



SOLDIER
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NORDIC CENTER



TUNA/SHNC SUPERQUALIFIER AND RMISA CROSS COUNTRY SKI RACES

HOSTED BY
SOLDIER HOLLOW NORDIC CENTER, THE UTAH NORDIC ALLIANCE
AND RMISA

SOLDIER HOLLOW NORDIC CENTER
MIDWAY, UT
JANUARY 15-18, 2021

U.S. SKI & SNOWBOARD AND FIS SANCTIONED EVENTS
QUALIFYING EVENT FOR
2021 US SKI & SNOWBOARD WESTERN REGION JUNIOR CHAMPIONSHIPS

2021 UPDATE: RACING CLASSES AND DISTANCES FOR U16+ ONLY

**ACTIVE FIS or ACTIVE U.S. Ski & Snowboard
LICENSE or MEMBERSHIP
REQUIRED
FOR ALL ATHLETES and COACHES**



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ALL CURRENT INFORMATION AND UPDATES – website and email

<https://utaholympiclegacy.org/event/tuna-shnc-superq-rmisa/>

For questions, please contact one of the Race Secretaries – thank you!

Judy Klautt – jklautt@uolf.org

Barbara Yamada – barbyamada@gmail.com

COVID-19 EVENT INFORMATION AS OF 01/02/21

Spectators and families: We are thankful for your support over the years and especially this year; however, for 2020-2021, **spectators are not allowed entry to the events (stadium and courses)** this year due to Covid-19 precautions and venue maximum numbers for Soldier Hollow in Wasatch County.

Guests not attending the event and on skis must have a trail pass, and must remain on public trails only, and not on race courses or the stadium. Passes may be purchased on line (preferred) or at the Nordic Center/Lodge, before skiing. Parking and check in at the Nordic Center is required.

<https://utaholympiclegacy.org/activity/cross-country-day-pass/>

Ski area may be limited due to conditions.

We look forward to next year when we can welcome everyone back to racing in the Hollow! Thank you for your support.

Attendees allowed: ACTIVE USSS/FIS Registered Athletes, ACTIVE USSS Registered Coaches, Volunteers, Contractors, Officials, Medical and SHNC Staff.

Field Size Limitation possible: Based on current conditions (12/2/2020), we can accept no more than 360 racers per gender and 90 ACTIVE USSS Coaches and 50 volunteers and contractors total.

All attendees:

- Please do not come to Soldier Hollow Nordic Center if you are sick or experiencing any symptoms.
- 6' Social Distancing must be observed at all times.
- At every competition, face coverings are required by all participants (athletes, coaches, officials, contractors, support staff and volunteers) at all times except when skiing.
- Face covering may be removed on the start line, but must be put back on as soon as possible after finishing, and prior to leaving the finish pen. Non-compliance may result in sanction in accordance with ICR/ACR 223.1.1. a. COVID-19 Coordinator will bring violators to the attention of the jury.
- **USSS Covid-19 Pre Screening Questionnaire:** Will be made active on the following link 72 hours prior to the event. This form is required by USSS to be completed by coaches, athletes and officials between 72 and 48 hours prior to the event (January 15 – 18). This information will be maintained and monitored throughout the event.

<https://forms.gle/ZKsmjBW6qXyqmJQRA>

- **Covid-19 Daily Symptom Check form:** Please read each question carefully, particularly the temperature question – 'Is your body temperature below 100.4F'. In order to enter the venue each race day (Jan. 16, 17 and 18, 2021) you must complete the Covid-19 Daily Symptom Check form, be symptom free, and have taken your temperature and verified it is below 100.4F. This information will be maintained and monitored throughout the event.

