listing board members and organization contacts.

Visit [farwestmasters.org](http://farwestmasters.org) for the latest schedule updates and information.

# INTERMOUNTAIN MASTERS

---

## **Race Entry, Fees, and Deadlines**

1. Register for all Intermountain races using your account at [skiracereg.com/intermountain](http://skiracereg.com/intermountain).
2. After Nov. 15th, racers need to update their account with current credit card and email information. New racers need to create an account prior to registration. Out of division racers change the Race Series selected at top of home page to "Intermountain/Northern". Entry deadlines will be noted at online registration.
3. If you must pay day of race, bring a check already made out for correct amount payable to Intermountain Masters.
4. Entry fees are \$30 for GS and SL races and \$70 for 2SG and 2DH races that are on the same day.
5. Cutoff for entry is 5 p.m. the night before first race of the event. Start lists will be generated the night before the race, then posted at racer check in at 7:15 a.m. Racers should check start lists for errors and notify check-in person prior to 8:15 a.m. No day of race entry.
6. Online cancellations will not have credit cards charged. However, if entry is closed, racers must either email or call with cancellations. Without notification, you will be charged a \$10.00 DNS fee.
7. Schedule changes, updates and cancellations will be posted at [skiracereg.com](http://skiracereg.com); check frequently for updates.
8. Entry Problems [intermountainmasters@gmail.com](mailto:intermountainmasters@gmail.com) or 541.490.5888.

## **Race Bibs**

1. Intermountain issues permanent bibs used as a permanent racer identifier for all regular Intermountain/Northern races. It is the responsibility of each racer to keep the bib in good condition, bring to each race, and wear the bib for racing purposes as per U.S. Ski & Snowboard rules. Forgot bib? Please advise starter of permanent number to correspond with computer.
2. Intermountain bib numbers will be used for entry/racing with or without presence of the actual bib.
3. Out of Division guests, please bring your division bib and email your bib number to the above contact.
4. The overall top five women and top ten men are awarded special bibs to wear.

## **Super Seed**

This elite seed will be comprised of the top ten male finishers overall from the first run times, and if those competitors choose to participate in Super Seed, they will be run in reverse finish order (10th place to 1st) after class 8 men. Those who choose to compete in the Super Seed will not be awarded class awards, but Super Seed awards and 25 points will be awarded to all Super Seed finishers.

## **Series Scoring**

The Intermountain Masters series is scored using old World Cup points. A competitor's season standing will be based on his/her best results in up to one-half of the total races held during the season, rounded up. Prizes are awarded to overall and age class winners. Daily awards will be given to the top three men and women in each age class.

## **Top Men and Women Race Bibs**

Red bibs (numbered 1 through 5) for women and yellow bibs (numbered 1 through 10) for men are awarded to the overall top five women and top ten men of the prior season to worn the next season. Bibs must be returned at the season end and will be reassigned to the next year's season overall winners. The bib numbers for this season are as follows:

#### Men - Yellow

- |                  |                  |
|------------------|------------------|
| 1 Thunder Jalili | 6 Chris Probert  |
| 2 Jesse Foster   | 7 Kevin Brower   |
| 3 Pedro Papineau | 8 Rick Slabinski |
| 4 Kevin Vaughan  | 9 Michael Falk   |
| 5 Daniel Brower  | 10 Craig Norton  |

#### Women - Red

- |                     |
|---------------------|
| 1 Dana Alexandrescu |
| 2 Nancy Auseklis    |
| 3 Dasha Kadulova    |
| 4 Amy Lancel        |
| 5 Chris Paup        |

### Training Opportunities

**Park City, UT** The Park City Masters invites members to join them for daily or weekly training, Mon.-Fri. starting mid-November through the end of March. For more information contact the Park City Ski School at 435.647.5423 or Bill Skinner at 435.647.2633.

**Sun Valley, ID** The Sun Valley Ski School Master's Race clinic weekdays at 9 a.m. for three hours per day including free skiing coaching/analysis, gate training and video. SG training is Thursdays 8-9 a.m. on a full-length SG course. Coaching is from Sun Valley Ski and Snowboard School. For information call 208.622.2248. For lodging call Sun Valley Resort at 800.786.8259.

**Other Training Options** Special training options are available prior to some races at other ski areas. Contact Meri Stratton 541.490.5888.

### Intermountain Masters Inc. Governance

Intermountain Masters Inc. is a 501(c)4 Corporation, a nonprofit organization without tax deductible donation options, however tax deduction options are available. Call for details. We operate in accordance with the rules of the FIS, the U.S. Ski & Snowboard, and the Intermountain Masters Bylaws.

