



2024
NATIONAL COLLEGIATE
SKIING
CHAMPIONSHIPS
STEAMBOAT SPRINGS, CO
University of Colorado, Boulder, Host

PARTICIPANT
2023-24 MANUAL



Welcome to Steamboat Springs!

On behalf of everyone associated with the University of Colorado, we would like to congratulate you for qualifying for NCAA Championships and welcome you to the 2024 National Collegiate Men's and Women's Skiing Championships. CU is proud to host this year's championships and we hope you enjoy your time in Steamboat Springs, Colorado.

To host a national championship takes a lot of time and effort from a lot of individuals. During your week here you will meet many staff and volunteers giving their time to make this a first-class event. Feel free to express your appreciation to these people for their efforts to make this the best championship possible.

Again, welcome to Steamboat and best of luck throughout the
2024 NCAA Skiing Championships!

Sincerely,

Curtis Snyder,
Associate AD Athletic Communications

Mindy Sclaro
Assistant AD Academic Services, Ski Sport Supervisor

Section 1 - Introduction

On behalf of the National Collegiate Men's and Women's Skiing Committee, thank you for being an important part of the 2024 NCAA National Collegiate Men's and Women's Skiing Championships. Administration of Skiing Championships is under the direction of the NCAA National Collegiate Men's and Women's Skiing Committee. The hosts play an integral part in the successful administration of the championships.

The purpose of this manual is to outline the responsibilities of the tournament director and other host institution personnel for the NCAA National Collegiate Ski Championships. It is designed to be used with, not in place of, the NCAA National Collegiate Men's and Women's Skiing Pre-Championships Manual, which provides more general policies for administering the championships.

Section 2 - NCAA Mission Statement

The Core Purpose of the NCAA is to govern competition in a fair, safe, equitable and sportsmanlike manner, and to integrate intercollegiate athletics into higher education so that the educational experience of the student-athlete is paramount.

Section 3 - NCAA Staff/Committee

NCAA Staff

Kevin Alcox
Assistant Director, Championships and Alliances
Phone: 317-917-6085
Cell: 317-749-9783
Email: kalcox@ncaa.org

Bryce Peters
Assistant Coordinator, Championships and Alliances
Phone: 317-917-6222
Cell: 317-431-6162
Email: bpeters@ncaa.org

NCAA Men's and Women's Skiing Committee

Eliska Albrigtsen
Head Men's and Women's Skiing Coach
University of Alaska Fairbanks
Phone: 720-227-2481
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Bill Reichelt
Director of Skiing/Head Alpine Coach
University of Vermont
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Tracey Cote
Head Nordic Coach
Colby College
Phone: 207-859-4921
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John Dwyer
Head Women's Alpine Coach
Dartmouth College
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Tom Smith
Head Men's and Women's Skiing Coach
Michigan Technological University
Phone: 906-487-2986
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Chad Wolk
Assistant Alpine Coach
University of Colorado, Boulder
Cell: 303-501-4115
chad.wolk@colorado.edu

Fredrik Landstedt – SRE/Rules Interpreter
University of Utah
Cell: 801-201-8026
Email: flandstedt@utah.edu

Section 4 - Host Personnel

Co-Tournament Director:

Mindy Sclaro, University of Colorado
Cell: 720-219-2087
Email: mindy.sclaro@colorado.edu

Co-Tournament Director / Official Scorer:

Curtis Snyder, University of Colorado
Cell: 720-218-4796
Email: curtis.snyder@colorado.edu

Event Manager – Alpine Events:

Jon Nolting
Office: 970-439-0842
Cell: 970-819-0525
Email: jnolting@sswsc.org

Event Manager – Howelsen Hill

Dave Stewart
Office: 970-879-0695
Cell: 541-556-3877
Email: dstewart@sswsc.org

Media Coordinator

Steve Hurlburt
Office: 303-735-8703
Cell: 720-908-0888
Email: steve.hurlbert@colorado.edu

Section 5 - Checklist

PARTICIPATING INSTITUTION CHECKLIST

This checklist is arranged in chronological order to be of assistance to those individuals who have specific institutional responsibilities for championships competition.

Feb. 25 Deadline for completion of all regionals.

Feb. 27 Selection and notification of Central, East and West Regional participants.

_____ By 5 p.m. MT, Thursday, February 29. Email all following information to Curtis Snyder (curtis.snyder@colorado.edu)

- Team Registration and Travel Form
- Team Media Guide
- Jpeg file of official school logo
- Student-Athlete Questionnaires
- Participant Liability Forms

_____ By 5 p.m. ET, Thursday, February 29. Deadline for submission of Elite 90 Award Nominees.

_____ By 5 p.m. ET, Friday, March 1. Deadline for coaches to register international Alpine student-athletics for temporary USSA license, if needed.

_____ By 5 p.m. ET, Tuesday, March 5, and Wednesday, March 6. Deadline for injury notification for Alpine and Nordic participants, respectively.

Section 6 – Schedule of Events

Monday, March 4

8 a.m. – 5 p.m.	Athletic Training available by appointment (Location TBD)
8:30 a.m. - 11 a.m.	Eastern Region Unofficial GS Free skiing. (<i>Steamboat Resort</i>)
9 a.m. – 4 p.m.	Nordic Unofficial Training. (<i>Howelsen Hill</i>)
11 a.m. - 1:30 p.m.	Western Region Unofficial GS Free skiing (<i>Steamboat Resort</i>)
3 p.m. – 5 p.m.	Registration. (Howelsen Hill – Olympia Hall)
3:30 p.m.	NCAA Skiing Committee Meeting.
4 p.m.	NCAA Skiing Committee/Officials Meeting.
5 p.m.	NCAA Issues Meeting.

Tuesday, March 5

8 a.m. – 4 p.m.	Athletic Training available by appointment
8:30 a.m. – 11 a.m.	Western Region Official GS Training. (<i>Steamboat Resort</i>)
8 a.m. – 1 p.m.	Nordic Official Training. (<i>Howelsen Hill</i>)
11 a.m. – 1:30 p.m.	Eastern Region Official GS Training. (<i>Steamboat Resort</i>)
4:00 or 4:30 p.m.	Opening Ceremonies (<i>Base of Steamboat Resort</i>)
5 p.m. (after ceremonies)	Injury notification deadline for Alpine
6 p.m.	<i>Coaches Meeting (Zoom - virtual after ceremonies)</i>

Wednesday, March 6

7 a.m. – 4 p.m.	Athletic Training available.
8 a.m. – 1 p.m.	Nordic Official Training. (<i>Howelsen Hill</i>)
9:30 a.m.	Men’s Giant Slalom: First run. (<i>Steamboat Resort</i>)
10:30 a.m.	Women’s Giant Slalom: First run. (<i>Steamboat Resort</i>)
12:30 p.m.	Men’s Giant Slalom: Second run. (<i>Steamboat Resort</i>)
1:30 p.m.	Women’s Giant Slalom: Second run. (<i>Steamboat Resort</i>) (<i>Awards ceremony immediately following</i>)
4:30 p.m.	NCAA Skiing Committee Meeting.
5 p.m.	Mandatory Coaches Meeting
5 p.m.	Injury notification deadline for Nordic

Thursday, March 7

8 a.m. – 4 p.m.	Athletic Training available.
1 p.m. – 4 p.m.	Optional Official Slalom Training. (<i>Howelsen Hill</i>)
10 a.m.	Men’s 7.5k Freestyle; Individual start. (<i>Howelsen Hill</i>)
Noon	Women’s 7.5k Freestyle; Individual start. (<i>Howelsen Hill</i>) (<i>Awards ceremony immediately following</i>)
4:30 p.m.	NCAA Skiing Committee Meeting
5 p.m.	Mandatory Coaches Meeting.
6 p.m. - 8 p.m.	Official Slalom Training. (<i>Howelsen Hill</i>)

Friday, March 8

7 a.m. – 6 p.m.	Athletic Training available.
8 a.m. – 1 p.m.	Nordic Official Training. (<i>Howelsen Hill</i>)
3 p.m.	NCAA Skiing Committee Meeting
3:30 p.m.	Mandatory Coaches Meeting
6:40 p.m.	Women’s Slalom: First run. (<i>Howelsen Hill</i>)
7:20 p.m.	Men’s Slalom: First run. (<i>Howelsen Hill</i>)
9:00 p.m.	Women’s Slalom: Second run. (<i>Howelsen Hill</i>)
9:30 p.m.	Men’s Slalom: Second run. (<i>Howelsen Hill</i>) (<i>Awards ceremony immediately following</i>)

Saturday, March 9

9 a.m. – 1 p.m.	Athletic Training available.
10 a.m.	Women’s 20k Classic: Mass start. (<i>Howelsen Hill</i>)
Noon	Men’s 20 k Classic: Mass start. (<i>Howelsen Hill</i>)
2 p.m.	Team Awards Ceremony & BBQ. (<i>Howelsen Hill</i>)

Administrative Meetings

The games committee for the championships will conduct one meeting on Tuesday, March 5 at the Howelsen Hill’s Olympia Hall. Other meetings will be held virtually (Microsoft Teams meeting information will be sent with selection information). These meetings are required for all coaches. The NCAA Skiing Committee and the NCAA rules official(s) will use this team to cover all necessary rules and information. A fine of \$100 will be assessed for those institutions not in attendance. NCAA committee members and rules representatives, along with host staff will carry out the meeting agendas.