<https://forms.gle/D8AqirD1x5Hbaf1X6>

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- Should you have a temperature above 100.4 Fahrenheit or have any symptoms, do not come to the venue and consult with your coach. For further information, contact the Race Secretary who will put you in touch with the event Covid Coordinator. Local testing is available.
- Those allowed to enter the venue for the event this year, and who will be issued wristbands for entry on Race Days: Volunteers, Contractors, SHNC Staff, Officials, Medical personnel, registered USSS/FIS athletes and registered USSS coaches.
- A wristband given to you by your coach or the Race Office, must be shown for entry through the green gate and worn during the event each Race Day.
- Spectators will not be given wristbands or allowed entry to the event this year.
- Thank you for taking these precautions to help prevent the spread of Covid-19, to keep us all safe, and to keep the venue open for racing this winter!

Registered Athletes may arrive to the parking area outside the Green Gate with enough time to insure their Daily Covid Check (google) form has been completed for the day.

Registered athletes can then enter the green gate not more than one hour prior to their start time and must depart the venue directly after finish/cool down, and within 30 minutes of completing their race.

Volunteers, SHNC Staff, Contractors and Coaches may arrive at or after 07:00 daily until 08:15 to also insure their Daily Covid Check (google) form has been completed for the day, and may park inside the green gate as follows, and may remain on the venue for the duration of the event day.

- Parking: Volunteers/SHNC Staff/Contractor: in an organized fashion on the three rotomill pads directly east of the CMB, and west of the portable toilets.
- Parking: Coaches/Team equipment: in an organized fashion in the asphalt lot east of the CMB and west of the portable toilets, leaving the perimeter open please for medical and volunteer access.

RACE ADMINISTRATION as of 12/16/20

Scott Peterson, Chief of Competition
(435) 654-2002
speterson@uolf.org

Co-Race Secretary – Judy Klautt and Barbara Yamada

Richard Hodges, Chief of Timing
TBD, Chief of Finish
Al Davis, Chief of Start
Andrea Faust, Co-Chief of Course
Sue Smith, Co-Chief of Course
Dave Smith, Chief of Stadium
Judy Klautt, Volunteer Coordinator
Matthew Heimburger, Announcer
Dr. Greg Tayler, Covid Coordinator

Timing Contractor – Summit Systems, Ernie Page

FIS Technical Delegate – Tomas Gedeon
Assistant Technical Delegate – Art Myshrall
Jury – Scott Peterson, Tomas Gedeon and Art Myshrall

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REGISTRATION INFORMATION – Coaches and Athletes

Please do not fill out the entry spreadsheet for a coach or an athlete UNTIL you have verified that an ACTIVE USSS or ACTIVE FIS License exists. Thank you!

Athletes: An active U.S. Ski & Snowboard competitor license or membership, or active FIS license, is required at the time of entry, and for all entries.

Coaches: An active U.S. Ski & Snowboard coach license is required at the time of entry, and for all entries. Maximum 1 coach for every 4-5 athletes please.

A TUNA and Soldier Hollow Nordic Center liability waiver must be completed for each participant.

Use the following electronic links to complete these mandatory waivers BEFORE you depart your house for this event. Paper waivers are not an option.

SHNC: one waiver is required per year (valid May – April). No need to complete another if you already have one.

TUNA: <https://utahnordic.org/?s=waiver>

SHNC: www.sohoactivitywaiver.org

USSS Cancellation deadline for this year: 5:00pm MST, Saturday, January 2, 2021.

Cancellation can still occur after this date.

Refunds: to be managed by the Organizing Committee on a case by case basis.

Attendee Check Google form (took off line Jan 2, 2021):

Thank you all for helping us with this information! As of Jan. 2, 2021 – approximately 240 Men, 199 Women and 85 coaches have been logged.

OC Final Decision for cancelling event: 5:00pm MST, Sunday, January 10, 2021

Entries are due to the race secretary (jklautt@uolf.org): 10:00pm MST, Monday, January 11 via email.