### Division Contacts and Further Information

Email is the preferred form of communication. Results and schedules, including changes and cancellations, will be posted on [skiracereg.com](http://skiracereg.com).

**Stew Marsh, Chair**, [somarsh@msn.com](mailto:somarsh@msn.com) or 385.315.4817

**Meri Stratton, Treasurer and Race Coordinator**, [intermountainmasters@gmail.com](mailto:intermountainmasters@gmail.com) or 541.490.5888.

## NORTHERN MASTERS

---

Northern Division's Masters alpine racing formally consists of skiers from Montana, the Western Dakotas, NW Wyoming, and Northern Idaho. Northern Division occasionally hosts a masters races in Montana (sometimes concurrently with a U16-U21 event) and regularly partners with Intermountain Division and PNSA Division for additional races. Northern welcomes racers from all divisions to participate in its races, training, events and apres-ski social gatherings.

### Race Entry

Pre-registration is encouraged for all races via [skiracereg.com](http://skiracereg.com). Entry into joint division races should follow the rules of the host division available at [intermountainmasters.org](http://intermountainmasters.org) (Intermountain); and [pnsamasters.org](http://pnsamasters.org) (PNSA).

All Masters racers are welcome at Northern events without additional charge beyond the entry fee. A Northern Masters liability waiver and/or host mountain liability waiver may be required prior to race start.

Racers should bring their "life" Intermountain or PNSA bib to Northern events (if available), though the host club may opt to issue bibs of its own on race day. If a participant does not have a "life" bib, he or she will receive a bib for the event at race day check-in, which should be returned daily unless otherwise instructed.



## Scoring

Race scoring for the Northern races may be in 10-year classes if participation numbers are low and is up to the discretion of the host club. At joint-division, regional and national events the standard 5-year age groups apply (12 years for Class 1).

If a Northern masters race is held concurrently with a Junior or open race, the masters division is scored as a separate race. The masters' seeds typically start first, following masters recommended oldest-to-youngest seeding, except for racers under age 21 who start with the U21 age group. The Jury may change the start order at his or her discretion.

## Training Opportunities

Regular gate training with coaching is available at Red Lodge Mountain ([silverrunski.com](http://silverrunski.com)) and Big Sky ([bssef.com](http://bssef.com)). Training may also be available at other Northern Division ski areas with junior race programs. Contact individual programs for details.

## Division Contact and Further Information

For the Northern Division, schedule updates, race results, scoring and division news are primarily communicated by email newsletters. If you would like to be included on our email list send your contact information to Jack Ballard, [jackballard62@msn.com](mailto:jackballard62@msn.com) or 406.696.9841

# **PACIFIC NORTHWEST MASTERS**

---

PNSA hosts races from December through April in Oregon, Washington and Idaho. Points are awarded by finish position in each age category and season champions are crowned at the PNSA season finals. Double PNSA World Cup points will be awarded at Finals! Leader bibs (for PNSA season pts holders) will be awarded to the top male and female points holders to be raced in the next season.

We welcome all levels of skiers, from skiers looking to challenge themselves on a longer course than NASTAR or City League, a returning junior racer who misses the sport, a racer parent who wants to experience racing for themselves, or the most avid ski racer who attends every event they can. Our goal is to have fun, ski with and meet new friends, fine tune our skiing skills and support Masters and Junior racing. We encourage racers to bring a friend to a race and spread the word about Masters Racing! To join our email list, register at [skiracereg.org](http://skiracereg.org) under PNSA division. Like us and visit us often on Facebook by searching for PNSA-Masters-Ski-Racing.

## Race Entry

1. Register at [skiracereg.com](http://skiracereg.com) for all events. See the entire schedule and register under the PNSA Division drop down. Late sign-up fee of \$10 per race, 6 days or less prior to race. Late cancellation fees same as late sign-up fees, 6 days or less prior to race. DNS fees will be assessed for pre-registered racers who do not cancel by the race sign-up deadline (day before the race). DNS fees are the same as race fees. No day of race sign-ups.
2. Entry fees for regular season events range from \$30 to \$50, depending on the organizer's costs for safety equipment and hill space.
3. Mt. Bachelor PNSA Finals Entries have their own fee schedule. NO day of race entries. Entries at and information at [skiracereg.com](http://skiracereg.com). For more information, go to [mbsef.org](http://mbsef.org), check under Alpine, then Race Info for race announcement. Inquiries [raceinfo@mbsef.org](mailto:raceinfo@mbsef.org)

## Training Opportunities

**Crystal Mt:** Louis Lafreniere, [cmac@cmacskiracing.com](mailto:cmac@cmacskiracing.com) or 206.605.6090

**Schweitzer Mt:** Jamie Landwehr, [jamie@sars.net](mailto:jamie@sars.net), Wed./Thu. and Sat./Sun. training available. Check [sars.net](http://sars.net) then masters.