Championship Websites

New in 2024, the NCAA has created shared online folder for participants. This folder will host selection documents, championship information, and more. You will be able to open and save documents for your use without risk of these documents being edited or removed from the site.

You can access this public folder here:

[https://publicsport.blob.core.windows.net/sports/nc sk/selection information/Index.html](https://publicsport.blob.core.windows.net/sports/nc_sk/selection_information/Index.html)

For more information about the NCAA Men’s and Women’s Skiing Championships, please visit the following link: <http://www.ncaa.com/sports/skiing> or <https://cubuffs.com/ncaaski>

Opening Ceremony

There will be an opening ceremony before the first administrative meeting on Tuesday, March 5 in the plaza at the base of Steamboat Resort, near the gondola loading area. Parking and timing details to be determined.

Barbeque

The traditional barbeque will be held at Howelsen Hill on Saturday, March 9 at approximately 2:00 p.m. This will be a ticketed event and tickets for student-athletes and coaches within the designated travel party are covered under the NCAA banquet policy and will be included in the registration packet.

The deadline for returning the banquet and barbeque form is Thursday, February 29.

Additional team personnel not covered under the NCAA policy may attend the barbeque and may purchase tickets for \$15 each. Additional barbeque tickets may be paid for at the time your team registers for the championships.

- Teams with 1-3 student-athletes competing may bring 1 non-athlete at no additional cost
- Teams with 4-6 student-athletes competing may bring 2 non-athletes at no additional cost
- Teams with 7-9 student-athletes competing may bring 3 non-athletes at no additional cost
- Teams with 10-12 student-athletes competing may bring 5 non-athletes at no additional cost

Training

Both championship venues will be available for unofficial and official training prior to the start of the championships.

Alpine

Steamboat Resort has reserved for Monday free ski and then Tuesday for Official Training. See times above and further information will be given at administrative meetings.

Lift tickets: Cost **TBD** (coaches are complimentary). These can be picked up and paid for at the Resort Season Ticket Office on the main plaza. Both the tickets and lane usage can be paid with a credit card. Lane usage must be reserved in advance on a first-come, first-serve basis. Availability for unofficial free ski and official training is subject to surface conditions, weather, and grooming schedule(s).

Training at Howelsen Hill for slalom will take place on Thursday. More information will be distributed after selections on picking up and paying for tickets and any other details specific to these training sessions.

Nordic

Howelsen Hill will be open and available for skiing during assigned training periods. Please see the schedule above for times. Additional information will be given at the administrative meetings.

Weather Policy

The NCAA will provide a weather detection system for the championships and arrange for it to be on site. The games committee will do everything possible to complete each portion of the championships. However, the committee reserves the right to modify the schedule of events due to the weather. In the event of a weather emergency please follow the evacuation procedures as set forth in Section 8 of this manual.

Section 7 - Championship Format

The format for the NCAA National Collegiate Men's and Women's Skiing Championships is determined by the NCAA National Collegiate Men's and Women's Skiing Committee, subject to the approval of the Division I Council.

The NCAA National Collegiate Men's and Women's Skiing Championships will consist of both team and individual competition conducted concurrently. A total of 148 student-athletes (74 men and 74 women) shall qualify in the region in which their institution is located. A total of 80 Nordic participants (40 men and 40 women) and 68 Alpine participants (34 men and 34 women) will qualify for the championships.

The maximum team size shall be 12 persons, three per gender per discipline, composed of a maximum of six men and a maximum of six women. The maximum entry in an individual event for any team is three individuals. Only men can compete in men's events. Only women can compete in women's events.

A 40-point scoring system will be used for the championships, wherein the top 30 finishers in each event receive points. At the conclusion of the championships, the team with the most total points will be declared the champion.

Section 8 - Championship Operations

Alpine Gates, Binding and Ski Check

Slalom Gates will be 30 millimeters. Alpine competitors will have the height of their bindings checked immediately following each Alpine competition in the finish area. A 50-millimeter limit is enforced. Alpine skis will be governed by FIS rules and/or USSA standards for Giant Slalom.

Coaches Bibs

Nordic: All coaches will be required to wear their U.S. Ski and Snowboard issues 2023-24 season coaches bibs while on course. If you do not have a bib, please contact Dave Stewart at dstewart@sswsc.org.

Emergency/Evacuation Plan

Steamboat Ski Resort Emergency Protocol:

- Emergency occurrences at Steamboat Ski Resort during this event will be responded to by the Steamboat Ski Patrol.
- There will be a minimum of one and generally two Ski Patrollers stationed at the top of the competition venue with a patrol toboggan for the duration of the event.
- Upon initial survey, a determination will be made by the Ski Patroller, as the first responder, as to the course of action relative to transportation and medical needs and appropriate actions will be taken as the initial assessment dictates.
- The Ski Patrol is equipped with a medical evacuation sled (patrol toboggan) and adjunctive medical equipment units at both the venue start and bottom of the ski hill.

- “Stop the Bleed” kits have been deployed at 3 locations on the hill: Start House, Coaches Knoll/Pick Point and in the finish arena. They are mounted on SPM poles and prominently display the Red Cross logo.
- An AED is located in the start house.
- Injured athletes are transported to the ski patrol room at the base of the resort, located underneath the plaza and ice rink and accessed from the walkway between the gondola and ice rink.
- In the event that EMS services are required, dispatch time to the base of the ski area is four minutes and transportation to Yampa Valley Medical Center is under two miles.
- Yampa Valley Medical Center is a full-service hospital and emergency/trauma facility located at 1024 Central Park Drive. Phone is 970.879.1322.
- This facility offers air service via helicopter to additional medical facilities from the hospital and air flight services, via plane, from the Steamboat Springs Airport/Bob Adams Field.
- Ski patrol dispatch phone number is 970.871.5911.

Howelsen Hill Emergency Protocol: Thursday, March 7 and Saturday, March 9, 2024

Address: Howelsen Rodeo Arena 401 Howelsen Pkwy, Steamboat Springs, CO

Directions: Going west on Highway 40. Turn LEFT on 5th Street straight into the Rodeo Grounds. Keep straight veering to the RIGHT. Park in front or to the right of the small brick Building.

Emergency Personnel: EMTX1, Ski Patrol, MD, ATC

Frederica Manning (PTA, ATC, EMT)	970-846-0684
Matt Newman (Ski Patrol on course)	970-846-1464
Dave Stewart (Event Coordinator)	541-556-3877
Dr. Karin VanBaak (MD-CU MD)	503-724-7200
Kristen McTernan (ATC-CU ATC)	720-724-3975
David Zink (Chief of Course - snowmobile/toboggan operator)	970-531-3482

Chain of Command: Event Medical Staff, Event coordinator, Once EMS arrives, they will be lead in the chain of command.

