

2024 Junior Nationals in Lake Placid, NY

[Visit The Official Website](#)

Cost: Payment to the PNW office of \$2950.00 will be due **February 23**. (Paypal option and mailing address can be found [here](#).) This cost includes airfare, housing, onsite travel, volunteer coaching/ski waxing, registration, and dinners. Each athlete will need to bring grocery money for breakfasts, lunches, and snacks.

Uniforms: STORE CLOSSES FEBRUARY 19 at 9:59pm!!! All PNW racers must compete in a PNW suit and have a PNW jacket. If you do not already own one, you can order one [here](#). If you are asked, the password is PNW2024. In addition to the option to buy a suit, I have created a suit exchange sheet. If you have an extra suit or jacket that you could loan, give or sell to a fellow PNW teammate, please fill out [this form](#). You can also go to [the form](#) to see if there is a suit for you. NEXT YEAR, we will have a NEW SUIT DESIGN, so if we can exchange suits to get everyone outfitted for this year, it could be one way to cut costs. 😊

Mandatory Forms:

[Code of Conduct and Medical Release](#) please sign these and email them to loewenha00@gmail.com **by February 19th.**

[Release form for Lake Placid](#)

Athlete Bio for the Race Announcer: [Fill out here.](#)

Athlete Information Form for registration purposes: [Fill out HERE](#) ASAP! 😊

Travel Itinerary:

Everyone except MBSEF: SeaTac Thursday March 7-Sunday March 17.

MBSEF Team: Redmond Friday March 8-Sunday March 17

Our final itinerary will be shared closer to the date of departure. Since I made the tickets in September, United has changed our flight times several times. The itinerary that made me choose to go with United in the first place no longer exists. It will be an adventure and it's a good thing we are hardy. The name of the game will be going with the flow, sleeping when you can, and being thankful to travel across our large, glorious country. (I am giving myself this pep talk)

Junior Nationals Race Schedule:

Monday, Mar 11, 2024 | Freestyle Interval Start | Stadium Start

U16 G | 5 km Course

U18 G | 7.5 km Course

U20 G | 7.5 km Course

U16 B | 5 km Course

U18 B | 7.5 km Course

U20 B | 7.5 km Course

Wednesday, Mar 13 , 2024 | Classic Sprint | 1.3 km

Friday, Mar 15, 2024 | Classic Mass Start | Stadium

U16 G | 5 km Course

U18 G | 10 km Course

U20 G | 15 km Course

U16 B | 5 km Course

U18 B | 10 km Course

U20 B | 15 km Course

Saturday, Mar 16 | Freestyle Mixed Relay Classic | 3.3 km

Additional Information to look for:

This year we have the privilege of having cooked meals thanks to Danica Ready and Christie Saugen. Danica will soon provide a volunteer form where parents who will be in Lake Placid can sign-up to help serve dinners. You can also expect to see the week's menu, so that if you need to make individual arrangements to meet your needs you will have time. 😊

