AND UTAH INVITATIONAL CROSS COUNTRY SKI RACES

HOSTED BY
SOLDIER HOLLOW NORDIC CENTER, THE UTAH NORDIC ALLIANCE AND THE UNIVERSITY OF UTAH

SOLDIER HOLLOW NORDIC CENTER
MIDWAY, UT
FEBRUARY 13-15, 2020

U.S. SKI & SNOWBOARD SANCTIONED QUALIFYING EVENT FOR
2020 CROSS COUNTRY JUNIOR NATIONALS, FUN JUNIOR EVENTS FOR AGES 14 AND UNDER AND UNIVERSITY OF UTAH INVITATIONAL!

U.S. Ski & Snowboard LICENSE or MEMBERSHIP REQUIRED FOR ALL ENTRIES
REGISTRATION – SuperQ and Utah Invitational

SUPERQ and Utah Invitational Instructions:
A U.S. Ski & Snowboard competitor’s license or membership is required for all entries. Please make sure to register on-line and you will be given an id number. For the Senior race, an international athlete does need an active FIS license if they do not have a USSA license. Thank you!

Entries are due to the race secretary by 9:00pm MST, Monday, February 10 via email. Paper entries are not accepted. Excel entry form must be downloaded from www.utahnordic.com. Email entries to SoldierHollowJOQ@yahoo.com.

Late entries will be accepted until 6:00pm MST, Wednesday, February 12 for an additional $10 fee per race per athlete.

Scratches must be completed by 12:00pm MST, Thursday, February 13. Scratches will be accepted by phone BEFORE 12:00pm MST, if you will be arriving late.

Late Scratches after 12:00pm MST, Thursday, February 13 = no refund.

Payment of all fees must be completed by 1:00pm MST, Thursday, February 13.

Review of entries must be completed by 3:00pm MST, Thursday, February 13. If you are arriving after 1:00pm MST please contact the race secretary at (801) 819-4007 and verify entries over the phone. Deadline for scratches is 12:00pm MST whether in person or via telephone.

A TUNA and Soldier Hollow Nordic Center liability wavier must be completed for each skier and/or racer. See utahnordic.com for TUNA’s waiver and use the following link for the one time annual (valid May – April), electronic only (paper is not accepted), liability release for Soldier Hollow Nordic Center.

www.sohoactivitywaiver.org

Information and updates: www.soldierhollow.com or www.utahnordic.com

Happy Trails!

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For questions, please contact Joanne Rasmussen, Race Secretary at SoldierHollowJOQ@yahoo.com.

**ENTRY FEES**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Both Races</th>
<th>1 Race</th>
<th>LATE FEE after February 12, 9:00pm MST</th>
</tr>
</thead>
<tbody>
<tr>
<td>U16 and older</td>
<td>$70.00</td>
<td>$35.00</td>
<td>Add $10.00 per race per athlete</td>
</tr>
<tr>
<td>Novice, U14 and younger</td>
<td>$48.00</td>
<td>$24.00</td>
<td>Add $10.00 per race per athlete</td>
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</tbody>
</table>

Utah Invitational:
- $300 / 6 person Team per gender.
- $35.00 per athlete per race over 6. Add $10.00 per race per athlete.

**TRAIL PASSES**

All competitors/coaches must purchase a $10.00 training trail pass on Thursday, February 13, 2019, unless you have a season’s pass. Teams – please purchase passes in The Lodge lower level, Nordic Center, on Thursday and pay fees before skiing.

All parents and spectators on skis must have a trail pass. Passes may be purchased in the Soldier Hollow Day Lodge for $10.00, The Lodge lower level, Nordic Center.

**FOOD and BEVERAGE**

The Soldier Hollow Day Lodge (beverages and snacks), Lola’s Street Kitchen/Food Truck and dining option (The Grill / Soldier Hollow Golfcourse Clubhouse) will be available at Soldier Hollow Nordic Center during the event.

**WAX FACILITIES**

Wax cabins and maintenance shop will be reserved for Universities/Utah Invitational. SuperQ - biathlon stadium area as years past, or you may bring your own trailer and park in the Snowflake parking lot, east of the CMB.