Emergency Equipment: Athletic Training Kid, Splint Bag, AED, Communication Radios, Trauma bag, snowmobile, toboggan, backboard, c-collar, First Aide tent (see locations on map)

ROLE OF FIRST RESPONDERS

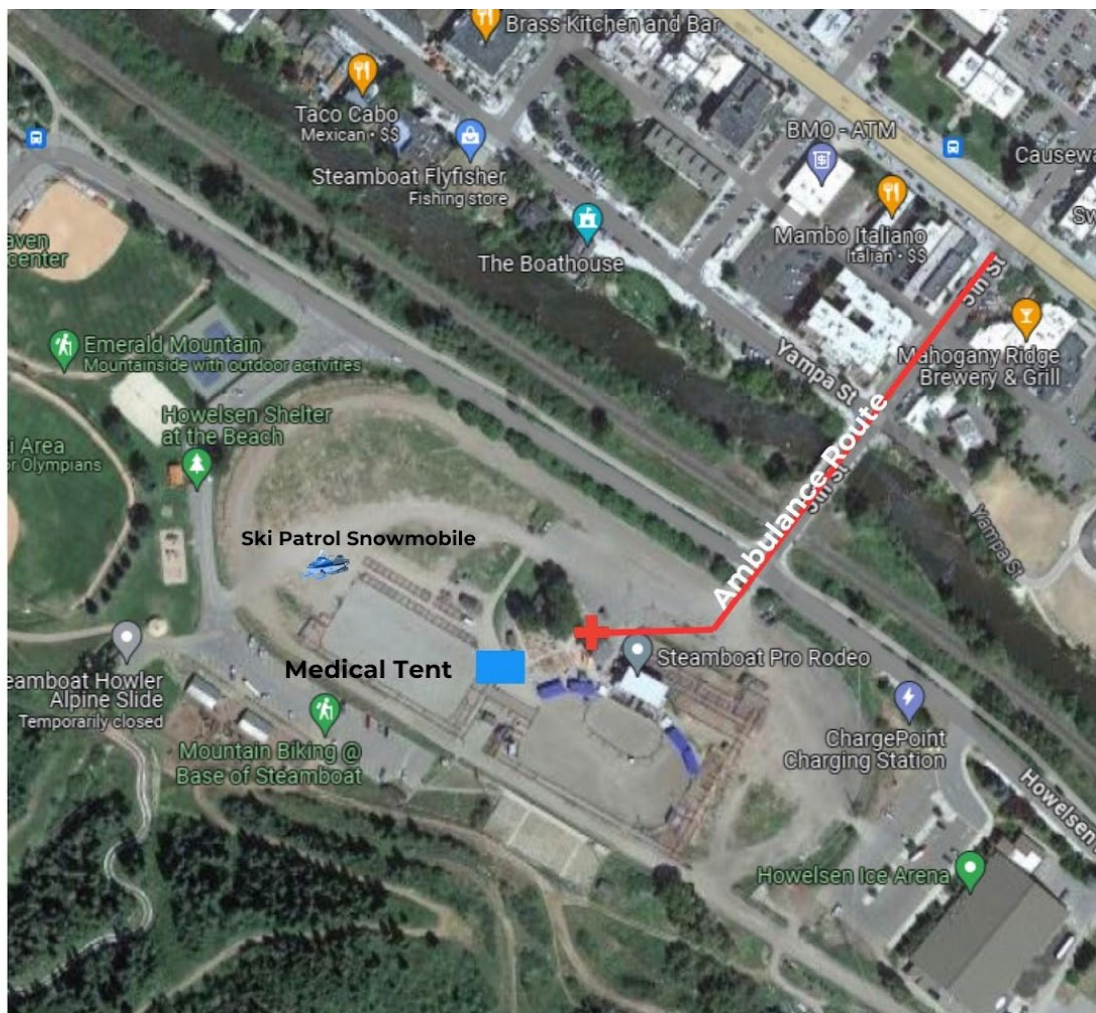
1. Immediate care of the injured or ill person.
2. Activation of EMS (if necessary.)
 - 9-1-1- call (provide name, address, telephone #, number of individuals injured, condition of injured, First aide treatment, specific direction, other information as requested.
 - Location of Stadium: Howelsen Rodeo Arena 401 Howelsen Pkwy, Steamboat Springs, CO**
3. Emergency Equipment retrieval.
4. Direction of EMS to scene.
 - a. Open appropriate gates (if needed)
 - b. Scene control. Limit scene to first aide providers and move bystanders away from area.
5. The address of the medical facility the patient would be transported to:

Yampa Valley Medical Center-1024 Central Park Dr., Steamboat Springs 80487
Phone- 970-879-1322

Documentation: Event Medical Staff will document ASAP and paper copies sent to event director

Emergency Action Plan Map

Address: Howelsen Rodeo Arena 401 Howelsen Pkwy, Steamboat Springs, CO



Hospitality

There will be Dasani Water and Powerade available at the finish for participants and coaches during official training and competition days.

Officials

Alpine:

Chief of Race:	Tyler Shepherd
Chief of Course:	Scott Wither
Referee:	Peter Daly
Technical Delegate:	Karen Ghent
Chief of Timing:	Laura Foulk
Race Administrator:	Jennifer DeRose

Nordic:

Chief of Competition:	Nick Rose
Asst. Chief of Competition:	Ross McLaren
Chief of Course:	Dave Zink
Event Coordinator:	Dave Stewart
Technical Delegate:	Megan Siefert
Chief of Timing:	Mac Read
Race Administrator:	Amy Burkholder
Medical Chief:	Nathan Jones

Post-Championship & Competition Site Evaluations

All evaluations will be sent from the NCAA at the conclusion of the event.

Registration

Registration will take place at Howelsen Hill – Olympia Hall

- Monday, March 4 from 3:00 p.m. – 5:00 p.m.

Liability waivers should be turned in at registration.

Scoring

A 40-point scoring system will be used for the championships, wherein the top 30 finishers in each event receive points. A further breakdown of the scoring can be found in the [NCAA Skiing Rules Modifications](#). At the conclusion of the championships, the team with the most total points will be declared the champion. Results will be updated in real time and will be made available at www.ncaa.com.

Videotaping

Institutions are permitted to videotape championship competitions by their teams or their individual student-athletes for archival, coaching or instructional purposes. Each institution is permitted to use one camera and may videotape only that portion of the competition in which it participates. The videotapes may not be used for commercial purposes.

Waxing Facilities and Testing

Waxing facilities will be available at the following locations throughout the championships:

Alpine: There is no alpine waxing space available. Waxing should be done at your hotel/condos. If you have no options for space, please contact Kevin Alcox (kalcox@ncaa.org) for assistance in finding a location if nothing is available to you where you are staying.

Nordic: Each team will be either provided a parking space for their team wax trailer/truck adjacent to the race course, or will be assigned a space in the wax tent at Howelsen Hill. Teams should indicate their choice in the NCAA Team Travel Information Form, due to Kevin Alcox (kalcox@ncaa.org) and Curtis Snyder (curtis.snyder@colorado.edu) by 5 p.m. on Thursday, February 29. Any questions, please contact Dave Stewart (dstewart@sswsc.org) specific to the facilities.

Ski and wax testing on race day will occur prior to Nordic events. Process for all testing will be covered during all coaches meetings prior to competition.

Section 9 - Competition Sites

Parking

Steamboat Ski Resort: There are free shuttles from the parking lots marked in red below.



Howelsen Hill and Rodeo Grounds have free parking for teams and spectators.

Section 10 - Directions

Driving Directions:

From Hayden Airport

The Hayden Airport is located a few miles east of Hayden and approximately 22 miles west of Steamboat Springs off Highway 40. From the airport, take the access road 2 miles out to highway 40 and turn right. Steamboat is about 22 miles east. There is no public bus service from the airport but shuttle services are available.

From Denver

157 miles northwest of Denver, approximately a 3-hour drive. Take I-70 West through the Eisenhower Tunnel to Silverthorne, exit 205. Take CO 9 North to Kremmling, then head west on US 40 to Steamboat Springs

From Fort Collins

Take CO 14 West, through Poudre Canyon, over Cameron Pass until you reach Walden, CO. From there, take CO 14 (towards Steamboat Springs) until US 40, turn right (West) over Muddy and Rabbit Ears Passes to Steamboat Springs

From Colorado Springs

230 miles Norwest of Colorado Springs. Take I-25 North to C 470, then C 470 West to I-70 West. Take I-70 west through the Eisenhower Tunnel to Silverthorne, exit 205. Take CO 9 North to Kremmling, then West on US 40 to Steamboat Springs.

