

# Track Attack Championships



# Teck

## Race Notice

### Teck BC Track Attack Championships

January 25 & 26, 2025



**Saturday, January 25**  
Interval Start, classic technique  
Relay, mixed technique

**Sunday, January 26**  
Individual Sprint, King's Court, free technique

Hosted by [Black Jack Ski Club](#)

**LOCATION:** Black Jack Ski Club, 310 Campbell Road, Rossland BC  
Directions from Rossland BC:

- At the intersection of Hwy 22 with 3B, head north on 3B for 4.5km
- Turn right onto Mann Road
- Drive for 900m on Mann Road, turn left onto Campbell Road
- Black Jack parking lot and trailhead cabin are on the right

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<b>RACE COMMITTEE:</b>	Chief of Competition	Linda Merlo ( <a href="mailto:TACchamps2025@gmail.com">TACchamps2025@gmail.com</a> )
	Chief of Course	Dave Wood
	Chief of Stadium	Michael Kyle
	Chief of Timing	Mark Merlo
	Chief of Venue	Mark Richards
	Competition Secretary	Kerri Webb ( <a href="mailto:RaceSecretaryBJSC@gmail.com">RaceSecretaryBJSC@gmail.com</a> )
	Technical Delegate (CCBC)	Jill Stamp

### [TECK BC TRACK ATTACK CHAMPIONSHIPS TECHNICAL GUIDELINES 2025](#)

**ELIGIBILITY:** Only skiers born in 2012, 2013, 2014 and 2015 are eligible. No exceptions. Skiers born in 2011 or earlier and skiers born 2016 or later are not permitted to participate in this event. Eligible skiers (those born in 2012, 2013, 2014, or 2015) may only enter in one age category for the duration of the event. When registering initially, skiers may move into an older age category but cannot move into a younger category.

**DEADLINE:** Registration deadline is **Wednesday, Jan 22, 2025 at 11:59 PM (PST)**. NO POST ENTRIES ARE ALLOWED.

**ATHLETE REGISTRATION:** Registration and fee payment is [through Zone4](#). Racers and coaches must check the [Confirmation List on Zone4](#) to ensure participants are in the correct categories. Email [RaceSecretaryBJSC@gmail.com](mailto:RaceSecretaryBJSC@gmail.com) by the registration deadline if corrections are required.

**COACH REGISTRATION:** Coaches are required to register on Zone4. There is no fee for coach registration.

**LICENSES:** All participants must purchase a Nordiq Canada Tier 3 Event Day License. The license is only valid for the competition day for which it is issued and will be automatically added to registrations on Zone4.

**FEE:** The event fee is \$100. This fee includes trail passes for Friday through Sunday, three races, and the Saturday evening banquet. Partial registrations NOT available.

**REFUNDS:** Race fees will be refunded for individuals only if they withdraw prior to the registration deadline.

**CANCELLATION:** If the club cancels the event due to travel or course conditions being deemed unsafe, the club will not be responsible for any costs incurred as a result of this cancellation. The club will refund 80% of race fees due to cancellation of the event.

**RACE OFFICE:** The Race Office is in the grooming shed, adjacent to the trailhead cabin.

- START LISTS:** The start list for Saturday will be posted at the race office and on Zone4 by 12:00 noon on Friday, Jan 24.
- DRAW:** There is no seeding for this event. A random draw will occur on Thursday, Jan 23.
- BIB PICKUP:** Saturday Interval Start: 8:30 AM - 9:30 AM in the Race Office  
Saturday Relay: 11:30 AM - 12:30 PM in the Race Office
- Sunday Individual Sprint Qualifier: 7:30 AM - 8:30 AM, in the Race Office  
Sunday King's Court Sprints: 9:45-10:30 AM, in the Race Office  
No bib-pick-up within 30 minutes of the start of races (except during King's Court).
- Each team should designate one or two people to pick up all bibs for their team.
- AWARDS:** Medals for 1st, 2nd and 3rd place in all four age categories - both male and female - will be provided by Teck Resources Limited. Ribbons will be provided for 4th and 5th place finishers.
- Special Individual Awards - Prizes will be provided to five skiers with excellent classic technique, and to five skiers with excellent skating technique. Evaluation will take place during the classic Interval Start and free technique Individual Sprint competitions.
- Saturday awards will be given at the banquet.  
Sunday awards will be given as soon as possible after each event concludes.
- LUNCH:** A soup lunch will be available on Saturday, Jan 25. Lunch is \$10 and must be preordered with registration through Zone4.  
There will be two soup options: Chicken and Orzo or Potato Leek. The Potato Leek is GF/DF and vegetarian. **Bring a soup bowl and spoon to help reduce waste!**
- BANQUET:** A spaghetti dinner will be held at the Colombo Lodge, 584 Rossland Avenue in Trail, BC at 5:30pm on Saturday, Jan 25. The banquet is included in the registration fees, but athletes must sign up to confirm they will be attending. Gluten free and vegetarian options available if selected during registration. Please note that the gluten-free option is prepared without gluten but is not prepared in a gluten-free kitchen.
- Awards for Saturday's events will be presented at the banquet during dessert.
- A complimentary banquet ticket is available for coaches. We request that at least one coach from each team attend the banquet with their team. A limited number of additional dinner tickets can be purchased on Zone4 for parents and supporters at a cost of \$30. Due to space restrictions, additional participants will be dining in a separate room from the main banquet. **Deadline to purchase additional dinner tickets is Friday, Jan 17 at 11:59pm.**
- FACILITIES:** A heated event tent will be on site with porta-potties located nearby. A first aid attendant will be present on site. There are no dogs allowed on the trails, except for the [designated dog trails](#).

