

Track Attack Championships



Teck

Race Notice

2023 Teck BC Track Attack Championships

Date	January 28-29, 2023
Location	Larch Hills Ski Area, Salmon Arm, BC
Host Club	Larch Hills Nordic Society



Larch Hills is pleased to be hosting the Track Attack Championships again in 2023. The objective of this event is to

- bring young skiers together for a memorable and enjoyable weekend of cross country ski competition and fun
- meet the needs of a wide range of skill levels and ski experience
- encourage achievement through team effort
- encourage good ski technique

Eligibility

Only skiers born in 2010, 2011, 2012 and 2013 are eligible. No exceptions. Skiers born in 2009 or earlier and skiers born 2014 or later are **not** eligible and are **not** permitted to participate in this event.

Eligible skiers may only enter in one age category for the duration of the event. When they register initially they can move up an age category, but not down.

Eligible skiers must be members of a Cross Country BC ski club. Race licenses are not required, so a random draw for seeding will occur on Thursday, January 26.

Sanctioning

The Teck BC Track Attack Championships (or Teck Track Attack Championships) is a provincially sanctioned Cross Country BC (CCBC) event.

Rules

Canadian Competition Rules - <https://nordiqcanada.ca/wp-content/uploads/final-ICR-CCR-NOV-2021-with-precisions-En1.pdf> These rules will be used as a guide only. CCBC will appoint a Technical Advisor to ensure a fair competition.

Teck BC Track Attack Championships Technical Guidelines -

<https://www.crosscountrybc.ca/sites/default/files/documents/BC%20TA%20Champs%20TG%202023%20v4.pdf>

Race Format

Date	Time	Race Format	Technique
Saturday, January 28	10:00 AM	2.0 km Interval Start (15s Interval)	Classic
	1:00 PM	4x1.5 km Relay	First two legs classic, second two legs free
Sunday, January 29	9:00 AM	Individual Sprint 300m Sprint Qualifier (15s Interval)	Free
	10:30 AM	Individual Sprint 300m King's Court Heats based on the morning's qualifier	Free

Race Committee

Chief of Competition	Alan Corbett	askacorbett@hotmail.com
Race Secretary	Jonathan Bakker	website@skilarchhills.ca
Chief of Timing	David Major	
Chief of Course	Dave Wallensteen/Dirk Breugem	
Course Controller	Brian May	
Chief of Stadium	Darius Bucher/David Miege	
Sprint Coordinator	Rob Hart	
Media Liaison	Brad Calkins	
Award Coordinator	Tim Bollans	
Volunteer Coordinator	Sarah Zuidhof	
Banquet Coordinator	Robyn Anderson	

Registration

Registration is available on Zone4 at <https://zone4.ca/register.asp?id=30529> and will open on December 15 and close on January 25 at 23:59 PST. Relay team registration is at <https://zone4.ca/register.asp?id=30530> and opens January 26 and closes on January 27 at 23:59 PST.

Fees

The cost for an athlete for the entire weekend is \$90, which includes entry for all the races, trail fees, the Saturday lunch, the Saturday banquet, and the pool pass for Saturday. There is no partial registration available.

Refund Policy

Refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary before the registration deadline. The Host Club may choose to cancel an event if travel or course conditions are deemed unsafe (road conditions, road closures, weather, lack of snow, health advisory). The Host Club is not liable for any costs incurred as a result of cancellation of this event. The Host Club will refund 75% of race fees if an event is cancelled.

Zone4 online booking fees are non-refundable.

Course Inspection

The courses for all of the events will be set-out and marked on Friday, January 27 for pre-skiing. Courses will close on race day 15 minutes before the first racer gets underway.

Course Maps

Course maps and stadium layouts will be available on our website at <https://skilarchhills.ca/2023-teck-bc-track-attack-champs/> and will also be posted at the race site.

Waxing Protocol

The event is being run under the CCBC waxing protocol, the full text of which is available at https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Protocol%20Regarding%20the%20Use%20of%20Fluorinated%20Waxes_0.pdf

Briefly, for **all** skiers:

- Structure tools ARE permitted.
- Fluoro kick waxes ARE permitted (but not fluoro grip powders).
- Identified non-fluoro (NF) glide waxes ARE permitted (refer to Appendix A of the above linked document).

Weather and Webcams

The Larch Hills weather station and webcams can be viewed at <https://skilarchhills.ca/webcam-weather/> while Environment Canada's weather forecast is available at https://weather.gc.ca/city/pages/bc-51_metric_e.html

Start Lists and Results

Start lists and results will be available on Zone4 at <https://zone4.ca/event/2023/4B7D9422>. Start lists will be posted no later than 12:00 noon the day before the race and will also be available at the race site.