Alternate Routes if Rabbit Ears Pass Is Closed

If US 40 over Rabbit Ears Pass is closes and you're coming from Denver or Colorado Springs, take I-70 West through the Eisenhower Tunnel to Silverthorne, exit 205. Take CO 9 North to Kremmling. Go west on US 40 until the intersection with CO 134, turn left and go over Gore Pass. At Toponas, take Colorado 131 North to Steamboat Springs. Or take I-70 West (through Vail) until exit 157. Take CO 131 North to Steamboat Springs (75 miles), then left on US 40 to town.

Section 11 - Drug Testing

The NCAA is dedicated to fair and equitable competition throughout each round of championships and strongly supports the drug-testing program in order to safeguard the health and safety of the participating student-athletes.

Athlete Notification

Couriers will notify student-athletes selected for drug testing. Student-athletes will be instructed to read and sign the Individual Championship Student-Athlete Notification Form. Depending on the sport, student-athletes may need to report to drug testing within 60 minutes of notification, after their last event of the session, after their last event of the day or at the end of their participation in the championship.

Media Obligations

At individual/team championships, student-athletes who are selected for drug testing must fulfill all media obligation before reporting to the drug-testing area.

Participating Institution's Notification

While couriers will notify student-athletes of his/her selection for drug testing, it is the student-athlete's responsibility to advise their institution of his/her selection for drug testing.

Prolonged Test

If the student-athlete's team must depart the championship prior to a student-athlete completing drug testing, an institutional representative must remain with the student-athlete. If the student-athlete and/or institution incur additional expenses because of the delay (e.g., hotel, transportation back to campus, etc.), the institution may request reimbursement from the NCAA.

Testing Process

Student-athletes are drug tested through urinalysis and must provide a specimen in view of a drug-testing collector of the same gender. The length of the collection process depends on the student-athlete's ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately upon arriving in the drug-testing area, the entire process can be completed within 20 minutes. If the student-athlete is unable to provide an adequate specimen, he/she must remain in the drug-testing area until one is provided. There is no maximum allotted time for a student-athlete to provide an adequate specimen.

Section 12 - Equipment

Equipment regulations for the NCAA Skiing Championships can be found in the [NCAA Skiing Rules Modification](#).

Section 13 - Expenses/Reimbursement

Per Diem

Per diem will be provided for the approved official travel party, based on the number of qualifiers from each institution.

TES System

Team expense reports should be filed online through the Travel Expense System (TES). All institutions, including hosts, must complete the online reimbursement process in order to receive the appropriate per diem reimbursement. The system can be accessed at:

<https://web1.ncaa.org/TES/exec/login?js=true>.

If you need assistance or experience any technical difficulties, please contact the travel department at 317-917-6757 or by e-mail at travel@ncaa.org.

Teams and/or individuals should provide themselves sufficient money to meet all expenses throughout the tournament, including ground transportation, lodging and meal expenses, and other miscellaneous expenses.

Section 14 – General Public

Spectator Guidelines

Steamboat Resort: Spectators must follow the designated route to and from the finish area at the bottom of the giant slalom course. Spectators may purchase uphill foot passenger tickets on the bear chair for \$10, but they cannot ride the chair back down and must walk down to the base.

Howelsen Hill: Spectators must follow designated route to and from viewing areas on the Nordic trails. At the alpine hill, viewing is available at the base.

Section 15 - Lodging

Headquarters Hotel

Gravity Haus Steamboat
2304 Apres Ski Way
Steamboat Springs, Colorado 80487
970-879-1730

Section 16 - Media Services

Webcast

All championship events will be webcast live on www.ncaa.com on Wednesday, March 6 through Saturday, March 9.

Credentials

Members of the media wishing to request credentials should contact Steve Hurlbert (steve.hurlbert@colorado.edu) by 5 p.m. mountain time, Monday, March 4.

Interview Policies

All coaches and student-athletes will be made available for post-competition interviews following the 10-minute cooling-off period.

Section 17 - Medical

Athletic Training

Kristen McTernan (Cell: 720-724-3975; Email: kristen.mcternan@colorado.edu) will coordinate all athletic training needs at all times. She or one of her colleagues will be available at both competition venues during all competition days. There will be ice available as well as all first aid needs. Please contact Kristen prior to arrival to arrange necessary treatment schedules.

Concussion Management

The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Participating institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance.

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details please refer to the “NCAA Sports Medicine Handbook Guideline on Concussions” online at www.NCAA.org/health-safety.

Hospitals and Emergency Services

UCHealth Yampa Valley Medical Center
Hospital
1024 Central Park Dr · (970) 879-1322
Open 24 hours

UCHealth Urgent Care - Steamboat Springs
Urgent care center
1600 Mid Valley Dr Unit A · (970) 871-9770

Steamboat Medical
Medical clinic
1475 Pine Grove Rd #102 · (970) 879-0203

Medical Examinations

As the event sponsor, the NCAA seeks to ensure that all student-athletes are physically fit to participate in its championships and have valid medical clearance to participate in the competition. The NCAA tournament physician, as designated by the host school, has the unchallengeable authority to determine whether a student-athlete with an injury, illness or other medical condition may expose others to a significantly enhanced risk of harm and, if so, to disqualify the student-athlete from continued participation. For all other instances, the student-athlete’s on-site team physician can determine whether a student-athlete with an injury or illness should continue to participate or is disqualified. In the absence of a team physician, the NCAA tournament physician will examine the student-athlete and has valid medical authority to disqualify him or her if the student-athlete’s injury, illness or medical condition poses a potentially life-threatening risk to himself or herself. The chair of the governing sports committee (or a designated representative) shall be responsible for administrative enforcement of the medical judgment, if it involves disqualification.

Section 18 - Participant Expectations & Guidelines

Code of Conduct

The NCAA expects each championship to exhibit an experience that represents the highest level of fair play and good sportsmanship. The NCAA and the NCAA Division I Championships/Sports Management Cabinet expect that student-athletes, coaches and administrators do their best to ensure participation in intercollegiate athletics promotes character development for all participants, enhances the integrity of higher education and promotes civility; therefore, championship events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletic participation, but also in the broad spectrum of activities associated with the championship event. Accordingly, the Championships Committee will take strong action in response to any form of misconduct by

student-athletes, coaches and/or administrators during the entire championship. This includes criticism of officials and a misconduct incident at the competition.

Ethical Behavior by Coaches

Members of the coaching profession have certain inherent obligations and responsibilities to the profession, to the student-athletes and to all those with whom they come into contact in the field. Coaches are expected to be role models who conduct themselves with integrity and high ethical standards at all times.

The words and actions of a coach carry tremendous influence, particularly on the young people under his or her direction. It is, thus, imperative that he or she demonstrate and demand high principles of sportsmanship and ethical behavior.

Therefore, coaches must:

1. Always place the safety and welfare of student-athletes above the value of a win and above any personal prestige or glory.
2. Ensure that the coaching staff and all others associated with the program treat the student-athletes under their control with fairness and respect.
3. Remember that they are on public display and that their conduct reflects upon the image of their respective institutions.
4. Teach their student-athletes strict adherence to the rules and regulations of the sport, the institution and other governing bodies to which they are responsible.
5. Firmly establish with their student-athletes the standards of acceptable conduct.
6. Treat opponents and assigned officials with respect and demand that student-athletes do the same, instilling in their student-athletes the importance of respect and sportsmanship over winning.
7. Ensure that student-athletes understand that taunting, intimidating and baiting opponents is unacceptable behavior and will not be tolerated.
8. Monitor their coaching staff and student-athletes to ensure that they do not use profane and vulgar language while representing the institution.
9. Ensure, along with institutional administration, that fans are reminded of the expectations of sportsmanship and respect for officials and opponents and their supporters.

Misconduct

[Reference: Bylaw 31.02.4 in the NCAA Division II Manual.]

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics.

Sportsmanship

The primary goal of the rules is to maximize the safety and enjoyment of the student-athlete. Sportsmanship is a key part of that goal. Sportsmanship should be a core value in behavior of players and bench personnel, in crowd control by game management and in the officials' proper enforcement of the rules governing related actions.