All forms will be available at <https://utaholympiclegacy.org/event/tuna-shnc-superq-rmisa/>

- Registration spreadsheet - all entries (including international entries submitted only by FIS form) must be submitted using registration spreadsheet by email to jklautt@uolf.org only.
 - Registration spreadsheet to include Team Lead and Athlete Coach for each entry as applicable
 - Registration spreadsheet to include athlete contact email address (coach or responsible party over age 18) for each athlete, in case contact is needed for Covid-19 precaution forms/practices.
- Team Lead and Athlete Coaches – must be USSS Active Licensed Coach, and also need to register and include contact information on registration spreadsheet
- Link for on-line payment: <https://checkout.utaholympiclegacy.org/activities/267>
- Athlete Change (Google) form: <https://forms.gle/NvRPXqa67jWo2QqU8>
 - Only data changes and scratches after this date until 6:00pm MST, Thursday, January 14 by Athlete Change (Google) form.
- Emergency new entries will be accepted by Athlete Change (Google) form only after 10:00pm MST, Monday, January 11 and before 6:00pm MST, Thursday, January 14 and must:
 - Pay in full their registration and late fee of \$50.00 / race per athlete
 - Email a message noting this request to Race Secretary (jklautt@uolf.org) only, for confirmation.

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USSS Covid-19 Pre Screening Questionnaire: Will be posted to the website 72 hours prior to the event. This form is required by USSS to be completed between 72 and 48 hours prior to the event, Coaches and Athletes. It takes a LOT of work folks, to check forms, so PLEASE do this before travelling to the event.

Glide Wax Call: Noon MST, Wednesday, January 13 and Thursday, January 14

- See summary of IMD/Event Wax Policy below.
- Organizers will provide the chosen glide wax call to all registered clubs by 12pm three days prior to a race.
- Ex. If races are scheduled for Saturday/Sunday, glide wax will be communicated by 12pm on Wednesday for the Saturday race and Thursday for the Sunday race.

Entries posted for verification: Noon MST, Wednesday, January 13.

- Entry List and spreadsheet will be posted on http://summittiming.com/races/race_results.php
- Spreadsheet will have the list of athletes with * by their name on entry list, and the issue identified.
- Changes/fixes may be submitted by Athlete Change (Google) form only until 6:00pm MST, Thursday, January 14, 2021. <https://forms.gle/NvRPXqa67jWo2QqU8>

Emergency late new entries: Accepted until 6:00pm MST, Thursday, January 14.

- By Athlete Change (Google) form only - <https://forms.gle/NvRPXqa67jWo2QqU8>
- send separate email to Race Secretary (jklautt@uolf.org) for confirmation
- Late fee of \$50 fee per race per athlete.
- New entries after this date will not be accepted or recorded.

Scratches and data changes: Accepted until 6:00pm MST, Thursday, January 14.

- must be completed by Athlete Change (Google) form - <https://forms.gle/NvRPXqa67jWo2QqU8>
- Scratches and changes after this date will not be accepted or recorded.

Entry Confirmation – Coach email to Race Secretary (jklautt@uolf.org): 6:00pm MST, Thursday, January 14.

- Email due verifying entries are correct, changes submitted.
- Entries remain as is if Athlete Change (Google) form has not been completed by this time.

NOTE: We are generating start lists BEFORE the virtual Team Information Meeting, and in order to prepare one wristband/bib bag for all three race days per team/athlete. If confirmation is not received, information will stay as is.

Payment of all fees: Must be complete by 8:00am MST, Friday, January 15.

LINK FOR ON LINE PAYMENT

The payment link below is active. At this moment, athlete or coach can select only one race day per session/payment. The screen/item information (times and #s) are also being corrected per the rules of the event/invitation. Thank you all for your patience 😊

<https://checkout.utaholympiclegacy.org/activities/267>

ENTRY FEES

	<u>Per Race</u>	<u>LATE FEE (Jan 11 to 6pm MST Jan 14)</u>
Individual Athletes U16+	\$35.00	Add \$50.00 per race per athlete
RMISA Races Jan 17 and 18	\$300 / 6 member Team per gender. \$35.00 per athlete per race over 6	Add \$50.00 per race per athlete

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TRAIL PASSES REQUIRED JAN 15 AND EARLIER – please purchase on-line

All competitors/coaches must purchase a trail pass or use their annual pass and check in at The Lodge on Friday, January 15, 2021 and earlier. Trail passes must be displayed while skiing.

