



SOLDIER HOLLOW SUPER QUALIFIER CROSS-COUNTRY SKI RACES & RMISA UTE INVITATIONAL

HOSTED BY

SOLDIER HOLLOW NORDIC CENTER
MIDWAY, UT
JANUARY 16 -19, 2025

EVENTS ARE U.S. SKI & SNOWBOARD / FIS SANCTIONED

**ACTIVE U.S. Ski & Snowboard License/Membership
REQUIRED For ALL ATHLETES and COACHES**

ALL CURRENT INFORMATION AND UPDATES – website and email

[Super Qualifier Event Page](#)

[REGISTER NOW - SOHO Super Q](#)

For questions, please contact:

Race Administrator

Josh Korn

(801) 624-0809

jkorn@uolf.org



XC RACE ADMINISTRATION as of 12/11/2024

Chief of Competition – Bill Pierce

(612) 590-1427

bpierce@uolf.org

Race Administrator – Josh Korn

(801) 624-0808

jkorn@uolf.org

Chief of Course – Andre Crouch

Chief of Stadium – Jerry Richardson

Chief of Timing – Tess Miner-Farra

Chief of Start – Tom Doherty

Chief of Finish – Terry Davis

Volunteer Lead – Kenzie Bennion

Medical Coordinator, IHC – Robyn Hase

Announcer - Matthew Heimburger

Chief of Grooming – Rion O'Grady

Cross Country Officials

Timing Contractor – Muddy Dog Sports

<https://www.muddydogsports.com/>

FIS Technical Delegate – Alan Pokorny

Assistant Technical Delegate – Art Myshrall

USSS Representative – Bryan Fish

Tentative Jury

Bill Pierce

Alan Pokorny

Art Myshrall

REGISTRATION INFORMATION

ALL COACHES AND ATHLETES MUST REGISTER VIA MYRACE

RESULT LINK:

[REGISTER NOW](#)

**NO team spreadsheets will be accepted for registration purposes.
ALL USSS Memberships will be cross checked prior to competing!
You will NOT be allowed to race without a current and active USSS
Membership.**



Coaches: An active U.S. Ski & Snowboard coach license is required at the time of entry, MUST REGISTER AND HAVE VALID COACHES BIB TO BE IN CONTROLLED AREAS ON VENUE

Registration w/o Late Fee closes @ 11:59 on Friday January 10th, 2025.

Late Registration fees of \$10 per entry per race. Late Registration closes @ 5:00pm on Tuesday January 14th, 2025.

Entries posted for verification: 9:00am Wednesday, January 15th.

- Entry List will be posted on: [Muddy Dog Sports](#)
- The Spreadsheet will have a list of all entries with their name, birth date, gender, class, affiliation, USSS number and USSS points. Coaches, athletes, and parents are responsible for checking this spreadsheet to verify the information.
- Changes/fixes may be submitted until 6:00pm MST, Wednesday January 15th.

Refunds: Accepted until 9am MST, Wednesday, January 15th.

- Direct all refund requests to Race Administrator – Josh Korn – jkorn@uolf.org
- All requests after this time won't be accepted for any reason.

Scratches: Accepted until Noon MST, Thursday, January 16th.

- Direct all changes to Race Administrator – Josh Korn – jkorn@uolf.org
- Scratches after this date will not be accepted or recorded.

NOTE: We are generating start lists BEFORE the virtual Team Information Meeting.

ENTRY FEES

	<u>Per Race</u>	<u>LATE FEE</u>
Individual Athletes U8/10, U12, U14	\$30.00	Add \$10.00 per race per athlete.
Individual Athletes U16, U18/20	\$45.00	Add \$10.00 per race per athlete.
RMISA Team Fees (up to 6 men)	\$225.00	Athletes above quota, \$45 per race
RMISA Team Fees (up to 6 women)	\$225.00	Athletes above quota, \$45 per race

- RMISA Team Registration, no later than **5pm MDT** on Tuesday January 14th.

TRAIL PASSES REQUIRED JAN 16th AND EARLIER

***NOTE: A \$8 training fee for Thursday Jan 16th is automatically added to each athlete's registration upon checkout!**

All competitors/coaches must purchase a trail pass or display season pass during training days.