Sports Wagering

The NCAA defines sports wagering as putting something at risk – such as an entry fee or a wager – with the opportunity to win something in return. The NCAA opposes all forms of legal and illegal sports wagering on college sports. Student-athletes and athletics administrators cannot place a sports wager for any NCAA-sanctioned sport. This includes wagering on the intercollegiate, amateur or professional level.

A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is involved in any sports wagering activity that involves college sports or professional athletics, through Internet gambling, a bookmaker, a parlay card or any other method employed by organized gambling, will be ineligible for all regular-season and postseason competition for at least one year.

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules, in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

Tobacco Ban

The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

The use of tobacco products is prohibited during practice and competition. A member of the official travel party who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

Section 19 - Team Travel/Transportation

Airports

Yampa Valley Regional Airport/Hayden Airport (HDN Airport Code)

Located approximately 25 miles (30 minutes) from Steamboat Springs, HDN Offers Year Round Daily Flights via United Airlines and Southwest Airlines from Denver. Seasonal flights are offered via Alaska Airlines, American Airlines, Jetblue Airways, Southwest, Delta, and United Airlines. **Address:** 11005 RCR 51 A, Hayden CO 81639 | Airport Contact Number: 970-276-5000

Denver International Airport (DIA Airport Code)

Located approximately 179 miles (3 hours 15 minutes) from Steamboat Springs, DIA offers daily flights to and from Denver with over twenty different airline providers.

Address: 8500 Pena Blvd. Denver, CO 80249 | Airport Contact Number: 720-730-4359

Rental Cars

RENTAL VEHICLES

For teams arriving at Yampa Valley Regional Airport (HDN) in Hayden, CO or Denver International Airport (DIA), CO rental vehicles are available through many national car rental agencies. Arrangements can be made by calling the agency directly at the following North American telephone numbers:

Enterprise 1-800-261-7331 or www.enterprise.com
National 1-877-222-9058 or www.nationalcar.com
Thrifty 1-800-367-2277 or www.thrifty.com
Hertz 1-800-654-3131 or www.hertz.com
Avis 1-800-331-1212 or www.avis.com
Dollar 1-800-800-4000 or www.dollar.com
Budget 1-800-527-0700 or www.budget.com
Sixt Rent A Car 1-888-749-8227 or www.sixt.com
Fox Rent A Car 1-800-225-4369 or www.foxrentacar.com
Alamo Rent A Car 1-877-9075 or www.alamo.com
Payless Rent A Car 303-342-9444 or www.paylesscar.com

**Avis, Budget, Enterprise, and Hertz are in the baggage claim area of the airport terminal at HDN.

**Car Rental Agencies located at DIA are on airport property but require a courtesy shuttle service to and from the airport terminal. Shuttles pick-up and drop-off from the airport terminal, level 5, Island 4, outside of doors 505-513 (east side) and 504-512 (west side).

Short's Travel Management

TRAVEL PARTY

Please refer to the NCAA travel policies for all information regarding transportation and per diem expenses. Travel policies can be found online [here](#). Please reference Appendix A of the travel policies for reimbursable travel party numbers.

Please reference the NCAA travel policies as the NCAA travel policy is updated annually [here](#), and the travel policies supersede all other documents.

TRAVEL INFORMATION

Air Travel. Based on the travel policies, if you are eligible for a flight, please contact Short's Travel Management at 866-655-9215 as soon as possible to arrange your air travel. At any time prior to selection announcements you may access the travel portal at www.shortstravel.com/ncaachamps to update your team contact information, travel party roster, equipment manifest and any preferences. Entering this information prior to selections will help expedite the travel booking process required to issue tickets.

Your institution user ID and password login credentials, for the Short's Portal, were emailed to the university director of athletics prior to Fall 2021 championships. If you still need assistance with your Short's Portal user ID and password, please email ncaaalo@shortstravel.com or travel@ncaa.org.

Ground Travel. Individual sports will be reimbursed a mileage rate per person per mile in accordance with the NCAA travel policy. Individual sports who wish to drive instead of fly will be reimbursed mileage up to the cost of a commercial flight (quote to be obtained from Short's Travel).

Travel Expense System. Per diem will be provided for an official travel party. Please reference the NCAA travel policies for all information regarding transportation and per diem reimbursement. Per diem and other eligible expenses will be reimbursed through the Travel Expense System (TES). Please go to www.travel.ncaa.org to file for reimbursement or request a travel exception. Registration with an institutional email address is required to access TES through NCAA My Apps. The NCAA travel department may be reached at 317-917-6757, or by email at travel@ncaa.org.

The NCAA Championships Travel policies may be found online

Please reference the NCAA travel policies as the NCAA travel policy is updated annually [here](#), and the travel policies supersede all other documents.

Section 20 - Tickets

Ticket Prices

Admission is free for all four days of the championships for all competitors and spectators. Those wishing to ski will be required to buy a trail pass and/or lift ticket.

Section 21 - Travel Party

Squad Size

Participating teams are limited to a squad size of no more than twelve (12) eligible student-athletes. No more than three (3) student-athletes are eligible per gender, per discipline.

Travel Party Size

In accordance with NCAA policies, official travel party sizes are as follows:

- Teams with 1-3 student-athlete(s) competing are allowed 1 non-athlete.
- Teams with 4-6 student-athletes competing are allowed 2 non-athletes.
- Teams with 7-9 student-athletes competing are allowed 3 non-athletes.
- Teams with 10-12 student-athletes competing are allowed 5 non-athletes.

Section 22 - Uniforms

Student-athletes competing in the championships shall wear the official uniform of their institution in competition and related ceremonies. This applies to warm-ups and competitive uniforms.

A student-athlete may use athletics equipment or wear athletics apparel that bears the trademark or logo of an athletics equipment or apparel manufacturer or distributor in athletics competition and pre- and postgame activities (e.g.: Celebrations, pre- or postgame press conferences), provided the following criteria are met:

1. Athletics equipment (e.g.: shoes, helmets, goggles and skis) shall bear only the manufacturer's normal label or trademark, as it is used on all such items for sale to the general public; and
2. The student-athletes institution's official uniform (including numbered racing bibs and warm-ups) and all other items of apparel (e.g.: socks, head bands, t-shirts, wrist bands, visors or hats, and towels) shall bear only a single manufacturer's or distributors normal label or trademark (Regardless of the visibility of the label or trademark), not to exceed 2 ¼ square inches in area (rectangle, square, parallelogram) including any additional material (e.g.: patch) surrounding the normal trademark of logo. The student-athletes institution's official uniform and all other items of apparel shall not bear a design element similar to the manufacturer's trademark/logo that is in addition to another trademark/logo that is contrary to the size restriction.

Logo Policy*

[Reference: Bylaw 12.5.4 in the NCAA Division I and II Manuals, and Bylaw 12.5.3 in the NCAA Division III Manual.]

The provisions of Bylaw 12.5.4 (Divisions I and II) or Bylaw 12.5.3 (Division III) indicate that an institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2 1/4-square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restrictions.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2 1/4-square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes, and any and all credentialed personnel in the bench area during the conduct of competition, which includes any practices and pregame or postgame activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff. Non-compliance with this legislation could result in loss of eligibility, forfeiture of points earned by those ineligible student-athletes and adjustment of team standings.