Passes may be purchased on line (preferred) or at the Nordic Center/Lodge Center, before skiing. Check in at the Nordic Center is required.

<https://utaholympiclegacy.org/activity/cross-country-day-pass/>

Spectators may not be present on the courses or in the stadium for this event due to Covid-19 size regulations and precautions. Ski area may be limited due to conditions.

FOOD and BEVERAGE

The Lodge will have snacks and beverages available. The Grill / Soldier Hollow Golfcourse Clubhouse is also open daily.

WARMING, TOILETS and PARKING

- ALL indoor facilities are closed to athletes and coaches this year. We ask that warming occur in your vehicles.
- Outdoor portable toilets are provided for attendee use, east of the CMB by the asphalt parking area.
- Parking for Team vehicles inside the green gate on the asphalt and west of the portable toilets. Please keep the perimeter clear for emergency vehicles.
- The rotomill pads directly east of the CMB are reserved for Volunteers, Officials, Medical, Contractors and staff.
- Main parking outside the green gate and walk in.
- Please no access through the shop gate.

SEEDING, RESULTS AND SCORING

Seeding: Best of FIS and USSA for all races.

All participants must have an active USSS or active FIS membership/license PRIOR TO completing entries to this event.

- Scoring will occur accordingly for NRL and FIS.

SuperQualifier Information: Overall results will be generated, as well as division specific results for U16 and older (TBD).

Live Timing (www.summittiming.com) during the races.

Interim Results will be posted on-line at www.summittiming.com, with Final Results posted after the standard 15 minute protest period on www.summittiming.com.

U14's racing up, from Adam St. Pierre: Racers wishing to qualify for Junior Nationals (Regional). If a U14 wants to race up and receive points for doing so, they need a U14 Comp license. Technically an athlete can still race as a U16 with a XG or General license, they just won't receive NRL points for the race.

COURSE MAPS

In progress.

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WAX FACILITIES

No access to indoor wax cabins this year, all waxing done outdoors.

Limited access to power may be available on the perimeter of the Biathlon Stadium (along the fence) – power pedestal.

LODGING FOR 2021 EVENTS

Heber Valley Chamber of Commerce

(435) 654-3666, www.gohebervalley.com

Residences at the Utah Olympic Park – Kimball Junction/Park City, UT

435.658.9114 or housing@uolf.org

Midway Vacation Properties (home, condo, townhome rentals)

Contact Kyle Wharton - (435) 654-5456

The Homestead Resort - Midway, UT

700 North Homestead Drive, Box 99, Midway, UT 84049

Individual and Group Reservations (10 or more room nights total)

Contact: Jamie Leatham, Sales Manager

jamie.leatham@homesteadresort.com, Direct: (435) 657-3856

The Homestead will be waiving their resort fee of \$15.00 per night for this event and providing a complimentary indoor waxing facility.

The following rates will be offered, based on current availability, for those that call in using the code 'Soldier Hollow Ski Races 2021.

\$129 for Standard and Garden QQ or King / 40 QQ & 14 King

\$139 for Bunk Rooms QQ & cot sized bunk bed / 12

\$139 for Cottage QQ or King with sofa sleeper / 15 QQ & 9 King

\$159 for King Suites with sofa sleeper / 9

\$169 for Luxury King Suites with sofa sleeper / 18

Zermatt Resort Utah - Midway, UT

784 West Resort Drive Midway, UT 84049

For the following Soldier Hollow 2021 rate, please call Zermatt reservations 435-657-0180, press option 3, ask for in-house reservations and ask for the 'Soldier Hollow' rate (based on availability).