Passes may be purchased at the NEW Nordic Center prior to skiing. Check in at the Nordic Center is required.

Glide Wax Call for XC Races: Noon MST, Tuesday, January 14th and Wednesday, January 15th. If conditions look to be stable, we will try to make the call for both days on Tuesday to help with your pre travel wax prep.

- RMISA Skate Mass Start on Sunday is an **OPEN NF RACE**.
- See summary of IMD/Event Wax Policy - [IMD Wax Policy](#)



FOOD and BEVERAGE

The Basecamp Café in the NEW Nordic Center lodge will be open during the races. They will have hot drinks, beverages, lunch offerings and snacks available for purchase.

WARMING, TOILETS and PARKING

- With the NEW Competition Building now complete, we will have the following amenities
 - Café – Main Level
 - Fireplace and sitting area – Main Level
 - Indoor restrooms – all three levels of the building
 - Dedicated Athlete warming area – 2nd level
- Outdoor portable toilets will be placed strategically to supplement indoor restrooms (**Exact locations TBD**).
- Parking for Team vehicles will be allowed in marked areas by parking Permit only (to be distributed to each team upon arrival). Overflow Team parking will be in the large Ice Castle lots as signed.
- NO Outdoor Power Access at this point – Generators allowed.
- Teams will be allowed to set up tents in the Warmup Stadium in a spot indicated by OC.
- Team Trailers will be allowed to park in Team Parking allocated areas as indicated below.
- SEE IMAGE BELOW:



- Parent/Spectator parking will be in the large Ice Castles lot in signed/indicated areas. Please stress to parents the importance of carpooling.
- **NO** access through the shop gate



SEEDING and RESULTS

XC Seeding: Based on the best of FIS or USSS points.

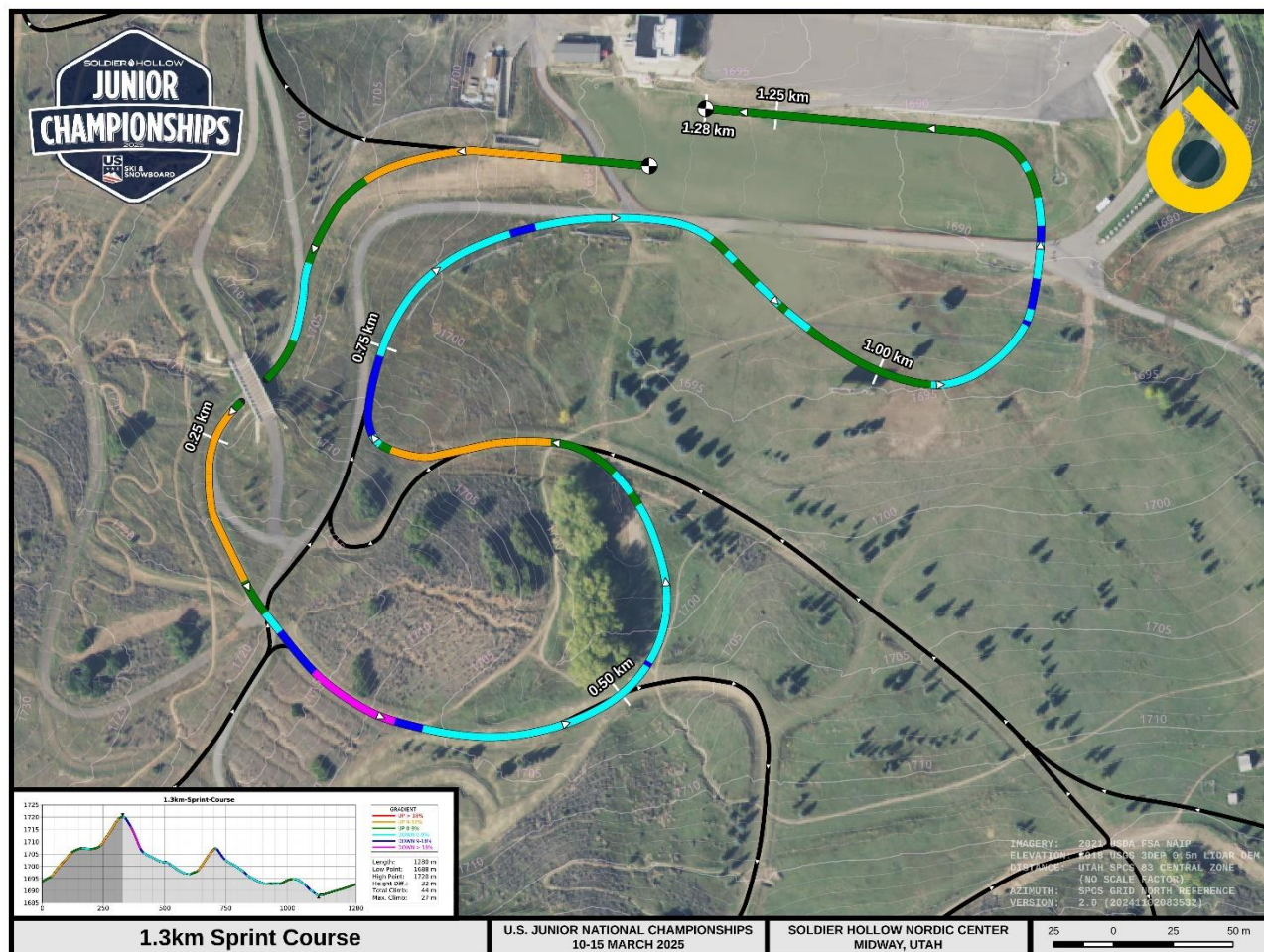
- Scoring will occur accordingly for NRL and FIS.