Section 23 - Host City Information

Dining Options

Back Door Grill
825 Oak St.
970-871-7888

Salt & Lime
628 Lincoln Ave
970-871-6277

Drunken Onion
685 Marketplace Plaza
970-879-8423

Yampa Valley Kitchen
207 9th St.
970-875-3989

Jimmy John's
1755 Central Park Dr.
970-761-2580

QDOBA
1755 Central Park Dr
970-879-7610

Papa Murphy's Pizza
1809 Central Park Dr
970-439-1793

Colorado Bagel Co
1815 Central Park Dr
970-870-9657

Beau Jo's Pizza
704 Lincoln Ave.
970-870-6401

Smell That Bread Bakery
135 11th St.
970-761-2692

Mazzola's Italian
917 Lincoln Ave
970-879-2405

Carl's Tavern
700 Yampa St.
970-761-2060

Three Peaks Grill (\$\$)
2165 Pine Grove Rd
970-879-3399

Brick
1195 Bangtail Way
970-761-2400

Mai Thai Cuisine
435 Lincoln Ave
970-879-9418

Cruisers Sub Shop
685 Marketplace Plaza
970-879-1747

Noodles & More Saigon Cafe
635 Lincoln Ave
970-870-1544

Talay Thai
2300 Mt. Werner Cir.
970-761-2923

Moe's Original BBQ
1898 Kamar Plaza
970-879-1615

Hypnotic Chicken
255 Anglers Dr.
970-761-2764

Apres Burger Bistro
2500 Village Dr.
970-761-2357

Skull Creek Greek
635 Lincoln Ave
970-879-1339

City Market (Grocery Store)
1825 Central Park Dr.
970-879-3290

Safeway
37500 US 40
970-879-3766

Walmart
1805 Central Park Dr
970-879-8115

Section 24 – Trophies and Awards

Additional Award Ordering

To purchase additional awards please use the following link:

<http://www.mtmrecognition.com/ncaa/>

Elite 90

The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the final site for each of the 90 NCAA championships. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. All ties are broken by number of credits completed.

For more information regarding this program, please contact Mark Bedics, Andrew Louthain or Quintin Wright (317-917-6222; elite90@ncaa.org). All documents, including deadlines and nomination forms, can be obtained at [Elite 90 forms](#).

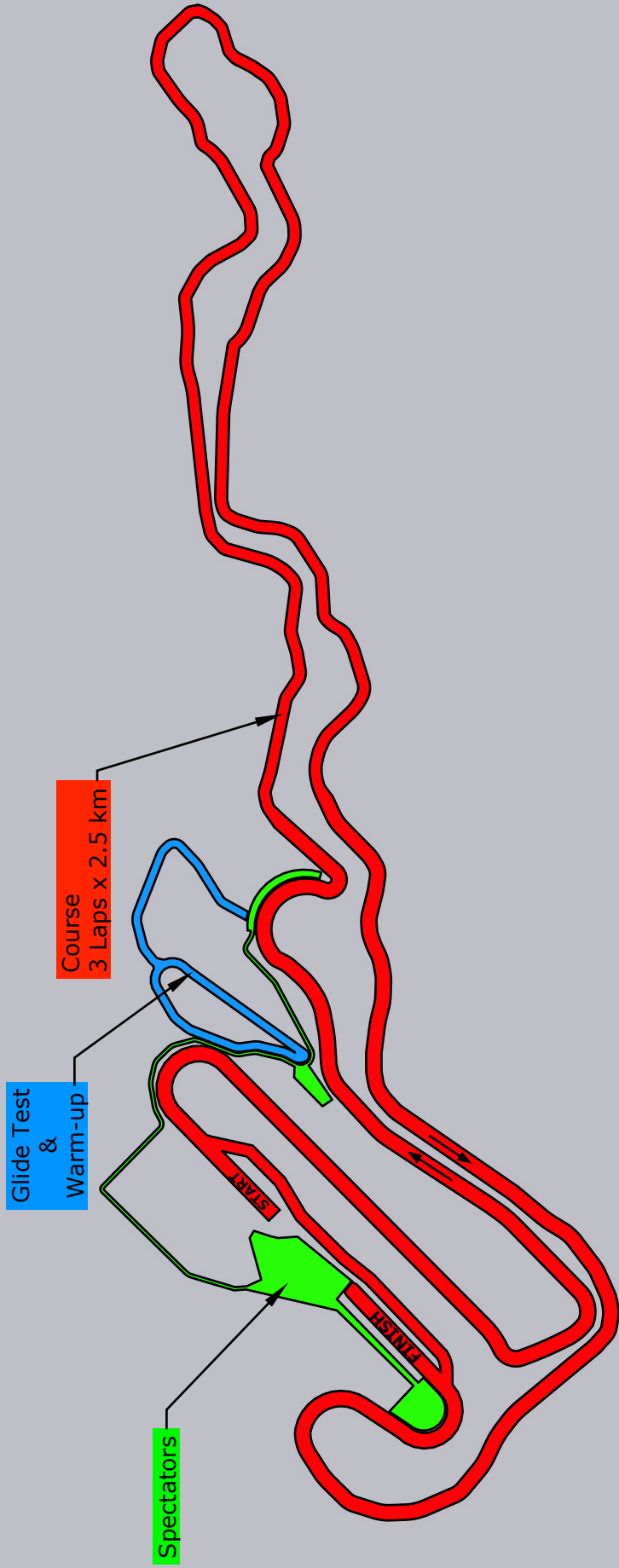
The submission deadline for nomination for **NCAA Men's and Women's Skiing** is **5 p.m. Eastern time on Thursday, February 29**.

Locker Room Program

In addition to awards, the national championship winning team will receive national champion t-shirts and hats to commemorate their achievement.

Participation Award

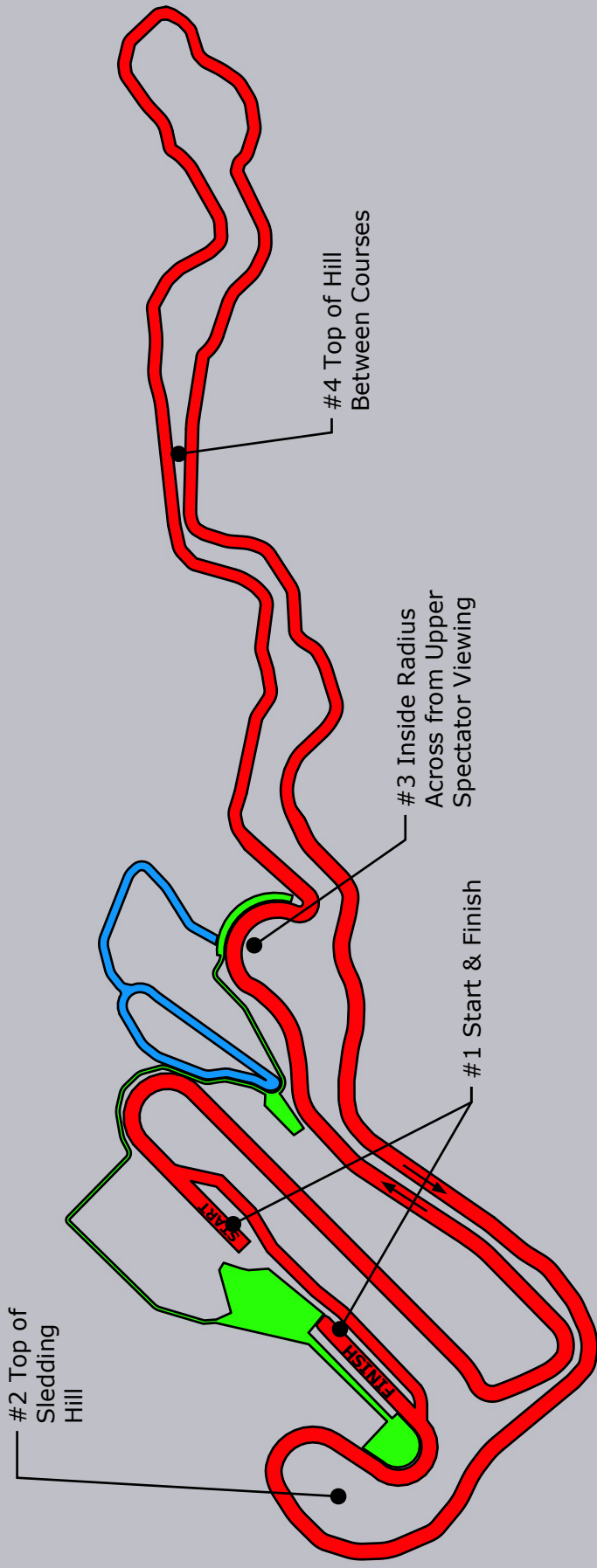
Each student-athlete advancing to the final site will receive a participant medal to commemorate their achievement.