**WAXING:** Waxing tents can be set up to the east of the finish line, near the sea cans. Limited power is available (six duplex outlets). Teams are encouraged to bring portable generators and tents. Cross Country BC has adopted a No-Fluoro Policy for all competitions held in BC. [Click here for CCBC's Wax Protocol.](#)

**TRAIL CONDITIONS:** [Black Jack Grooming Report](#)

**COURSE MAPS:** Course maps will be on the [Black Jack Ski Club event website](#) and the [Zone4 Event page](#). Racers are responsible for knowing their course prior to the race.

**COURSE INSPECTIONS:** Race courses will be set-up for pre-skiing by noon on Friday, Jan 24. Courses will close on race day 15 minutes before the first racer gets underway.

**TRAIL PASSES:** Trail fees will be waived for competitors, coaches, and assistant coaches on race days and on the official training day, Friday, Jan 24. Trail passes for non-participants and for skiing on other days can be [purchased online](#) or at the trailhead kiosk.

**ACCOMMODATION:** A **20% discount** is available for athletes and their families staying at *Red Mountain Resort Lodging* and *The Josie*. Visit [our event website](#) for details on these offers and for a list of other local accommodations.



**SPONSORS:** Thank you to our local businesses and organizations for their support of the Teck BC Track Attack Championships. Visitors are encouraged to support these businesses.



**VOLUNTEERS:** Volunteers are an essential part of this event. [See our list of opportunities and consider signing up](#) for a role.

# SCHEDULE: DAY 1      Saturday, January 25, 2025

## Interval Start, Classic Technique, by age categories

Team bib pick-up: **8:30-9:30 AM**

Start time: **10:00 AM**, Oldest categories first

Category	Year of Birth	Distance	Technique
9 years Male 9 years Female	2015	2 km	Classic
10 years Male 10 years Female	2014		
11 years Male 11 years Female	2013		
12 years Male 12 years Female	2012		

Soup lunch: available between the morning and afternoon events

Must be ordered in advance on Zone4 with registration.

## Relay, Mixed Technique: Two legs Classic, two legs Free Technique

An *Official relay team* consists of four skiers of the same gender, from the same club.

Teams with four skiers who are mixed boys/girls and/or are not from the same club can participate as an *Unofficial relay team*.

Official relay teams must register on Zone4 by Friday, Jan 24 at 12:00 noon. If possible, Unofficial relay teams should also register on Zone4. Changes to teams must be submitted to the Race Office by 9:00 AM on Saturday, Jan 25.

Team bib pick-up: **11:30 AM – 12:30 PM**

Start time: **1:00 PM**

Category	Year of Birth	Distance	Technique
Male Female	2012, 2013, 2014, 2015	4 X 1.5 km	Legs 1 & 2: classic Legs 3 & 4: free

Banquet: **5:30 PM**, Colombo Lodge, 584 Rossland Avenue in Trail, BC.

Attendance must be confirmed during registration through Zone4.

# SCHEDULE: DAY 2     Sunday, January 26, 2025

## **Sprint Qualifier, Individual Free**

Team bib pick-up: **7:30 – 8:30 AM**

Qualifier start time: **9:00 AM**, youngest categories first

## **King's Court Sprint, Individual Free**

Bib pick-up: **9:45 – 10:30 AM**

King's Court start time: **10:30 AM**, youngest categories first

<b>Category</b>	<b>Year of Birth</b>	<b>Distance</b>	<b>Technique</b>
9 years Male 9 years Female	2015	300 metres	Free
10 years Male 10 years Female	2014		
11 years Male 11 years Female	2013		
12 years Male 12 years Female	2012		