

Track Attack Championships



Teck

RACE NOTICE – 2024 Teck BC Track Attack Championships

Telemark Nordic Club is pleased to host the 2024 Teck BC Track Attack Championships. The objectives of the Teck Track Attack Championships are:

- 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, and
- encourage good ski technique.

RACE EVENTS:	Saturday, February 24 th , 2024	10:00 AM 1:00 PM	2.0 km Interval Start – Classic Technique 4 x 1.5 km Relay – 2 legs Classic, 2 legs Free
	Sunday, February 25 th , 2024	9:00 AM	300 m Sprint Qualifier – Free Technique (Heats to follow directly after qualifier)

LOCATION: Telemark Nordic Centre, West Kelowna, BC

HOSTED BY: Telemark Nordic Club

RULES: The Teck Track Attack Championships is an official, registered Cross Country BC event, however, it is not sanctioned by Nordiq Canada or FIS. Nordiq Canada rules to be used as a guide only.

Click for the complete [Technical Guidelines](#) please refer to the CCBC web-site.

COMPETITION COMMITTEE:

Chief of Competition: Mike Edwards
Chief of Course: James Williams
Chief of Stadium: David Lloyd
Chief of Timing: Dean Sader
Competition Secretary: Jillian Stamp/Ingrid Musselman Bell
race@telemarknordic.com
Event Chair: Sandy Redman/Abbey Ulansky
Technical Advisor (CCBC): Sharon Clarke

EVENT WEB-SITE: <https://telemarknordic.com/teck-bc-track-attack-championships-2024/>

ELIGIBILITY: A CCBC club or an Elementary School (that is not officially affiliated by membership to a CCBC Club) can register a Team in this event. Only one team per club or school can register in the Championships. A participant in this event must ski for one team only; you cannot be registered under both a school and a club team.

The Championships are open to individuals that are not affiliated with a club or school.

Skiers born in 2011, 2012, 2013 and 2014 are eligible. **No exceptions.** Skiers born in 2010 and earlier, skiers born 2015 or later are **NOT** eligible and are **NOT** permitted to participate in this event.

Eligible skiers (those born in 2011, 2012, 2013 and 2014) 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. No exceptions.

LICENCES: This event is now a Tier 3 sanctioned event that requires each participant to purchase a Tier 3 event license. This is incorporated into the registration as a separate fee.

FEE: The event fee is \$95. This fee includes all trail passes (Friday through Sunday), all 3 races, lunches and Dessert Social Saturday evening.

REGISTRATION: Registration URL: <https://zone4.ca/register.asp?id=34541>

Registration and fee payment is on-line only.

If you experience any difficulties or have questions about registration, please contact the Competition Secretary.

Event Participation Waiver must be completed as part of the on-line registration.

RACE ENTRY DEADLINE: Entry deadline is: **Tuesday, February 20th, 2024 at midnight**

LATE ENTRIES WILL NOT BE ACCEPTED.

Relay team entry deadline is 9:00 AM, Saturday, February 24th, 2024.

REFUNDS: Refunds will only be issued for those competitors who withdraw from the race prior to the race entry deadline of February 20th at midnight.

CANCELLATION: In the event of a cancellation for any reasons, the decision to cancel the race will be made at least 1 week prior to the race event. Fees will be refunded at 80%.

DRAWS: There is no seeding for this event, just a random draw. The draw will occur on Thursday, February 22nd.

TRAINING DAY: The race course will be set-up for skiing on Friday, February 23rd. Friday trail passes are included in the event fee.

START LISTS: Start lists for each day of racing will be posted at the Telemark day lodge and available on-line at <https://zone4.ca/event/2024/TeckBCTrackAttackChamps>

RACE OFFICE: The event race office will be in the trailer just below the Telemark day lodge.
Hours are as follows:

- Friday 12 Noon to 4:00 PM
- Saturday 8:00 AM to 4:00 PM
- Sunday 7:30 AM to 2:00 PM

BIB PICK-UP:

Bibs for each day of racing will be distributed from the Race Office upon opening of race office. Bibs will be distributed by team and we appreciate if each team sends 1 or 2 people to pick up bibs for each team.

RELAY INFO:

The relay is a 4-person relay; 2 legs classic technique followed by two legs free technique. There are two categories: Male or Female. An 'official relay team' is comprised of 4 skiers from the same club or school 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 skiers which 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. Relay team participants will acquire participation points for their team; however, they will not be eligible for prizes or any points as a relay team.

If your club has already formed official relay teams, there will be a free on-line registration on zone4.ca beginning on Monday, February 19th.

Link for relay team registration: <https://zone4.ca/register.asp?id=34542>

'Official' relay teams must register their team's name and a list of team members by 9:00AM Saturday, February 24th. Any changes to teams, including order of skiers, must also be submitted by 9:00 AM Saturday.