Live XC Timing ([Muddy Dog Sports](#)) during the races.

COURSE AND STADIUM MAPS

Brand NEW Courses for 2025 Season! These will be the exact same course for Junior Nationals

Friday Jan 17th – 1.3k Skate Sprint ALL Ages



[1.3k Interactive Map](#)

[1.3k GPX File](#)

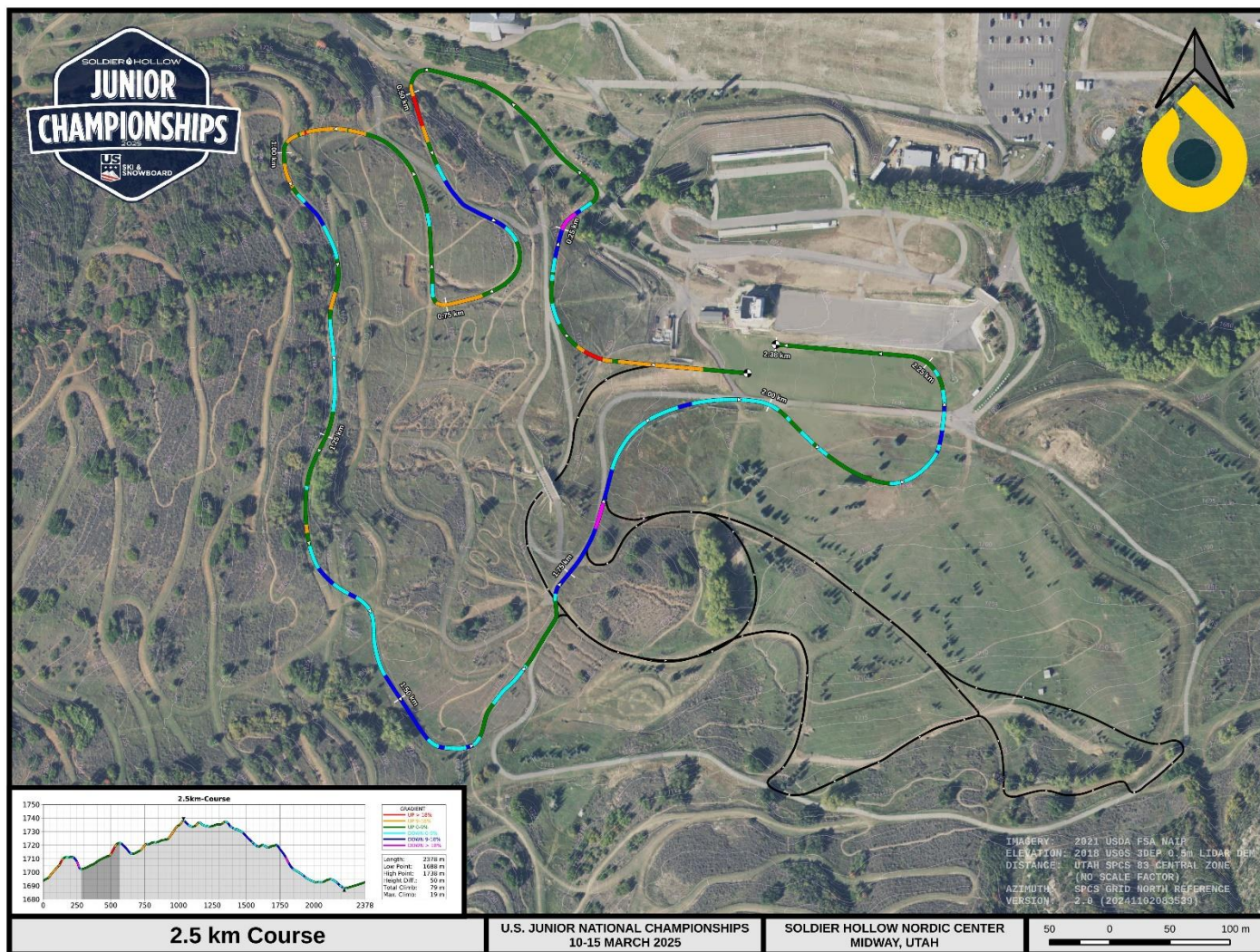


Saturday Jan 18th – Classic Interval Start

2k U8/U10 (Course TBD)

4k (2 x 2k) U12/U14 (Course TBD)

5k (2 x 2.5k) U16

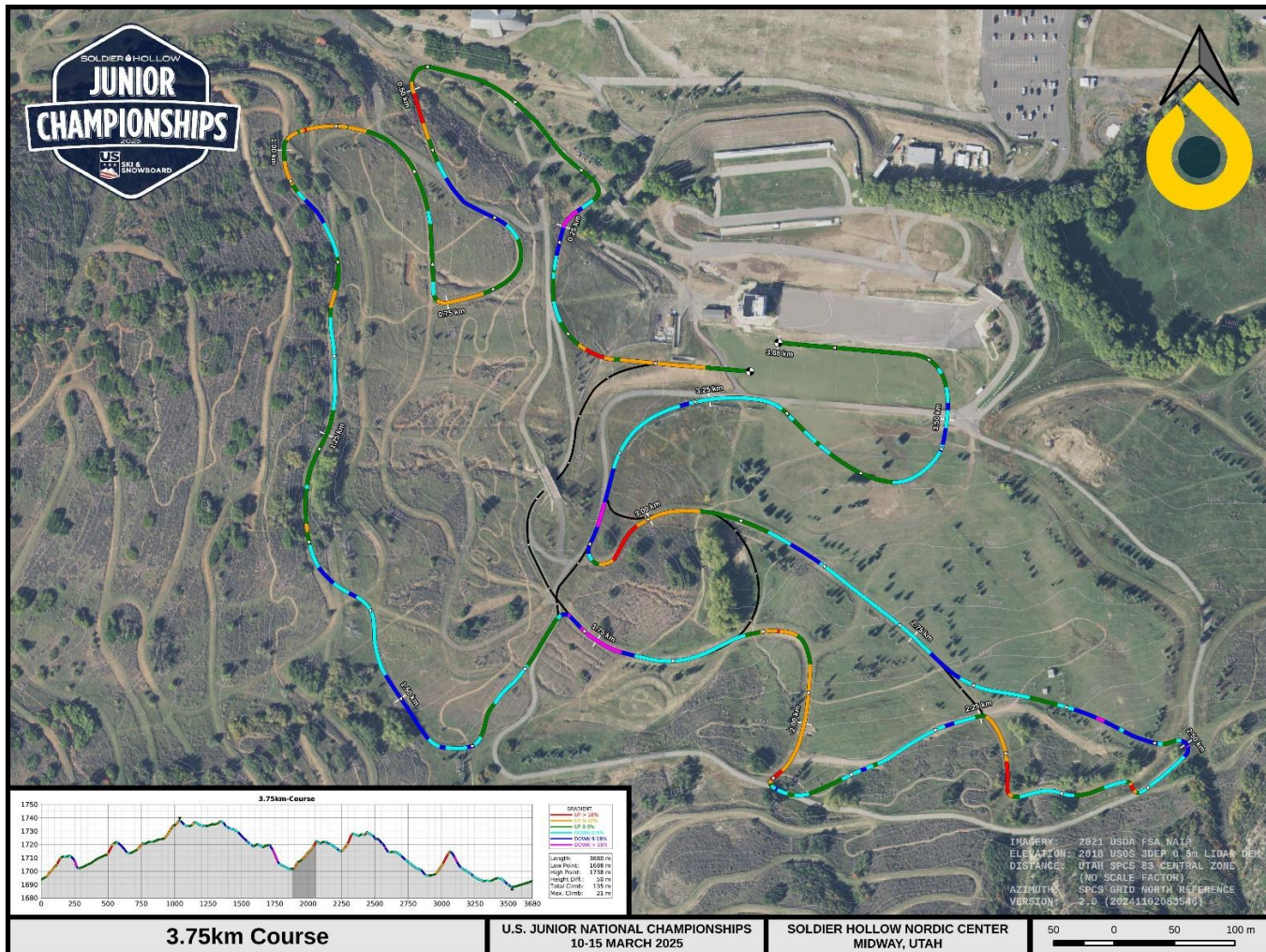


[2.5k Interactive Map](#)

[2.5k GPX File](#)



7.5k (2 x 3.75k) U18/U20/RMISA



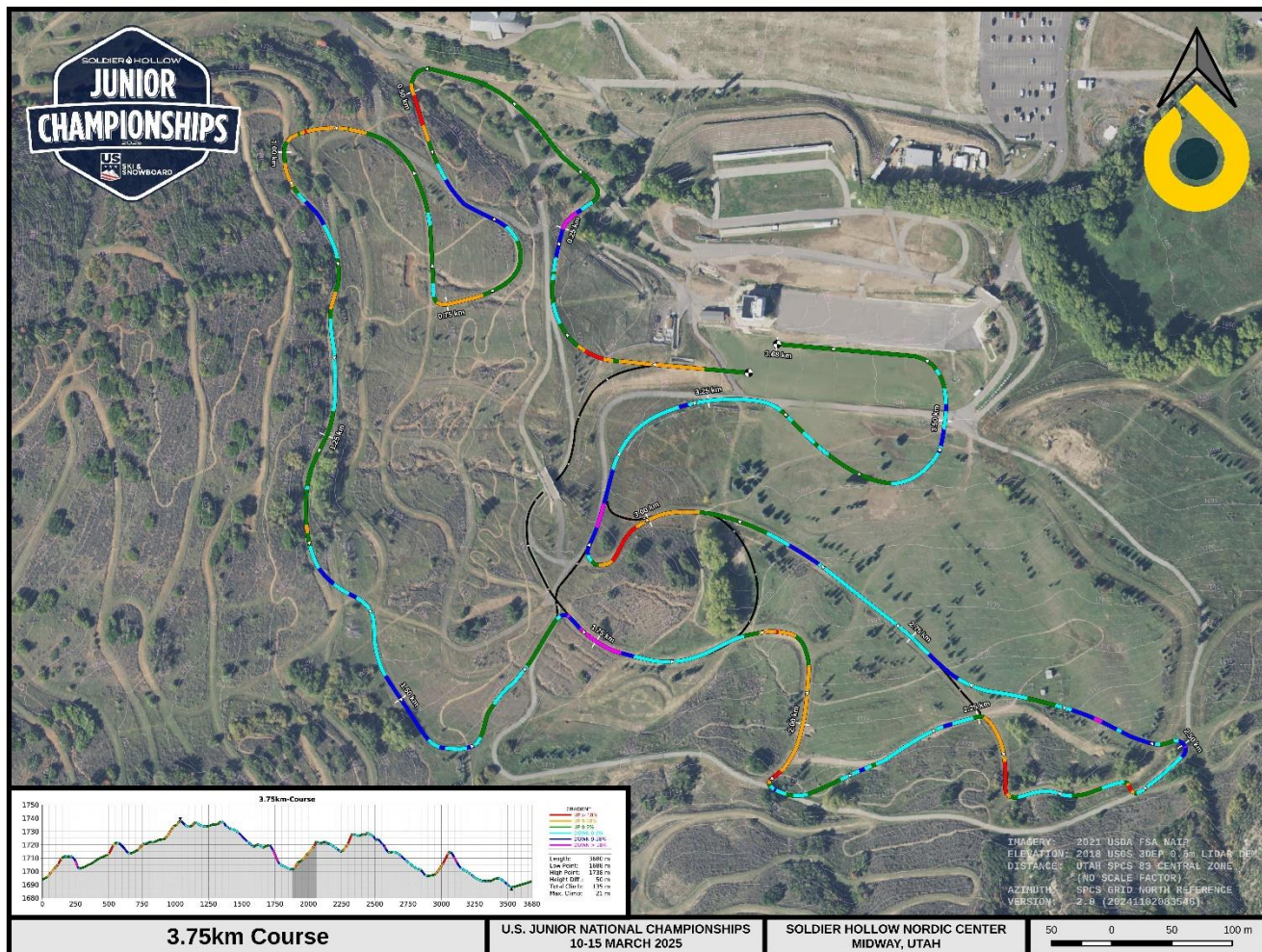
[3.75k Interactive Map](#)

[3.75k GPX File](#)



Sunday Jan 19th – Skate Mass Start ALL Ages

15k (4 x 3.75k) ALL Ages



[3.75k Interactive Map](#)

[3.75k GPX File](#)



AWARDS

- Super Q awards (Friday and Saturday)
 - Top three in these combined categories daily
 - U8/U10
 - U12/U14
 - U16
 - U18/20
- RMISA (Saturday and Sunday)
 - University of Utah to Manage College awards
- NON-RMISA (Sunday) – *Racing age 14 years old and above (YOB 2010 or older)*
 - Lapped athletes will be pulled in the 15k mass start to insure a safe and fair race!
 - Soldier Hollow to award Top 3 men and women
 - U16
 - U18/U20

NOTE: Please share with all parents/coaches/athletes to eliminate questions and concerns regarding age awards when the time comes.

WAX FACILITIES

- Wax Cabins Rental (TBD)
- Testing and wax benches allowed in Biathlon/Testing stadium.



LODGING FOR 2024/25 EVENTS

Lodging Options

Heber Valley is home to a variety of lodging and dining options for teams, athletes, families, and friends, among them are Homestead and Zermatt Utah in Midway, Utah. Contact information can be found for all options on the local chamber website at www.gohebervalley.com.

Zermatt Utah

784 West Resort Drive, Midway, UT 84049

For individuals, families, or teams under 10, please call Zermatt reservations 435.709.9527 and ask for the 'Soldier Hollow' rate (based on availability). The rate offered for all room types will be 15% off the best price on Zermatt's website.

Group Reservations (10 or more rooms per night)

- Contact: Zermatt Sales
- rfp@zermattresorts.com

Midway Vacation Properties

(home, condo, townhome rentals)

Website: staymvp.com Midway Vacation Properties 840 W Bigler Lane

Midway, UT 84049

(888) 435 4204

info@midwayvp.com

Residences at Utah Olympic Park

Book a stay to take advantage of:

- Park City's best nightly lodging rates
- Modern Hotel Rooms
- Unbeatable proximity to the Utah Olympic Park and surrounding ski resorts
- Guest kitchen and catering space to take care of all your meal needs.
- Complementary meeting/video review space

More information about our facility and accommodations can be found [here](#).



SCHEDULE OF EVENTS
ALL TIMES ARE MST (MOUNTAIN STANDARD TIME)
SUBJECT TO CHANGE AS OF 12/11/2024

Fri, Jan 10	11:59 pm	Early Registration closes
Tues, Jan 14	Noon	OC to declare chosen Glide Wax for Friday Jan 17 th event.
Tues, Jan 14	5:00 pm	Late Registration closes - \$10.00 fee per entry per athlete
Wed, Jan 15	9:00 am	Entries posted on Muddy Dog Sports
Wed, Jan 15	Noon	OC to declare chosen Glide Wax for Saturday Jan 18 th event.
Thurs, Jan 16	7:00 am – 7:00 pm	<p>7:00am – Race Office Opens</p> <p>8:30am – Café Opens (main level of Nordic Center)</p> <p>9:00am – Athlete Warming Area opens (2nd level of Nordic Center)</p> <p>9:00am – 4:00pm - Training / Inspection. Courses marked and open for inspection. (Trail Pass Required)</p> <p>2:00pm – Start Lists available at Muddy Dog Sports</p> <p>4:30pm - 5:30pm Bib Pick up – Location TBD</p> <p>6:00 pm Virtual Team Information Meeting – Zoom</p> <p><i>Link to be provided</i></p>

Fri, Jan 17	7:00 am	Race Office Opens
	7:15 am	Course open to coaches
	7:30 am	Course opens to athletes
	7:30 am	Bib Distribution as needed – Location TBD
	8:35 am	Course closed
	8:45 am – 4:15 pm	<p>Skate Sprint</p> <p>8:45am – Men Skate Sprint Qualifying Starts (U16, U18/20, OPEN)</p> <p>9:45am – Women Skate Sprint Qualifying Starts (U16, U18/20, OPEN)</p> <p>10:30am -11:25am – Men/Women (U14 and Under) Qualifying</p> <p>12:00pm – 12:30pm – Men/Women (U14 and Under) Coach Run Royal Court (TBD)</p> <p>12:35pm – U14 and down awards (U12/14 combined & U8/10 combined)</p> <p>12:40pm – U18/20 Men Heats Start</p> <p>1:05pm – U18/20 Women Heats Start</p> <p>2:20pm – U18/20 Men Awards</p> <p>2:20pm – U16 Men Heats Start</p> <p>2:25pm – U18/20 Women Awards</p> <p>2:45pm – U16 Women Heats Start</p> <p>4:00pm – U16 Men Awards</p> <p>4:05pm – U16 Women Awards</p>



Sat, Jan 18	6:30 am	Race Office Open – Testing stadium open (must have bibs on)
	7:00 am	Bib Distribution as needed – Location TBD
	7:15 am	Courses open to coaches
	7:30 am	Courses open to athletes
	8:50 am	Courses closed
	9:00 am – 2:55 pm	<p>Classic Interval Start</p> <p>9:00am – Women/Men Interval Start Classic, U18/20/RMISA (2 x 3.75k loop)</p> <p><u>Start Order</u> RMISA U18/U20 F U18/U20 M</p> <p>11:40pm - Noon – RMISA Awards & U18/U20 M/F Awards</p> <p>Noon – Women/Men Interval Start Classic, U16 (2 x 2.5k loop)</p> <p><u>Start Order</u> U16 F U16 M</p> <p>1:20pm – 1:30pm – U16 M/F Awards</p> <p>1:30pm– Women/Men Interval Start Classic, U12/U14 (2 x 2k loop), U8/U10 (1 x 2k loop)</p> <p><u>Start Order</u> U14 F U14 M U12 F U12 M U10 F U10 M U8 F U8 M</p> <p>2:45pm – 2:55pm – U12/U14 combined M/F Awards & U8/U10 combined M/F Awards</p>
Sun, Jan 19	6:30 am	Race Office Open – Testing stadium open (must have bibs on)
	7:00 am	Bib Distribution as needed – Location TBD
	7:15 am	Courses open to coaches
	7:30 am	Courses open to athletes
	8:50 am	Courses closed
	9:00 am – 12:30 pm	<p>Skate Mass Start</p> <p>9:00 am – Men’s RMISA / Open Mass Start Skate 15k (4 x 3.75k) Last finisher – Approx 9:50am Course opens – Approx 9:50am Course closes – 10:25am</p> <p>10:30 am – Women’s RMISA / Open Mass Start Skate 15k (4 x 3.75k) Last finisher – Approx 11:30am</p> <p>Noon – Men’s / Women’s Awards</p>
		Thanks for coming and Travel Safe!