- Wasatch / Alpine / Aspens King or Double Queens \$109 + \$20 Resort Fee + 13.07% tax
- 1 - Bedroom Villa \$199 + \$20 Resort Fee + 13.07% tax - 1 king bed, a pull out sofa, and a full kitchen
- 2 - Bedroom Villa \$279 + \$20 Resort Fee + 13.07% tax - 1 king, 2 queens, a pull out sofa and a full kitchen

Best Western Plus – Heber Valley Hotel

(801) 380-1096 or (435) 657-6500, sales@bestwesternheber.com

<https://www.facebook.com/BWPlusHeberValleyHotel/>

2021 information TBA

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SCHEDULE OF EVENTS ALL TIMES ARE MST (MOUNTAIN STANDARD TIME) SUBJECT TO CHANGE AS OF 01/02/2021		
Sat, Jan 2	5:00 pm	USSS Cancellation Deadline
Sun, Jan 10	Day	OC Final Decision on cancelling event
Mon, Jan 11	10:00 pm	Registration and Payment Deadline <ul style="list-style-type: none"> Data changes and scratches only – Athlete Change (Google) form. New Entries after 1/11 10:00 pm and before 1/14 6:00 pm must complete Athlete Change (Google) form for new late entry, pay in full, registration fees and \$50.00 / athlete / race late fee.
Wed, Jan 13	Noon	<ul style="list-style-type: none"> Entries posted for coach verification, www.summittiming.com <ul style="list-style-type: none"> Entry List and Spreadsheet with issues identified Changes/fixes submitted by Athlete Change (Google) form only. OC to declare chosen Glide Wax for event
Thu, Jan 14	6:00 pm	Drop Dead Deadline for any change/scratch or new entry (\$50.00 / athlete / race late fee applies from 1/11 10:00 pm until 1/14 6:00 pm). Confirmation email due to Race Secretary, jklautt@uolf.org , noting entries are correct.
Fri, Jan 15	7:00 am – 8:00 pm	7:00 am – Race Office Opens 7:30 am – 3:30 pm – Wristband Check at green gate, verbal confirmation Covid-19 Daily Symptom Check completed and symptom free prior to entry. 9:00 am – 4:00 pm - Official Training / Inspection. Courses marked and open for inspection. 10:00 am – 3:30 pm - Team Check-In – at CMB SE Corner outside, process TBD as may be unnecessary 10:00 am – last deadline for event scratches <ul style="list-style-type: none"> submitted by Athlete Change (Google) form only Scratches after this received by Athlete Change (Google) form will be treated as a ghost, and updated to Chiefs. Refunds on a case by case basis Start lists will not be regenerated Noon – Start Lists for all three race days available at www.summittiming.com 1:00 pm – Bib Sort for all three races. Team, Athlete & Coach Bib-Wristband bags prepared. NOTE: Bibs may be available during official training time-frame. Please check with the Race Office prior to departing the venue. Thank you! 4:00 pm – Virtual Team Information Meeting – Zoom <ul style="list-style-type: none"> Meeting recorded and link posted on soho website/event calendar. Join Zoom Meeting https://us02web.zoom.us/j/86379891431?pwd=OU1QWVJ4N1RiRVYvcGNHNU14b3drdz09 Meeting ID: 863 7989 1431 Passcode: 407872 One tap mobile +13462487799,,86379891431#,,,,,0#,,407872# US (Houston) +16699009128,,86379891431#,,,,,0#,,407872# US (San Jose) 5:00 pm – 7:00 pm (or earlier) – Team, Athlete & Coach bib & wristband bag handout at CMB, SE side/outside
Sat, Jan 16	7:00 am	Race Office Opens, volunteers in position at Covid Checkpoint at Green Gate
	7:30 am until 2 nd start	Bib Distribution as needed – CMB, SE Corner tbd