**RESULTS AND SCORING**

SUPERQ Information:

Overall results will be generated, as well as division specific results for U16 and older.

Results will be posted on the glass by the Race Secretary’s Office/competition building during the event and on www.summittiming.com.

National Ranking List (NRL) - Racers wishing to be scored on the NRL must hold a current USSA competition license prior to competing, and note the number on the entry form.

Intermountain Division JN Selection - Intermountain racers wishing to qualify for Junior Nationals must hold a current Intermountain competition license prior to competing in order to be scored. Scoring only applies to U16 and older.
IMD Waxing Protocol (as on IMD Website 12/26/19)

1) For all age classes U14 and younger - No use of any wax containing flourinated or Gallium components is allowed.

2) For all age classes U16 and older, glide zones of Skate and Classic skis - Only non flour, low flouro hydrocarbon based waxes and high flouro hydrocarbon based waxes are allowed. No use of pure flourinated solid blocks, sprays or liquids is permitted. Also excluded are all waxes employing Gallium.

*Liquid formulations of HF hydrocarbon based waxes that are the same formulations as the solid form of HF hydrocarbon waxes are allowed.

**All products are allowed in kick zones of Classic skis.
## SCHEDULE OF EVENTS

### All Times are MST (Mountain Standard Time)

Subject to change as of 1/15/20

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>Mon, Feb 10</td>
<td>9:00 pm</td>
<td>Entry deadline. $10.00 per entry per race late fees in effect after 9:00pm MST</td>
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<tr>
<td>Wed, Feb 12</td>
<td>6:00 pm</td>
<td>Late entry /data change deadline. Late fees apply.</td>
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<tr>
<td>Thu, Feb 13</td>
<td>9:00 am</td>
<td>Courses marked and open for inspection&lt;br&gt;Official training day&lt;br&gt;Race Secretariat open, Competition Management Building (CMB) 1st Floor, NW corner</td>
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<td></td>
<td>12:00 pm</td>
<td>Final scratches due. Late scratches = no refund</td>
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<td></td>
<td>1:00 pm</td>
<td>Race fee payment deadline. Race fees not paid will result in no race bibs for the event.</td>
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<td></td>
<td>3:00 pm</td>
<td><strong>FINAL DEADLINE</strong>&lt;br&gt;Entry verification must be complete.&lt;br&gt;<em>If you are arriving late, please contact the race secretary, (801) 819-4007 and report scratches by 12:00pm and verify entries by 3:00pm MST.</em></td>
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<tr>
<td></td>
<td>3:30 pm</td>
<td><strong>RACE SECRETARIAT OFFICE CLOSES</strong>&lt;br&gt;In order to prepare properly for this large event, we must have all information complete, accurate and on time. With your help, the data, the meeting, and the bib distribution will happen in a timely fashion and go smoothly.&lt;br&gt;<em>We will close the office at 3:30pm MST. THANK YOU FOR YOUR COOPERATION!</em></td>
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<td></td>
<td>5:00 pm</td>
<td>Courses closed</td>
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<td></td>
<td>5:30 pm</td>
<td>Team Captains Meeting, Bib Distribution - CMB 2nd floor</td>
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<tr>
<td>Fri, Feb 14</td>
<td>7:00 am</td>
<td>Race Office Opens</td>
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<td></td>
<td>7:30 am</td>
<td>Bib Distribution if needed&lt;br&gt;Freestyle Technique, 5k/10k, Interval Start, and tentative start class order:&lt;br&gt;M U18, U20 and Seniors – 10k (Olympic 5k)&lt;br&gt;W U18, U20 and Seniors - 5k (Olympic 5k)&lt;br&gt;BREAK for Utah Invitational Awards&lt;br&gt;M U16 – 5k (U16 5k)&lt;br&gt;W U16 – 5k (U16 5k)&lt;br&gt;M/W U14 and Novice – 3k&lt;br&gt;M/W U12 – 2k&lt;br&gt;M/W U8 and U10 – 1k</td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>Classic Technique, 10k/10k, Mass Start and tentative start class order:&lt;br&gt;W U18, U20 and Seniors – 10k (Olympic 5k)&lt;br&gt;M U18, U20 and Seniors – 10k (Olympic 5k)&lt;br&gt;BREAK for Utah Invitational Awards&lt;br&gt;W U16 – 5k (U16 5k)&lt;br&gt;M U16 – 5k (U16 5k)&lt;br&gt;M/W U14 and Novice – 3k&lt;br&gt;M/W U12 – 2k&lt;br&gt;M/W U8 and U10 – 1k&lt;br&gt;After final race SuperQ - Awards at venue immediately following each race class completion.</td>
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Happy Trails!