**Summit at Snoqualmie/Alpentel:** Summit Race Department/Alpentel, Technical skills coaching/tactical skills gate training Tue., Wed., Thu. Masters Head Coach John Forsen and staff. Drop in training available Tue. afternoons. Contact Race Department Head Coach Dean Tonkin [dtonkin@summit90.com](mailto:dtonkin@summit90.com). Registration contact [lbakburn@summiy90.com](mailto:lbakburn@summiy90.com) or Centerline Ski Academy, Wed., Thu., Sat., Sun. Steve Forsythe Head Coach (Level 300). Contact Peter Christian (Level 100) [pchristian@wac.net](mailto:pchristian@wac.net) or 425.681.6343.

**Mt Bachelor:** MBSEF Masters/Adult Training Program: Late Nov. – late April, Tue. – Fri., Sun., holidays Mon., (Sat. starting mid-March), 9 a.m. noon. Full season, 20-day, 10-day and drop-in programs available. Contact MBSEF at [mbsef@mbsef.org](mailto:mbsef@mbsef.org) or 541.388.0002, Coach Greg Timm [gtimm@gtisports.com](mailto:gtimm@gtisports.com) or 541.390.6635.

**Stevens Pass:** The SPAC Masters Racing program starts early January. See [spac racing.com](http://spac racing.com) for the most current information.

**49 N:** Masters Program features a 4 day punch card for Saturdays with two hours of training in the morning and two hours in the afternoon. Contact Dan Holman at [dan99217@gmail.com](mailto:dan99217@gmail.com) or 509.999.7723.

**Lyon Ski School:** Masters Training Program is designed for Master racers and other adults interested in the challenge of ski racing. Includes directed free skiing, drill and gate training. Coaching by Dave Lyon with additional coaching and support by guest coaches. January and February Thu. 6:30-8:30 p.m. See [lyonskischool.com](http://lyonskischool.com) for information

## **Race Camps**

**GTI Sports (Greg Timm):** Oct. 27-Nov. 3 Copper Mtn, CO, May 10-26 Mt. Bachelor, OR, June 10-20 Timberline, OR, Aug. 9-13 Timberline, OR

**Rossignol Camp (Greg Timm):** Apr. 27-May 4 Mammoth Mtn. CA

**Schweitzer Alpine Racing School (Jim Doudna):** July Timberline, OR

**Tichey Racing (Richie Tichey/Greg Dilger):** June/July/August, Timberline, OR

**Willy Camps (Scroggins Family):** June/July/August, Timberline, OR

## **PNSA Masters Governance**

PNSA Masters is now a 501C3 organization. Tax deductible contributions may be made by contacting the PNSA Masters Chair. At the 2018 PNSA convention, we continued the tradition of awarding a training scholarship to a male and female junior athlete. Athletes are selected by the PNSA Alpine Competition Subcommittee. Awards are made via PNSEF. 2017 PNSA Masters athlete award recipients are Tess Baldwin (CMAC) and Trevor Maxwell (SARS).

## **Division Contacts and Further Information**

Our website is [pnsamasters.org](http://pnsamasters.org). We are also on Facebook and at [pnsa.org](http://pnsa.org) under the Masters tab. Register for races at [skiracereg.com](http://skiracereg.com).

**PNSA Masters Chair Rob Cravens** [robcravens99@gmail.com](mailto:robcravens99@gmail.com) or 541.419.3893

**Email Communication:** [robcravens99@gmail.com](mailto:robcravens99@gmail.com)

**Short-term Membership/Bibs/skiracereg lead:** Carolyn Phillips [carolyn@bjwhite.net](mailto:carolyn@bjwhite.net) or 360.663.2602

**New Racer Coordinator/PNSA Logo W\Gear:** Peter Christian [pchristian@wac.net](mailto:pchristian@wac.net) or 206.464.3054

**Website/Race Schedule Coordinator/skiracereg:** Luke Keenan [lukemkeenana@gmail.com](mailto:lukemkeenana@gmail.com) or 206.919.5853

**Facebook Coordinator:** Karen Kilian [ciaokk@msn.com](mailto:ciaokk@msn.com) or 206.972.8747

**Member at Large:** Jim Doudna [doudna8@gmail.com](mailto:doudna8@gmail.com) or 208.597.1725

# ROCKY MOUNTAIN MASTERS

---

The Rocky Mountain Masters Ski Series is a nonprofit volunteer organization. Our members cover a wide range of ages and abilities. We compete in all four alpine ski-racing disciplines, DH, SG, GS, and SL. We offer a long race season with more speed events than any other division. After race parties feature food, drinks, prizes, awards, and FUN!

