

The following is an explanation of the criteria for qualifying for the 2010 Junior Olympics as a special jumper. These criteria are for J2s and J1s.

- If conditions permit, Junior Olympic qualifiers will be held at **four** venues: Coleraine, Minneapolis, Wisconsin Rapids, and Norge. Iola will be an alternate.
- Qualification will be based on each jumper's **two** highest point totals from these four events.
- The special jumper's two highest point totals must be within 60% of the average of the top four scores at each event. (These minimum point totals will change slightly after each of these five events as the four highest point totals will always vary.)
- Women's qualifications will be based on women's top scorers with the same formula.
- The minimum point total for both men and women required will be at least 110 points for two events (even in the unlikely event that the 60% of average of the four top scorers falls below this.)
- Those skiers above the line are at least 60% back of the average of the top four scores at each event. Those below need to score higher points in the remaining events.
- Coaches discretion and the discretion of the women's committee may apply to criteria and JO team selection.
- Please contact Chris Broz, Central Division Head Coach, at chris@chrisbroz.com or 952-484-8956 with questions.

The following is an explanation of the criteria for qualifying for the 2010 Junior Olympics as a Nordic Combiner:

- Qualifying events will be held at **four** venues: Dec 20- Itasca/Coleraine- K70 jump/5km race, Gunderson start. Jan 9- Minneapolis- K70 jump/5km race, Gunderson start. Jan 16- Blackhawk/Madison- K58 jump/2-person Sprint relay (1km x 3 laps each). Feb 7- Iola (alternate)- K60 jump/5km race, format to be determined (Mass start in AM vs Gunderson) (Mar 3-6- Junior Olympics, Steamboat Springs, CO- K68 jump

- Athlete must participate in at least **three** of these events, and it is highly recommended that all athletes who try out for Junior Olympics participate in the qualifiers, since they will ski in at least the sprint relay at the JO's.

- Athletes must be able to safely jump on K68 AND be competitive in the cross country race, as determined by two objective measures: (Both must be met.)

1. Jumping- Jump point totals must be within 60% of the top Nordic Combined qualifying athlete, with a minimum of 110 points average of two jumps. (Same as jumping criteria, but based on the top NC athlete).

2. XC skiing- For the cross country skiing component, the athlete must finish within 130% of the NC leader, using Gunderson method. (example, Joe finishes race in 15 min, so Bill must finish in 15 x 1.3 or 19.5 minutes) *This represents a change from previous years.*

- Coaches discretion and the discretion of the women's committee may apply to criteria and JO NC team selection.

- Please contact Paul Loomis, Nordic Combined Coordinator, at Loomii@msn.com or 715.577.7615 with questions.