2024 NCAA SKIING CHAMPIONSHIPS
7.5 km Individual Freestyle Course Map

Attention Media:

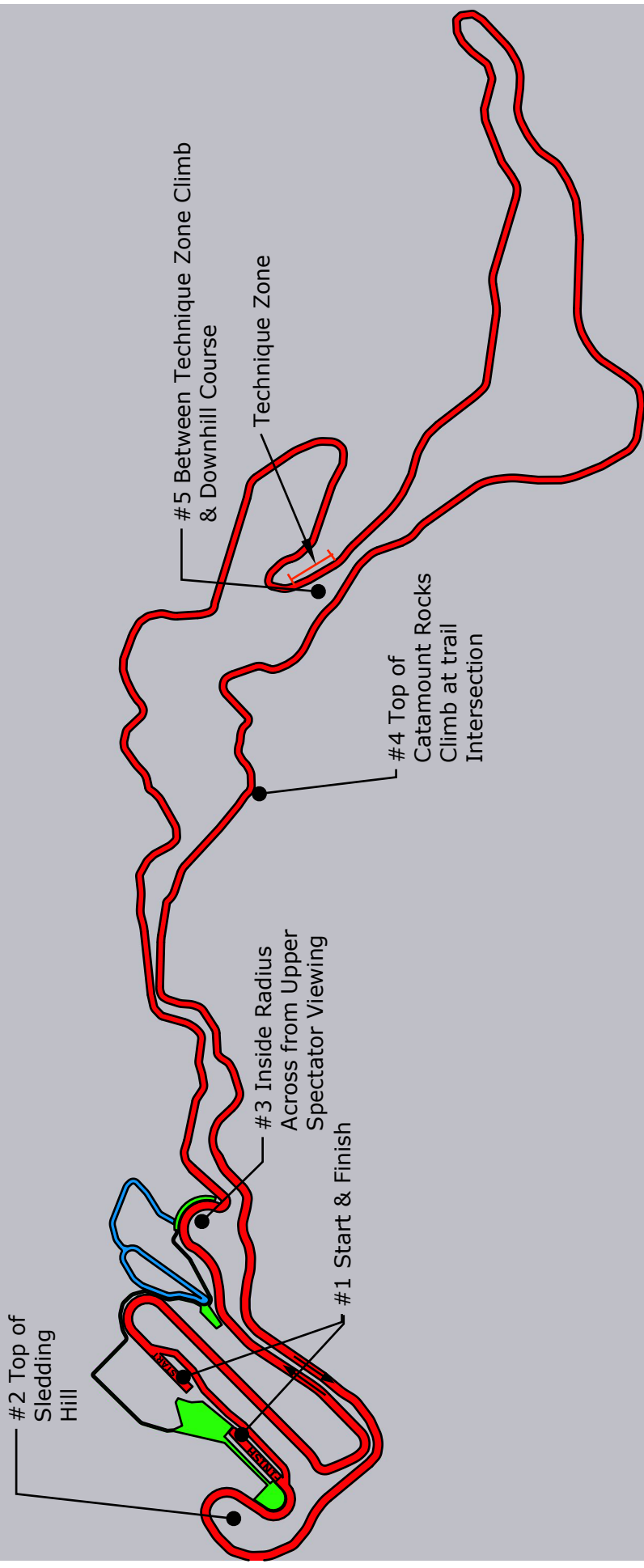
- You need credentials to be anywhere other than the spectator zones.
- You need to be in place, completely off the race course during each race.
- Please walk on either side of the course, and avoid stepping on the classic tracks on Saturday.
- Be aware of the direction of skier travel and be ready to move off the course when skiers approach.



**2024 NCAA SKIING CHAMPIONSHIPS
7.5 km Individual Freestyle Course Map
Media Placement**

Attention Media:

- You need credentials to be anywhere other than the spectator zones.
- You need to be in place, completely off the race course during each race.
- Please walk on either side of the course, and avoid stepping on the classic tracks on Saturday.
- Be aware of the direction of skier travel and be ready to move off the course when skiers approach.



