



JANUARY 20-22, 2023

FLIGHT POWERED BY



24-HOURS OF SKI JUMPING TRACKING FORM

Rules:

1. Choose one day, out of the three, to participate in the 24-hours of Ski Jumping.
2. You may choose to log your number of jumps, approximate distance flown, or both. Please be honest!
3. Fly within your ability! Do not try a bigger jump without your coach's approval and listen to your body. If you are tired or are not feeling 100% do not continue jumping.
4. In addition to logging your jumps and distance we are encouraging skiers to submit a photo and a few sentences/short paragraph about why they love ski jumping. This can be submitted via the following social media outlets: Facebook or Instagram. If you choose to post to Facebook or Instagram please follow the social media guidelines below so that we can track your entry. If you are unable to post to social media you may submit an entry via the google form (link coming soon).

Social Media Guidelines

1. Along with a photo(s) please post a couple of sentences/short paragraph about why you love ski jumping! If anyone else is in the photos be sure to ask their permission before posting the photo online.
2. Please tag the following accounts:
 - @USANordic (Facebook) -and/or- @usanordic (Instagram)
 - @TeamMagnusAdventures (Facebook) -and/or- @teammagnus (Instagram)
3. Please include the following hashtags:
 - #NationalSkiJumpingDay
 - #USANordic
 - #howdoyoufly
 - #skijumping

Name of Participant:	Date of Participation:
Jumps Logged:	Distance Logged:

Photo & Paragraph Submission:

Post a photo on Facebook and/or Instagram following the social media guidelines or submit via the [Google Form](#).

Please submit this completed form by emailing USA Nordic Sport at info@usanordic.org