SPRINT INFO:

The sprint format used is the King's Court format. The purpose of this is to ensure that all participants race all four rounds; the time trial qualification followed by three rounds of heats. The top skiers in each heat move up within their category while the bottom skiers move down to ski against other top or bottom skiers in other heats. Heats may be comprised of up to six skiers, where the top three skiers would move up and the bottom three skiers moved down for the next series of heats.

The initial sprint heat start positions will be based on the earlier morning time trial finish times.

Overtaking of other skiers follows the same rules as in other events except in the marked "finish zone". The leading skier in the marked "finish zone" should stay inside their chosen lane while in this zone and the overtaking skier is required to change lanes without impeding any other skier.

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

AWARDS:

Teck, a diversified resource company based in BC, is the title sponsor of the Track Attack Championships. Teck provides the awards for all races and categories.

Individual awards for Interval Start, Relay and Sprint: Medals will be awarded for 1st, 2nd and 3rd place male and female finishers in each age category for the interval start and sprint events, as well as each member of the top three Official Relay Teams in the relay event. Ribbons will be provided for 4th and 5th place finishers.

Technique Awards: Prizes will be provided for five skiers who demonstrate excellent classic technique and to five skiers who demonstrate excellent skate technique. Evaluation will take place during the Classic Interval Start and Free Technique Sprint events. Please note that out of province skiers are eligible for technique awards.

Spirit Award: The team that demonstrates the most team spirit and good sportsmanship will be awarded a spirit award. Award to be given out at the Dessert Social.

Note: Out of Province/Country skiers are eligible for special awards as well as the standard awards.

Team/Club Aggregate Trophy: Each participating club team or school team accumulates points towards the Team Aggregate Trophy. Team points are earned as follows:

	Point Definition	Points value
1	No. of participants in an interval start race	1 point per participant
2	Each participant on an Official relay team	1 point per participant
3	Each participant on an Unofficial relay team	1 point per participant
4	No. of participants in a sprint race	1 point per participant
5	Top 4 placings in the interval start race	5, 4, 3, 2 points*
6	Top 4 placings in the sprint race	5, 4, 3, 2 points*
7	Top 4 official team placings in a relay event	10, 8, 6, 4 points
8	Top 5 best classic technique	5 points each
9	Top 5 best skating technique	5 points each

**This is in addition to points earned for participation*

- Points are calculated for individuals and relay teams representing CCBC clubs only.
- Points for the top 4 relay placings are calculated for official (i.e., teams comprised of participants from the same club or school) relay teams representing CCBC clubs only.
- The team with the most overall points wins the Team Aggregate Trophy. A pennant will be provided to the winning team, as well as a certificate for each member of the team.

DESSERT SOCIAL:

On Saturday evening, Feb 24th, there will be a dessert social where we have provided entertainment (Magic show), dessert and beverages, as well as the awards for the race events of Saturday.

Doors Open at 6:00 PM, with event starting at 6:30 PM and ending at 8:00 PM.

Location:

Peachland Community Centre
 4450 6th Street
 Peachland, BC

The fee for the dessert social is included in the race entry fee. Tickets must be picked up at the race office by end of day Saturday and will be distributed by club/team.

A limited number of additional tickets for family and coaches (\$10 per ticket) can be purchased at the race office on Friday afternoon or Saturday morning.

- FACILITIES:** The day lodge will be open, however, we request that racers do not leave their bags in the day lodge. We are provisioning our Quonset hut with heat so racers may use this space for storing bags, changing, resting and eating.
- In addition to heated indoor washrooms, there will be portable toilets located close to the stadium area.
- TRAIL FEES:** Trail fees will be waived for all competitors, coaches and assistant coaches on each race day and on the official training day, Friday, February 23rd.
- WAX FACILITIES:** *Limited* outdoor electrical outlets are available on the path leading from the parking lot to the stadium, behind the Quonset hut. Waxing is not permitted in the day lodge. There is no assignment of team waxing; it is on a first come, first 'plugged-in' basis. Teams are encouraged to bring portable generators and tents.
- WAX TESTING:** NO WAX TESTING ALLOWED on the course. No exceptions. A wax testing area will be designated.
- SKI WAXING POLICY** Cross country BC has adopted a no-fluoro policy for all ages categories at all Teck BC Cup races, please see [CCBC Rule Regarding the Use of Fluorinated Waxes](#).
- COURSE MAPS:** Course maps are available on the event web-site:
<https://telemarknordic.com/teck-bc-track-attack-championships-2024/>
- WEATHER:** <http://www.telemarknordic.com/>
- ACCOMMODATION:** Please refer to our web-site for information that has been arranged at a discounted rate.