Bib Pickup

Bib pickup will be from the Race Office – teams, please designate an individual to pick up for the entire team. Pickup for Saturday's individual start will be from 8:30 AM to 9:30 AM, for Saturday's relay from 12:15 PM – 12:45 PM, and for Sunday's sprint qualifier from 8:00 AM to 8:45 AM. Bibs for the heats will be available from 9:45 AM – 10:15 AM.

Lunches and Concession

A basic lunch will be provided to all racers on Saturday. No lunch will be provided on Sunday. A concession in support of the Larch Hills Jr Race Team will be available on both days.

Banquet and Swim

A free swim and banquet on Saturday will both be at the SASCU Rec Centre (2550 10 Avenue NE Salmon Arm, BC V1E 4N2).

The free swimming (athletes only) is from 4:30 PM – 6:00 PM and is on a first-come, first-serve basis with a cap of 120 kids.

The banquet is from 6:00 PM – 8:00 PM in the adjoining gymnasium. It is being catered by Taco Del Mar.

There will be a limited number of additional banquet tickets which can be purchased on Zone4 for parents and coaches at a cost of \$25.

Relay Race

The relay is a 4 person relay; two legs classic technique followed by two legs free technique. There are two categories: Male or Female. An 'official relay team' is comprised of four skiers from the same club and the same gender. Female skiers may not compete on official male relay teams. Likewise, male skiers may not compete on official female relay teams.

A relay team which has four or less skiers who are not from the same club or school can participate as an 'unofficial relay team'. An 'unofficial relay team' can be comprised of male and female athletes. 'Unofficial relay team' participants will acquire individual participation points for their club, however, they will not be eligible for any aggregate points earned as a relay team.

Official relay teams must register on Zone4 at <https://zone4.ca/register.asp?id=30530> by Friday, January 27 at 12:00 noon. If possible, unofficial relay teams should also register on Zone4. All

changes, including names or members, must be submitted to the race office by 10:00 AM sharp on Saturday, January 28.

Sprint Race

The Individual Sprint event will use the King's Court format. The purpose of this is to ensure that all participants race all three rounds of heats following the timed qualification round. Estimated time of completion of heats is 3:00 PM.

For safety reasons, it is recommended that all skiers wear protective eyewear when competing in sprint competitions.

Awards

All racers, including out of province racers are eligible for all awards, except for the Team Aggregate Trophy, which is for CCBC clubs only.

Individual Races

Teck medals will be provided to the top three finishers and ribbons for fourth and fifth place.

Relay Events

Teck medals will be provided to the members of the top three official teams and ribbons to the members of the fourth and fifth place official teams. Unofficial teams are not eligible for medals.

Technique Awards

Five classic and five skating technique awards will be distributed, based on the observations of at least two CCBC-approved coaches during the interval start classic and the free technique sprints respectively.

“KamikazHe” and “KamikazShe” Awards

There will be a timed downhill section during the individual start classic, with the fastest of each year of birth and gender receiving a special prize.

Team Aggregate Trophy

Points are earned for participation:

- Participating in an interval start race - 1 point per participant
- Participating on an official relay team - 1 point per participant
- Participating on an unofficial relay team - 1 point per participant
- Participating in a sprint race - 1 point per participant

In addition:

- The top 4 placings in an interval start race - 5, 4, 3, 2, points
- The top 4 placings in a sprint race - 5, 4, 3, 2, points
- The top 4 official Team placings in a relay event - 10, 8, 6, 4 points
- The top 5 skiers for best classic technique - 5 points each
- The top 5 skiers for best skating technique - 5 points each

The Team with the most points wins the trophy. A pennant will be provided to the winning Team, as well as a certificate to each member of the Team.

Accomodation

There is no official race hotel. A non-exhaustive list of local hotels includes:

Hilltop Inn

1460 Trans Canada Hwy. NE, Salmon Arm, BC V1E 4N1 - (250) 832-6025

Fairfield Inn & Suites by Marriott

790 16 St NE, Salmon Arm, BC V1E 2S5 - (778) 489-0555

Comfort Inn & Suites

1090 22 St NE, Salmon Arm, BC V1E 2V5 - (250) 832-7711

Super 8

2901 10th Ave NE, Salmon Arm, BC V1E 2S3 – 1-866-469-0121

Prestige Harbourfront Resort

251 Harbourfront Dr, Salmon Arm, BC V1E 2W7 - (250) 833-5800

SureStay Plus Hotel By Best Western

61 10 St SW, Salmon Arm, BC V1E 1E4 - (250) 832-9793

Travelodge

2401 Trans-Canada Hwy, Salmon Arm, BC V1E 4P7 - (250) 832-9721