**2024 NCAA SKIING CHAMPIONSHIPS
20 km Mass Start Classic Course Map
Media Placement**

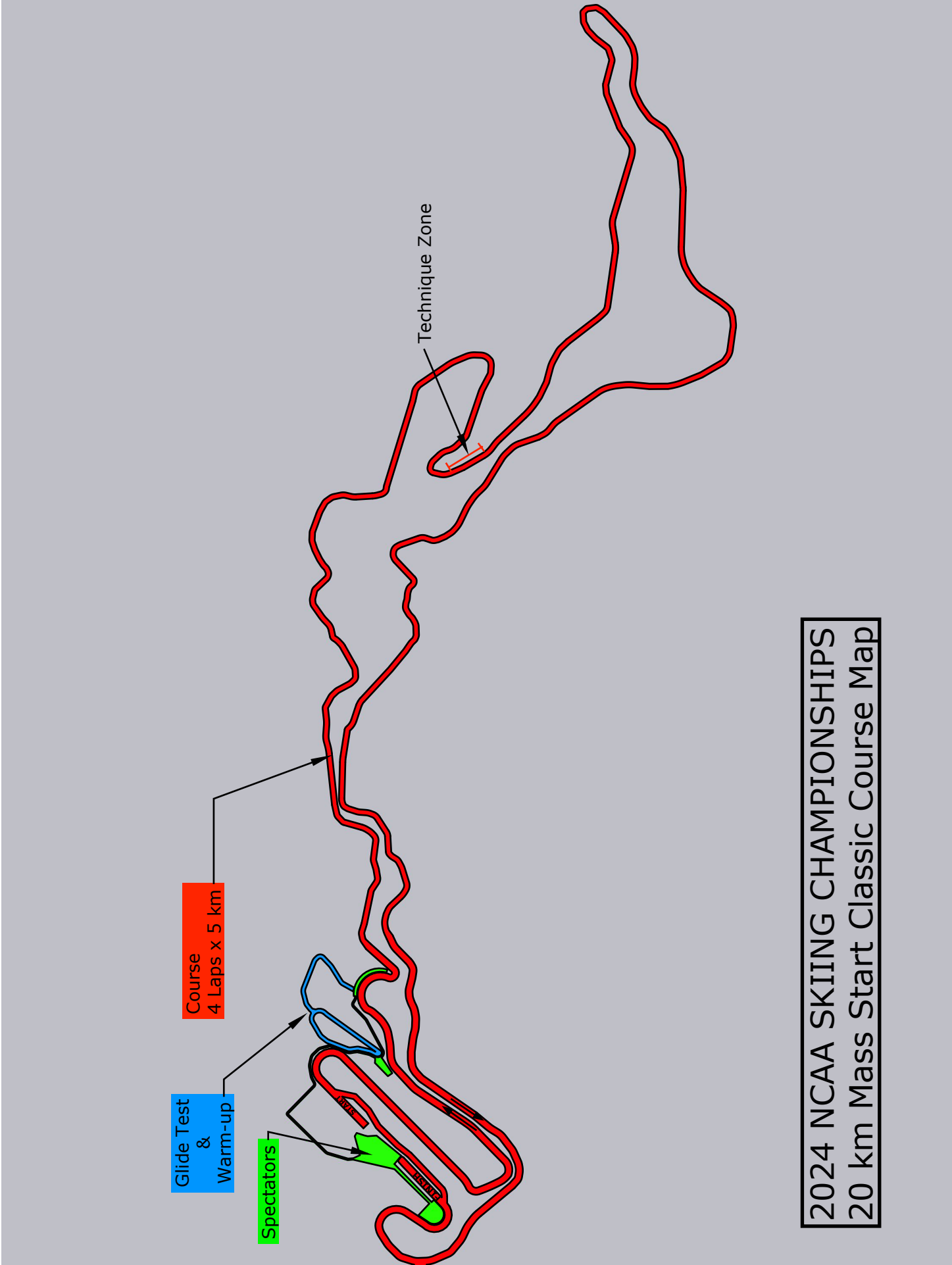
Glide Test
&
Warm-up

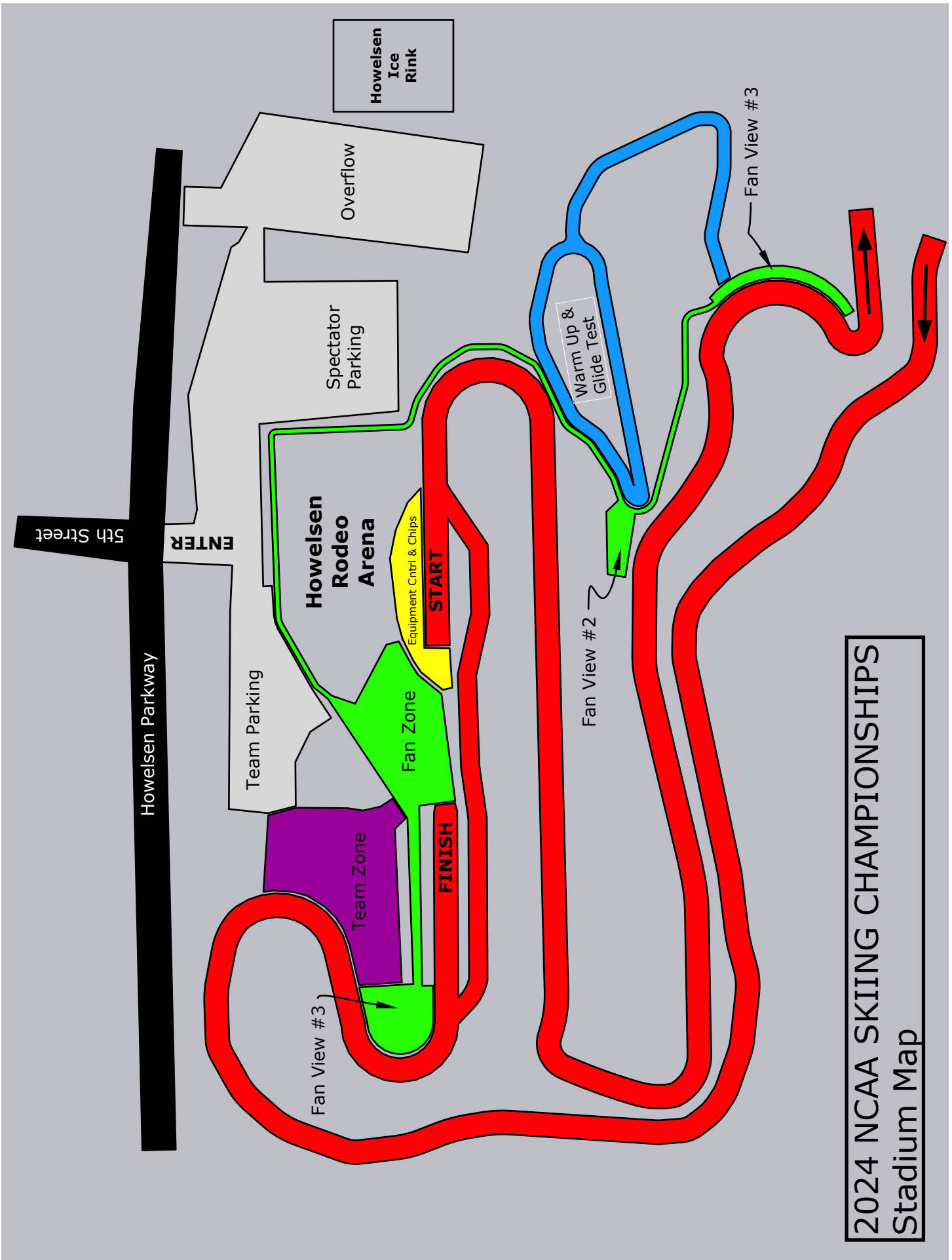
Course
4 Laps x 5 km

Spectators

Technique Zone

2024 NCAA SKIING CHAMPIONSHIPS
20 km Mass Start Classic Course Map





2024 NCAA SKIING CHAMPIONSHIPS
Stadium Map

Assumption of Risk Release and Waiver

Event: 2024 National Collegiate Men’s and Women’s Skiing Championships (the “Event”)

Participant’s Name (Please print): _____ (the “Participant”)

Participant’s Age: _____

In consideration for permitting Participant to participate in the Event, the undersigned, for themselves, and for their respective heirs, personal representatives and assigns, agree as follows:

Assumption of Risk: The undersigned hereby acknowledge and agree that they understand the nature of the Event; that Participant is qualified, in good health, and in proper physical condition to participate therein; that there are certain inherent risks and dangers associated with the Event; and that, except as expressly set forth herein, they, knowingly and voluntarily, accept, and assume responsibility for, each of these risks and dangers, and all other risks and dangers that could arise out of, or occur during, Participant’s participation in the Event.

Release and Waiver: The undersigned hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the National Collegiate Athletic Association and its member institutions, and, if applicable, the owners or leasers of the premises on which the Event takes place, or any subdivision thereof, and each of them, their officers and employees, (collectively, the “Releasees”), from and for any liability resulting from any personal injury, accident or illness (including death), and/or property loss, however caused, arising from, or in any way related to, Participant’s participation in the Event, except for those caused by the willful misconduct, gross negligence or intentional torts of the above parties, as applicable.

Indemnification and Hold Harmless: The undersigned also hereby agree to INDEMNIFY, DEFEND AND HOLD the Releasees HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities including, but not limited to, attorney’s fees, arising from, or in any way related to, Participant’s participation in the Event, except for those arising out of the willful misconduct, gross negligence or intentional torts of the above parties, as applicable.

Permission to Use Likeness/Name: The undersigned further agree to allow, without compensation, Participant’s likeness and/or name to appear, and to otherwise be used, in material, regardless of media form, promoting the National Collegiate Athletic Association, and/or its championships, events and activities, including those of its representatives and licensees.

Severability: The undersigned expressly agree that the foregoing assumption of risk, release and waiver of liability and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the State of Vermont and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: The undersigned have read this assumption of risk, release and waiver of liability and indemnity agreement, and have had the opportunity to ask questions about the same. The undersigned fully understand this assumption of risk, release and waiver of liability and indemnity agreement, that the undersigned are giving up substantial rights in connection therewith, and that its terms are contractual, and not a mere recital. The undersigned acknowledge that they are signing this agreement freely and voluntarily.

Signature of Participant Date

Signature of Parent/Guardian of Minor Date
(if participant is under the age of 18)

Signature of Parent/Guardian of Minor Date
(if Participant is under the age of 18)

Team Travel Information and Team Roster

TEAM TRAVEL INFORMATION AND TEAM ROSTER

Contact Information

Institution			
Title	Name	Cell Phone	Email
Head Alpine Coach			
Head Nordic Coach			
Sports Information Director			
Athletic Trainer			
Administrator <i>(if traveling)</i>			

Travel Logistics

Arrival Date		Arrival Time		Check here if you are driving	<input type="checkbox"/>
Airline		Flight Number		Departure Airport	
Number of vehicles you will have on site:		Check here if you are bringing a U-Haul/Wax Trailer?			<input type="checkbox"/>
Number of additional BBQ tickets needed to purchase:					

Travel Party Roster

	Men's Alpine Student-Athletes	Women's Alpine Student-Athletes
1.		
2.		
3.		
4.		

	Men's Nordic Student-Athletes	Women's Nordic Student-Athletes
1.		
2.		
3.		
4.		

	Other Institutional Staff Traveling	Title (AD, SID, Athletic Trainer, etc.)
1.		
2.		
3.		

Please submit this form to Kevin Alcox (kalcox@ncaa.org) and Curtis Snyder (curtis.snyder@colorado.edu) by 5:00 p.m. (eastern), Thursday, February 29th. Failure to meet this deadline may result in a monetary fine assessed by the Skiing Committee.

2024 National Collegiate Men's and Women's Skiing Championships
Host Institution: University of Colorado, Boulder
Student-Athlete Questionnaire

Please type or print clearly.

Deadline for submitting this form is Thursday, February 29, 2024

* Email this form to Curtis Snyder (curtis.snyder@colorado.edu)

Name: _____

School: _____

Hometown, State/Country: _____

Year in School (circle or underline one): Fr So Jr Sr Grad Student

Major: _____

Season/Career Honors

(i.e., NCAA Champion, All-American, National Team, Olympics, etc.)

Favorite Skier: _____

Favorite Athlete: _____

Favorite Reality Show or TV Series: _____

Favorite Place: _____

Other Comments of interest for the announcer:

