

2024 U.S. Cross Country Ski Championships and SuperTour

Soldier Hollow Nordic Center - Midway, Utah
January 1-7, 2024

GENERAL INFORMATION

Accommodation

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

Residence at Utah Olympic Park

Stay at the 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](#).

Book your discounted event lodging with us here:

<https://hotels.cloudbeds.com/reservation/ggdeS7#promo=Comp23%2F24>.



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Transportation

All Resort Express, 1-800-457-9457, allresort.com

Snow Country Limousine - Email: info@snowcountrylimo.com, Telephone: (435) 714-0159

High Valley Shuttle Service – FREE

<https://highvalleytransit.org/>

<https://highvalleytransit.org/micro/how-micro-works/>

Wax Cabins

Wax Cabin Reservation Deadline:

Midnight MST, Friday, December 29, 2023. Reservations and Payment via the link on the Wax Cabin Rental page.

[2024 US XC Nationals Wax Cabin Reservation](#)

Cost for Wax Cabins:

\$1,900 per cabin + \$500 refundable security deposit. All cabins the same size, 10' x 25'. One responsible party, one payment only please.

- There will be NO parking in the Wax Cabin Village, only load in and load out (no parking on Training/Race Days)

Open Wax Cabins:

Four (4) Wax Cabins will be designated as 'open waxing', reservations will not be taken. Use of these cabins are first come first served, and all equipment must be brought in, used, and removed per use. Equipment may not remain in these cabins longer than it takes to wax. No exceptions please, in order to be fair to all.

Wax Cabin Village Information (subject to change due to construction):

- Wax Cabin check-in and information will be located in the Race Office on the West side of the Competition Building.
- Check-in will be staffed (TBD) - call me, Josh Korn, at **801-624-0809** with any questions.
- The cabins will be equipped with electricity, heat, trash can, trash bags, broom and dustpan.
- All trash removal is the responsibility of the individuals using or renting the cabin, to the on-site garbage bins/dumpster.
- All cleaning is the responsibility of the individuals using or renting the cabin.

Planning on bringing your own Wax Trailer (Will Update on 12/1/2023).

- As of today, 11/9/2023, there will be **NO** space for team wax trailer parking in the Wax Cabin Village area located to the East of the Competition building. With our current construction project and massive number of wax cabins being delivered the IBU World Cup, there are too many unknowns right now to promise the space. If you are planning on bringing your own trailer, please contact me, Josh Korn 801-624-0809, jkorn@uolf.org and I'll help you out the best I can.
 - There will "likely" be space in the large lot as you come onto venue to park and leave team trailers, but there will be NO power.



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Registration Information

Race Registration Deadline:

Midnight MST, Friday, December 29, 2023

[2024 XC Nationals Registration](#)

Cost for races:

- US Cross Country Championships - \$175.00 for 3 races, \$120.00 for 2 races, \$60.00 for 1 race
- SuperTour - \$45.00
- A \$25 late fee will go into effect after December 25th thru the registration deadline of Midnight, Friday December 29th

Registration for Coaches, Suppliers and Media:

- USSS Coaches: registration is required - [2024 XC Nationals Registration](#)
** USSS assigned bib required to be worn by all USSS coaches.
- USSS Suppliers: Complimentary, registration is required.
** \$35.00 if bib is not returned.



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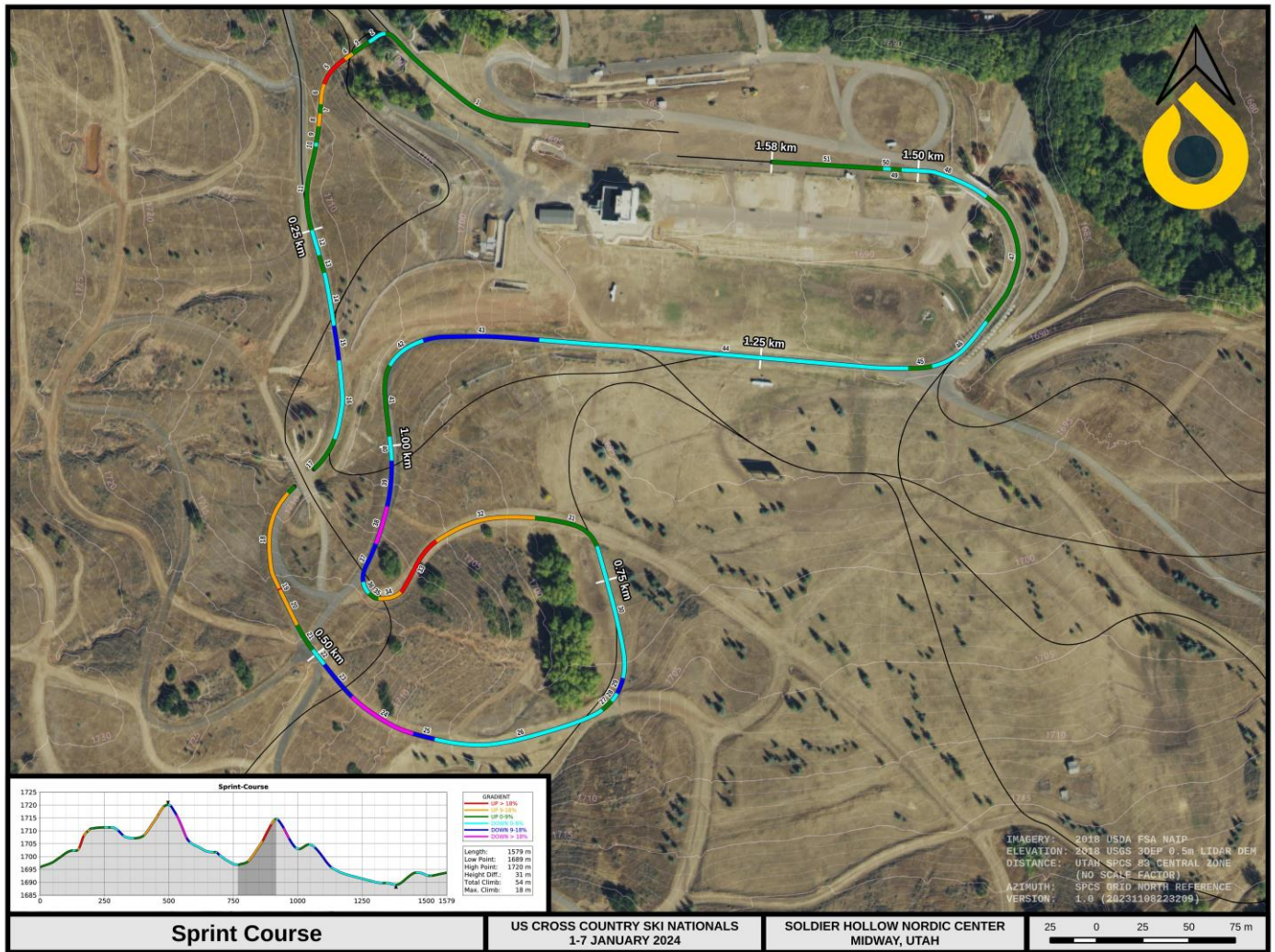
Soldier Hollow Nordic Center - Midway, Utah

January 1-7, 2024

Course Maps (subject to change due to snow and construction):

January 4th – Skate Sprint Course (see below)

January 7th – Classic Sprint Course (see below)



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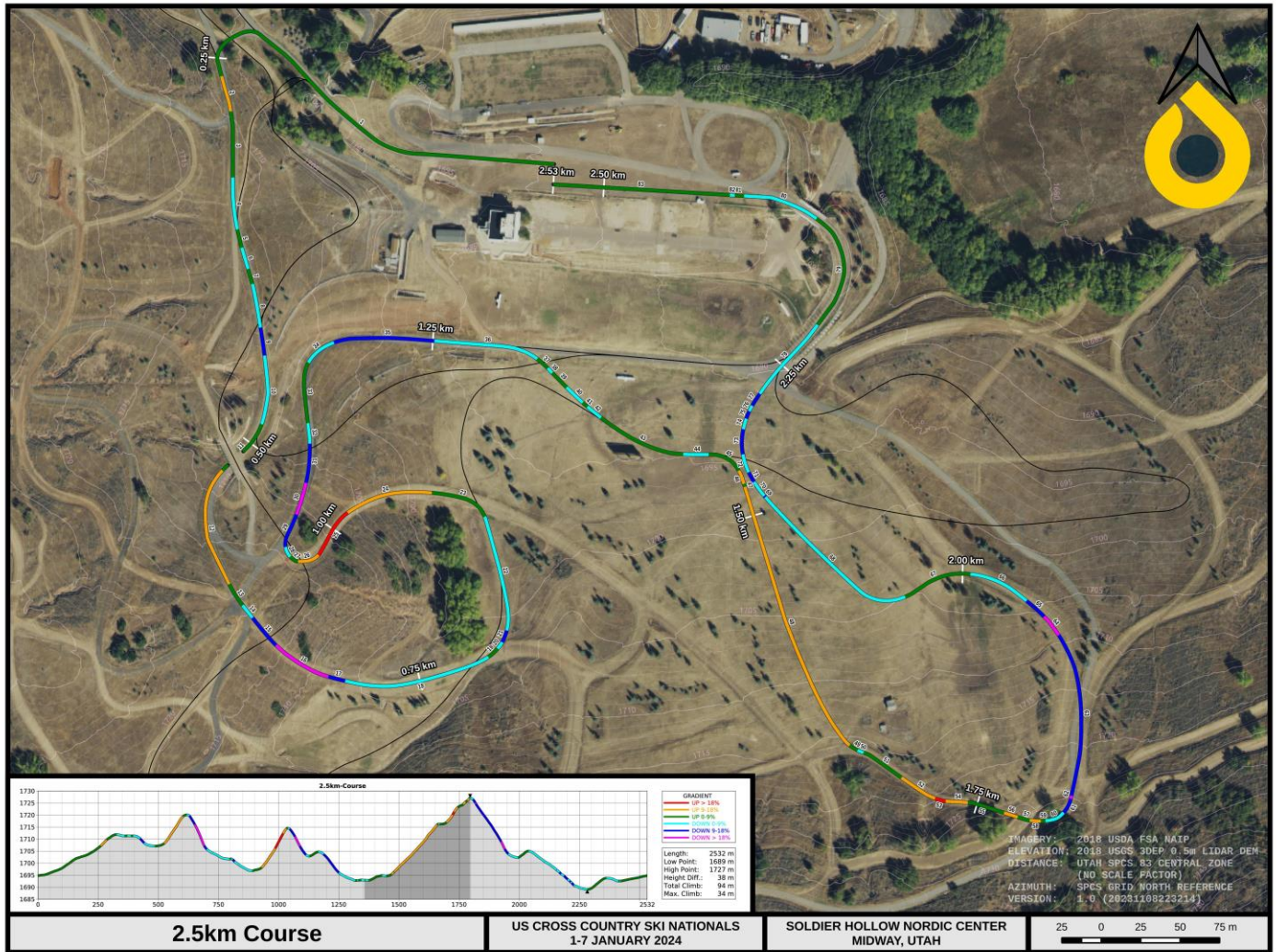
January 1-7, 2024

January 2nd – Classic Interval Start

Junior Men/Women 10k – 3 x 3.33k
Senior Men/Women 10k – 3 x 3.33k

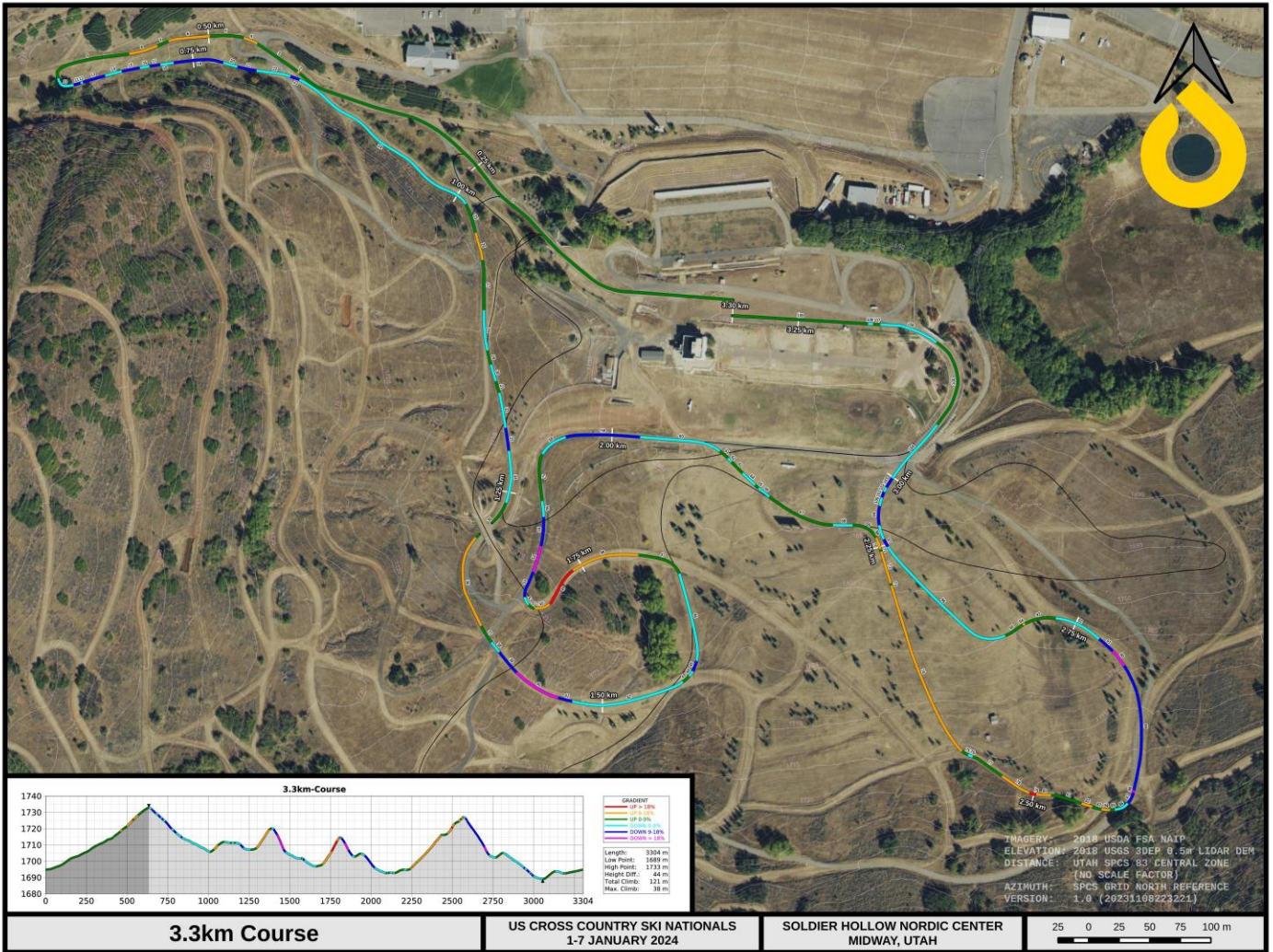
January 5th – Skate Mass Start

Junior Men/Women 10k – 4 x 2.5k
Senior Men/Women 20k – 6 x 3.33k



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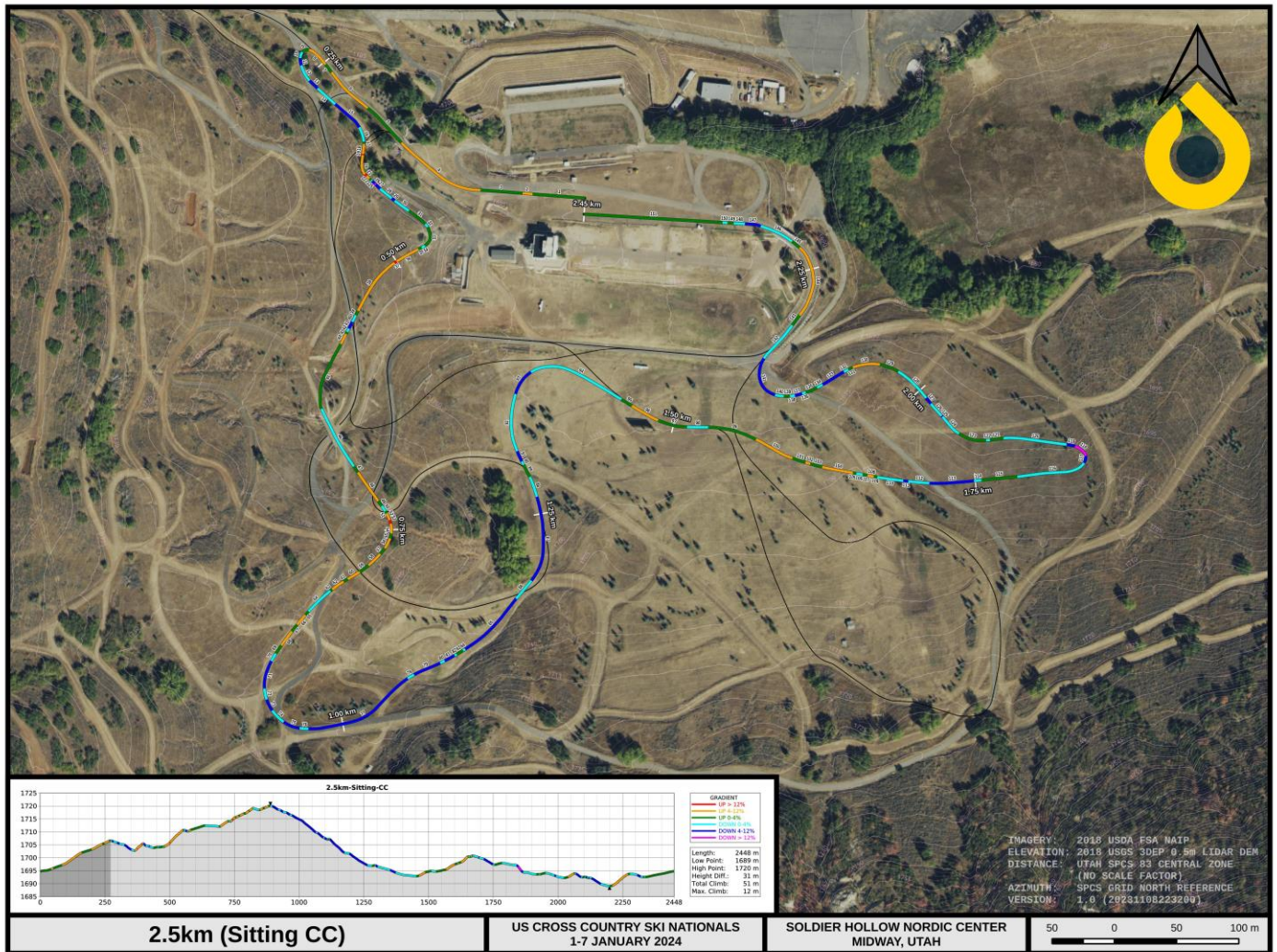
January 1-7, 2024

January 2nd – Sit Ski Interval Start

Men/Women Sit Ski – 2 x 2.5k Sit Ski

January 5th – Sit Ski Mass Start

Men/Women Sit Ski – 4 x 2.5k Sit Ski



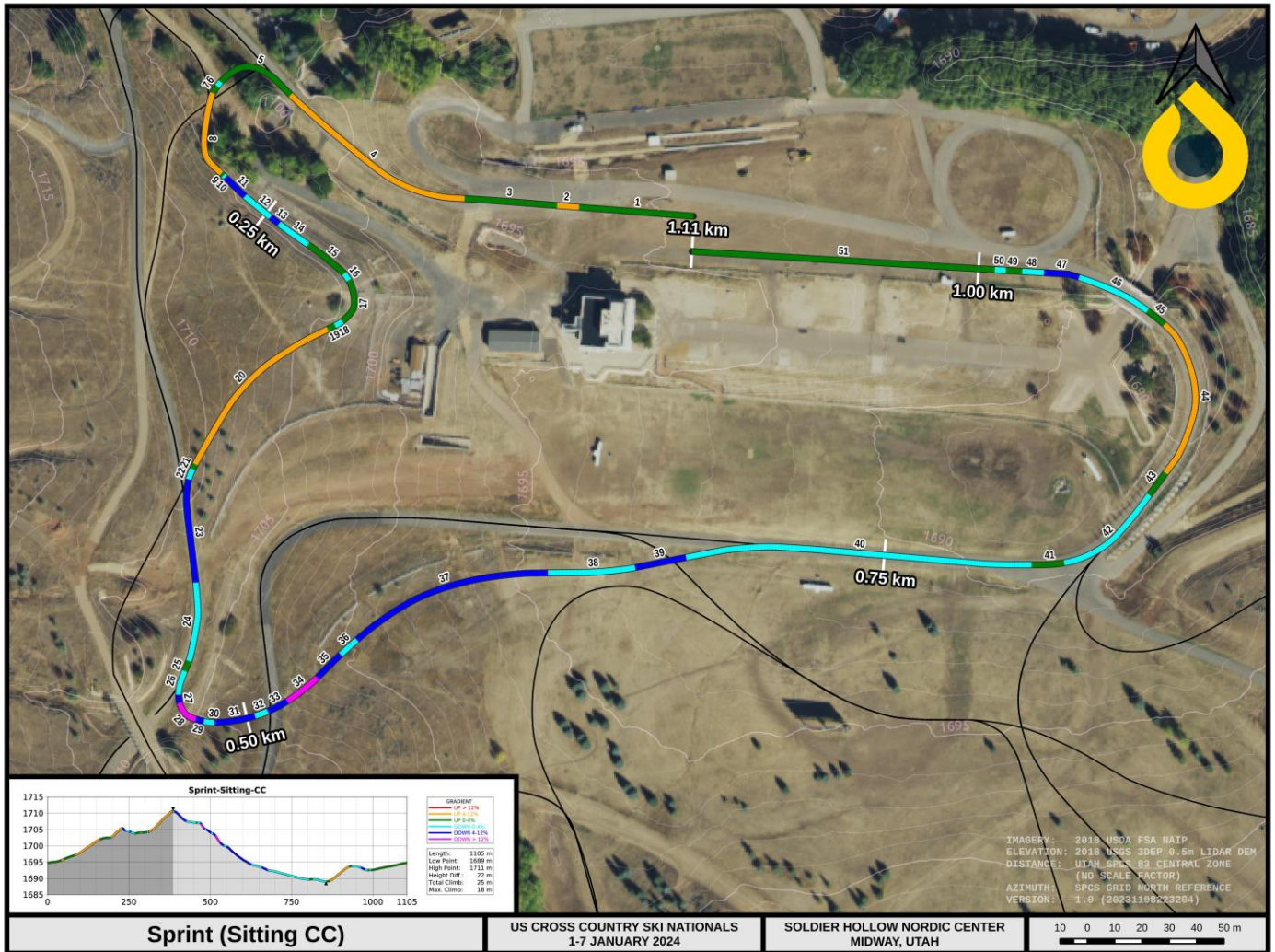
2024 U.S. Cross Country Ski Championships and SuperTour

Soldier Hollow Nordic Center - Midway, Utah

January 1-7, 2024

January 3rd – Sit Ski Sprint

Men/Women Sit Ski – Sit Ski Sprint course.



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Athlete Warming Area:

Two (2) wax cabins will be designated for Athlete Warming.

Trash:

A dumpster near the wax cabin office will be available for all trash disposal.

Portable Toilets with Hand Sanitizers:

Portable toilets and hand sanitizers will be available on the venue beginning 12/30/23.

Competition Staff Information:

Chief of Competition: Bill Pierce

Chief of Timing: Tess Miner-Farra

Start/Finish: Tom Dougherty

Chief of Course: Konrad Thiel/Andre Crouch

Chief of Stadium: Jerry Richardson

Race Administrator: Josh Korn

FIS TD: Tomas Gedeon

FIS Assistant TD: Matt Laue

National Rep: Bryan Fish

Jury Member: Art Myshrall



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Athlete Change Form (TBD):

- Will be updated closer to the event.

Coaches Meetings:

- All Coaches Meetings will be done Virtually from 5:00 – 6:00 pm the evening prior to each race.
 - January 1st
 - January 2nd (para only)
 - January 3rd
 - January 4th
 - January 6th
- Microsoft TEAMS Link to join (1 coach per team please): Link will be shared prior to the 1st meeting.

Bibs:

- Coaches/Athletes can be picked up at the Competition building between 6:00 – 7:00 pm the evenings prior to each race, with the exception of Jan 4th (7:00 – 8:00pm).
- Race Day Bib Pick up available at the same place from 7:00 – 9:00 am on each race day morning.