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LODGING FOR 2020 EVENT

Heber Valley Chamber of Commerce
(435) 654-3666, www.gohebervalley.com

Residences at the Utah Olympic Park – Kimball Junction/Park City, UT
See included flyer below.

Midway Vacation Properties (home, condo, townhome rentals)
Contact Kyle Wharton - (435) 654-5456

Best Western Plus – Heber Valley Hotel
Former Contact/ok to mention her name – Jana Brown
(801) 380-1096 or (435) 657-6500, sales@bestwesternheber.com
https://www.facebook.com/BWPlusHeberValleyHotel/
20% off our rack rates - deluxe double queen rooms & king rooms (based on double occupancy).
Double queen and King plus rooms and Suites The plus and suites can sleep 2 - 6 people.
Complimentary first come first served waxing space.
Complimentary full hot breakfast, 24 hour pool, hot tub and fitness center.

The Homestead Resort - Midway, UT
700 North Homestead Drive, Box 99, Midway, UT 84049
Group Reservations (10 or more room nights total)
Contact: Anjie Kennard, Sales Manager
anjie.kennard@homesteadresort.com, Direct: (435) 657-3817
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 'Super Qualifier/Utah Invitational 2020'.
$129 for Standard and Garden QQ or King
$139 for Bunk Rooms QQ & cot sized bunk bed
$139 for Cottage QQ or King with sofa sleeper
$159 for King Suites with sofa sleeper
$169 for Luxury King Suites with sofa sleeper

Zermatt Resort Utah - Midway, UT
784 West Resort Drive Midway, UT 84049
As of 10/2/19 - Best available rate at the time of booking, call 435-657-0180 and press 1 for reservations. Teams who need 10 or more rooms, please contact Jan Zite at jan.zite@zermattresort.com or 435-709-9569.
***Please note: we only have rooms available with king beds or a king with a sofa sleeper***
RESERVATIONS:
+1(435) 658-9114 | Housing@uolf.org
2830 Olympic Park Way
Park City, UT 84098
olympicparkresidences.com

RATES: Subject to availability. minimum length stays, blackout, and other restrictions apply. Prices listed do not include taxes and fees.

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<tbody>
<tr>
<td></td>
<td>Standard Hotel Room with 2 Double beds</td>
<td>$80</td>
<td>$95</td>
<td>$120</td>
<td>$140</td>
</tr>
<tr>
<td></td>
<td>2 Bedroom Hotel Suite</td>
<td>$100</td>
<td>$120</td>
<td>$140</td>
<td>$160</td>
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</table>

Standard Hotel Room: 2 Double Beds, Non-smoking, Refrigerator.

Two Bedroom Suite: 2 Bedrooms with a single double bed in each bedroom, Non-smoking, Refrigerator.

ALL GUESTS RECEIVE ACCESS TO:
- Fully equipped self-serve kitchen with seating for up to 36 guests
- Outdoor lounge with grill
- Video review lounges on each floor
- Outdoor bike rack and washing station
- 43” flat-panel Roku TV
- High speed internet
- Coin operated laundry
- Conference room access
- Access to Park City trail system
- Wheelchair access
- ADA units

DEPOSIT & CANCELLATION POLICY
- First nights deposit due at time of booking (non-refundable).
- Final payment due at 14 days prior to arrival.
- Any room cancellations occurring 7-14 days prior to arrival are subject to a 50% cancellation fee.
- Any room cancellations within 6 days prior to arrival are non-refundable.

GROUPS
- Please contact us for special arrangements if booking 5 rooms or more.
- Groups will be required to sign a group contract.
1k Course – U8/U10

2k Course – U12

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Olympic 5k Course – Senior, U20, U18