## **Race Entry**

1. A Rocky Mountain Masters membership is required except for masters visiting from other divisions.
2. For registration and detailed event information, go to [rmmskiracing.org](http://rmmskiracing.org) and click the Schedule & Results tab or visit [skiracereg.com/rmm](http://skiracereg.com/rmm).
3. Registration status can be changed online up until the close of online registration noon the day before each event weekend (recommended). If online registration is not possible, contact the office via call/text/email. Race day registration is available.
4. Check our website for any changes to schedule, discipline, or venue.

## **Running Order**

1. 1st run start list is ordered using Masters Class designation. Racers within each class are ordered by earliest to latest signup.
2. 2nd run start list is the same as the first except for the elite point classes for the fastest 5 women and fastest 10 men based on first run times. The fastest 5 women run in flip format after class W01 and the fastest 10 men run in flip format after class M01.

## **Training Opportunities**

There are several Masters training programs in Colorado. Most offer options for full season training passes, multi-punch training passes, and daily rates to accommodate newcomers and out-of-state racers. Most offer mid-week and weekend training that can start as early as October and extend through April. Links to the Rocky Division training programs can be found at [rmmskiracing.org/training](http://rmmskiracing.org/training).

## **Division Contacts and Further Information**

**Division Chair:** Graham Smith, [skiracer721@gmail.com](mailto:skiracer721@gmail.com) or 719.510.0747

**Office Contact:** Lauren Beckos, [office@rmmskiracing.org](mailto:office@rmmskiracing.org) or 267.496.1320

# ZIPLINE

---

## GRAPHITE POLES



**Zipline Podium 16.0**  
Traditional Tapered shaft



**Zipline Podium 14.0**  
"Skinny" Straight Pole

GRAPHITE KEVLAR HYBRID  
CONSTRUCTION

FIRST KEVLAR HYBRID RACING  
POLE

ULTRA LIGHTWEIGHT AND FIRM  
POLE CONSTRUCTION

ZIP GRIP DUAL DENSITY "TRIGGER  
FINGER" GRIP

ZIPLINE HAND GUARD INCLUDED.



Thermoplastic Hand Guard Included  
with each pair of poles. Accommodates  
14.0 – 18.0 mm shafts

**[www.ziplineski.com](http://www.ziplineski.com)**

Pro Form Pricing - Save 20% off Website Through 12-31-2018  
Coupon Code **COMPGUIDE**

**Zipline Ski: 443 – 948 – 7111**



**NOTES:**

---

# CONCUSSION CHECKLIST

---

## Signs and Symptoms

Athletes who show or report one or more of the signs and symptoms listed below, or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body, may have a concussion or more serious brain injury.

Signs Observed by Coaches / Officials	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Moves clumsily	Nausea or vomiting
Answers questions slowly	Balance problems or dizziness
Loses consciousness (even briefly)	Double or blurry vision
Shows behavior, or personality changes	Bothered by light or noise
Can't recall events prior to hit or fall	Feeling sluggish, hazy, foggy or groggy
Can't recall events after hit or fall	Confusion, or concentration or memory problems
	Just not "feeling right" or feeling down

## Action Plan

If you suspect that an athlete has a concussion

1. Remove the athlete from training and competition,
2. Provide athlete/family with U.S. Ski & Snowboard's concussion information and medical evaluation forms,
3. Notify [jeff.weinman@usskiandsnowboard.org](mailto:jeff.weinman@usskiandsnowboard.org) of suspected concussion,
4. The athlete will be placed on U.S. Ski & Snowboard medical hold until the completed medical evaluation form is received with the signature of a medical professional who has been trained in concussion management within the past three years.

## More Information

[cdc.gov/HeadsUp](https://cdc.gov/HeadsUp)



OFFICIAL  
SUPPLIER

**HKD**   
SNOWMAKERS

## **White to Gold Program**

*20% off HKD snowmaking equipment  
to U.S. Ski & Snowboard member clubs*

*Contact Ian Jarrett (508) 878-3798*

Nothing is IMPOSSIBLE.  
Not even a  
DELICIOUS protein drink.



Rockin' Protein is the official protein beverage of the U.S. Ski & Snowboard Team. Because it starts with pure, fresh Shamrock Farms milk, Rockin' Protein is the perfect combination of high-quality protein and delicious taste. It has what athletes of all levels need to feel and perform their best.

#ResultsAreDelicious [f](#) [t](#) [i](#)



**US**  
**SKI & SNOWBOARD**  
OFFICIAL PROTEIN BEVERAGE