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PROPOSED EVENT SCHEDULE – November 6, 2023

**All Times are Best Estimates and Subject to Change.*

[2024 US XC Nationals at Soldier Hollow](#)

Date	Day	Event	Start Times
Dec. 29	Friday	WAX CABIN RESERVATION DEADLINE	Midnight MST
Dec. 29	Friday	REGISTRATION DEADLINE.	Midnight MST
Dec. 31	Sunday	<p><u>WAX CABIN CHECK IN, ATHLETE/COACH/TEAM CHECK IN</u> Location: Wax Cabin Village, Competition Management Building</p> <ul style="list-style-type: none"> ▪ Call me, Josh Korn, 801-624-0809 ▪ TRAIL PASS REQUIRED on this day for trail access by all that wish to ski. Available for purchase in the Lodge at Soldier Hollow or on-line at: https://utaholympiclegacy.org/location/soldier-hollow/ 	09:00-16:00
Jan. 1	Monday	<p><u>WAX CABIN CHECK IN, ATHLETE/COACH/TEAM CHECK IN</u> Location: Wax Cabin Village, Competition Management Building</p> <ul style="list-style-type: none"> ▪ Coaches, current USSA membership required for access to the course during events, and Team Captain Meetings. Please bring your ID to registration. <p>Official Training – Classic Interval Start 10k / Sit Ski 5k</p> <p>Coaches Meeting (via Microsoft TEAMS) – link to come Bib Pick up (West side of Competition building)</p>	09:00-16:00 10:00-15:00 17:00 – 18:00 18:00 – 19:00
Jan. 2	Tuesday	<p><u>Classic INTERVAL START</u> Bib Pickup – West side Competition Building Women's 10km Classic. Winner's Presentation Post-Race (15 min after race has finished) Men's 10km Classic. Winner's Presentation Post-Race (15 min after race has finished) Men's/Women's 5k Sit Ski Winner's Presentation Post-Race (15 min after race has finished)</p> <p>Para Coaches Meeting (via Microsoft TEAMS) – link to come. Bib Pick up (West side of Competition Building)</p>	07:00 – 9:00 09:00:30 12:00:30 3:00:30 17:00 – 18:00 18:00 – 19:00
Jan. 3	Wednesday	<p><u>OFFICIAL TRAINING – FREE SPRINT</u> Sit Ski Sprint Qualifying Sit Ski Sprint Heats Winners Presentation Post-Race (15 min after race has finished)</p> <p>Coaches Meeting (via Microsoft TEAMS) – link to come Bib Pick up (West side of Competition building)</p>	08:00-11:00 13:00-13:30 13:45-14:15 17:00 – 18:00 18:00 – 19:00



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Jan. 4	Thursday	<u>FREE SPRINT</u> Bib Pickup – East side Competition Building Sprint Qualification, Men Sprint Qualification, Women Sprint Heats (Senior Men and Women) Senior Men/Women Awards presentation (15 min after Final heats have finished) Junior Heats (Men/Women) Junior Men/Women Awards presentation (15 min after final heats have finished) Coaches Meeting (via Microsoft TEAMS) – link to come. Bib Pick up (West side of Competition Building)	07:00 – 09:00 09:00:15 13:00 – 14:50 15:05 15:15 – 16:35 16:50 18:00 – 19:00 19:00 – 20:00
Jan. 5	Friday	<u>Freestyle MASS START</u> Bib Pickup – West side Competition Building Sr. Women’s 20km Freestyle Jr. Women’s 10km Freestyle Winner’s Presentation Post-Race (15 min after Jr. race has completed) Sr. Men’s 20km Freestyle Jr. Men’s 10km Freestyle Winner’s Presentation Post-Race (15 min after Jr. race has completed) Men’s/Women’s 10km Sit Ski Winner’s Presentation Post-Race (15 min after race has completed) U23 and U18 Team Naming at the Zermatt	07:00 – 09:00 09:00:30 Time TBD
Jan. 6	Saturday	<u>OFFICIAL TRAINING – SUPERTOUR CLASSIC SPRINT</u> Coaches Meeting (via Microsoft TEAMS) – link to come Bib Pick up (West side of Competition building)	09:00-14:00 17:00 – 18:00 18:00 – 19:00
Jan. 7	Sunday	<u>SUPERTOUR CLASSIC SPRINT</u> Bib Pickup – East side Competition Building Sprint Qualification, Men Sprint Qualification, Women Sprint Heats (Senior Men and Women) Senior Men/Women Awards presentation (15 min after Final heats have finished) Junior Heats (Men/Women) Junior Men/Women Awards presentation (15 min after final heats have finished) ALL WAX CABIN CHECKOUT COMPLETE – NO EXCEPTIONS – THANK YOU!	07:00 – 09:00 09:00:15 13:00 – 14:50 15:05 15:15 – 16:35 16:50 Post race
TEAMS / ATHLETES DEPART – Saft Travels Home			