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	7:00 until completion of event	Wristband / Daily Covid Check (google) form at green gate
	8:00 am	First gender athlete entry (athletes enter venue 1 hour prior to their start, depart w/in 30 mins. of finish)
	9:00:15	Classic Sprint Qualifier (no finals/heats for 2021) – U16 and older <ul style="list-style-type: none"> • 15 or 30 sec intervals TBD • One gender (M/W TBD), all classes • 90 minute break to clear and re-load the venue, break/lunch • The other gender (M/W TBD), all classes
	Awards	SuperQualifier (and FIS open) - Awards to be given to coaches Sunday after event (U16, U18/U20, Sr)
Sun, Jan 17	7:00 am	Race Office Opens, volunteers in position at Covid Checkpoint at Green Gate
	7:30 am until 2 nd start	Bib Distribution as needed – CMB, SE Corner tbd
	7:00 am until completion of event	Wristband / Daily Covid Check (google) form at green gate
	8:00 am	First gender athlete entry (athletes enter venue 1 hour prior to their start, depart w/in 30 mins. of finish)
	9:00:15	5k/10k Freestyle Individual Start – U16 and older <ul style="list-style-type: none"> • 5k for all women and U16 men • 10k for U18/20 men and SR men • 15 or 30 sec intervals TBD • One gender (M/W TBD), all classes • 90 minute break to clear and re-load the venue, break/lunch • The other gender (M/W TBD), all classes
	Awards	SuperQualifier – Awards to be given to coaches Sunday after event (U16, U18/U20) RMISA – awards after final race on Monday
Mon, Jan 18	7:00 am	Race Office Opens
	7:30 am	Bib Distribution as needed – CMB, SE Corner tbd
	7:00 am until completion of event	Wristband / Daily Covid Check (google) form at green gate
	8:00 am	First gender athlete entry (athletes enter venue 1 hour prior to their start, depart w/in 30 mins. of finish)
	9:00:15	FIS 15k/20k Classic Mass Start (TBD) – RMISA Races <ul style="list-style-type: none"> • Start format TBD • FIS Rules? • One gender (M/W TBD), all classes • 90 minute break to clear and re-load the venue, break/lunch • The other gender (M/W TBD), all classes
		Awards

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IMD Wax Policy 2020-2021 Season (applies to this event as of November 11, 2020)

With the recent decision from FIS to rescind its ban on Fluoro use for the 2020-2021 season, all IMD races licensed by FIS are OPEN wax events. Currently, those races in question are:

- West Yellowstone, Nov 28 (canceled)
- Sun Valley Dec 11,12,13 (canceled)
- SoHo #1 Jan 2,3
- Sun Valley Spring Series Mar 25,27,28

All other IMD sanctioned events (SoHo Super Q/RIMSA, McCall JNQ (NRL), IYC/Western Club Championships, Bozeman JNQ) will be administered under the 2020 updated IMD Wax Policy. Recommended updates to the Policy were consolidated from IMD Member Team input, take into consideration the FIS licensing requirements for the 20/21 season (e.g. no wax restrictions), and include the following goals:

1. Decreasing release of Fluorine into the environment for the 20/21 season and eliminating all use of Fluorine for the 21/22 season and beyond.
2. Eliminating all exposure to Fluorine by the 21/22 season for anyone in the IMD family who waxes skis for IMD events.
3. Creating a simple, affordable glide wax policy that supports growth of IMD skiing.
4. Leveling the playing field for Teams and individual Athletes by turning one primary ski prep variable into a constant.

To achieve these goals, the following rules will be in effect for the U16 category and up and applies to (non-FIS) IMD events in the 20/21 season. (U14 and younger age groups may only use NF)

- No restriction is placed on:
 - Ski grind
 - Structure
- Only NON-Fluorinated kick wax may be used.
- Common sense cleaning guidelines – all skis must be cleaned (per Adam, FIS guide)
- Picking Glide Wax
 - Race organizers will pick race glide wax from the following product list, all of which are made available for preseason purchase at preferred rates: SWIX (\$40/180G)
 - Swix High Speed 5: -10 to -18 (Hard Wax)
 - Swix High Speed 6: -6 to -12 (Hard Wax)
 - Swix High Speed 8: +4 to -4 (Hard Wax)
 - Organizers will provide the chosen glide wax call to all registered clubs by 12pm three days prior to a race.
 - Ex. If races are scheduled for Saturday/Sunday, glide wax will be communicated by 12pm on Wednesday for the Saturday race and Thursday for the Sunday race.
 - Coaches must directly supervise glide waxing for all competing athletes. All ski bases will be cleaned before hard wax application with a liquid base cleaner as recommended by the manufacturer. Please note that some base cleaners may have fluorine in them. It is recommended, in keeping with the goals of the IMD wax protocol, to use a non-fluoro base cleaner to reduced exposure. Swix specifically

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markets a product labeled as non-fluoro. Once waxed the skis must stay in control of a team's coach until the race start.

Disciplinary Actions:

Complaint of violations should be written on the Complaint of Violations form (available below as **Appendix B.**) and emailed to the IMD Executive Committee at Rick@svsef.org & Zhall@uolf.org within 4 hours after the finish of the race in which an alleged violation occurred. Violations may only be considered if they meet IMD's Standards of Proof (see **Appendix A.**) and should include as much detail about the situation as possible to aid in a quick resolution. The IMD Executive Committee will determine validity of the complaint and, if merited, will issue a decision regarding the application of a penalty within 72 hours of the official complaint.

- A. If an athlete is found to have competed on skis that aren't waxed in accordance with the IMD Policy (whether known or unknown), that athlete will be disqualified.
 - a. The responsible Head Coach and Executive Director of the Club will also be issued a written Notification of Violation and Warning.
- B. A second infraction for an athlete during a season will result in disqualification from that day's competition(s) and all other JNQ's in the season, including those already contested and those yet to be run.
 - a. The responsible Head Coach and Executive Director of the Club will be issued a reprimand. A fine of \$150 will also be assessed to the athlete's club.
- C. If an athlete is disqualified from an event, they are removed from the results sheet and the points will be reallocated.

In the event that a complaint does or does not meet IMD's Standards of Proof but is thought by a majority of the members of the IMD Executive Committee to have some possible validity, the athlete(s) in question, their parent/guardian and the athlete's coach will be notified that a complaint was lodged. The coach will be tasked with creating a plan that ensures that no allegations can be made in the future (e.g. Ski management plan, team waxing policy, etc.). This plan should be shared back with the IMD Executive Committee prior to the next competition to alleviate potential for future complaints.

Appendix A. – IMD Wax Policy, Standards of Proof

A Complaint of Wax Policy Violation will only be considered by the IMD Executive Committee if one of the following items are included:

- A. A timestamped video that clearly shows a fluorinated product being applied to skis. The skis in question must additionally be proven to have been used in the race in question.
- B. An athlete admits to using Fluorinated products.
- C. Signed statements from two or more people from different teams that attest to having seen fluoros being applied to a specific set of skis that were used in the race in question. At least one of these people needs to be an IMD coach.

Appendix B.

Complaint of Wax Policy Violation

Instructions: Complaints must be fully filled out and emailed to the IMD Executive Committee at Rick@svsef.org & Zhall@uolf.org within 4 hours after the finish of the race in which an alleged violation occurred. Violations may only be considered if they meet IMD's Standards of Proof (see IMD Wax Policy Appendix A.) and should include as much detail

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about the situation as possible to aid in a quick resolution. The IMD Executive Committee will determine validity of the complaint and, if merited, will issue a decision regarding the application of a penalty within 72 hours of the official complaint.

Details of Alleged Violation (Please include full names, club/team affiliation(s), locations, and anything else to help aid in a quick resolution):