

TECK BC TRACK ATTACK CHAMPIONSHIPS
TECHNICAL GUIDELINES
2021

The objectives of the Teck BC Track Attack Championships are to (1) bring young skiers together for a memorable and enjoyable weekend of cross country ski competition and fun, (2) meet the needs of a wide range of skill levels and ski experience, (3) encourage achievement through team effort, and (4) encourage good ski technique.

Site Selection

Sites will be selected by Cross Country BC. Sites will be chosen based on (1) appropriate facilities, (2) the club's ability to guarantee a well-organized event, and (3) the likelihood of the greatest number of participants.

Sanctioning

The Teck BC Track Attack Championships (or Teck Track Attack Championships) is an official, registered Cross Country BC event that will be published on the CCBC Competition Schedule. It is held under NC/FIS Rules and Regulations. However, it is not sanctioned – it is not a Canada Points List race and it does not require a ski licence of any kind.

This event does require a Cross Country BC-appointed Technical Advisor to ensure a fair competition.

Title Sponsor

Teck Resources Limited, a diversified resource company based in British Columbia, is the title sponsor of the Teck Track Attack Championships.

Teck bibs, provided by the Cross Country BC office, must be used. The office will also provide four horizontal and four vertical Teck site banners for the start and finish area, and a Teck banner/header for the race notice and ZONE4 registration site, start list and results postings.

In addition the office will supply specific awards (medals and ribbons) as described below under 'Awards for Interval Start, Sprint and Relay Events'.

Contact the Cross Country BC's Administration and Communications Coordinator Sandie Gibson a minimum of six weeks prior your event with the names of the volunteers who will be your Sponsor Liaison, Awards Coordinator and Media Liaison (see attachments below for further information). Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

Contact Sandie a minimum of ten days prior your event to make shipping arrangements for the materials and supplies mentioned above. Email: office@crosscountrybc.ca; telephone: (250) 545-9600.

To view a comprehensive information package on sponsors, awards protocol and media (SAM Information Package) click on:
<http://www.crosscountrybc.ca/sites/default/files/documents/SponsorsAwardsMedia%28SAM%29Pkg.pdf>

NOTE that the above 'SAM Information Package' is a complete guide for all events up to and including a national championships, and needs to be scaled down accordingly for smaller events such as the Teck Track Attack Championships.

Race Notice

The race notice and registration information **MUST** be posted on ZONE4 a minimum of four weeks in advance of the event.

- The Zone 4 registration page should link **directly to your race notice**, rather than just the home page of your club website (linking to the club website home page is a common slip up).
- Ensure the Public Confirmation List is working so that registrants can check to see that their registration was successful.

The Teck 'logo' should not be used as a separate logo! A Teck header/banner with 'Track Attack Championships' on it will be provided by Cross Country BC to the race organizers for the race notice, start lists, results postings and ZONE4 race registration site.

Entries must close no later than Wednesday prior to the event. **NO POST ENTRIES ARE ALLOWED.**

Please include a basic accommodation list with phone numbers.

The notice should include a cancellation policy pertaining to refunds - both for situations in which the participant wishes to withdraw, and for situations when the organizers cancel the event. In addition, please include a basic accommodation list with phone numbers.

It is important that the race notice is complete with all necessary information that the coaches require. It should be planned carefully, and there should be **NO** changes after it is distributed.

The race notice must include the following:

CCBC Protocol Regarding the Use of Fluorinated Waxes

Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by the following self-governed protocol while waxing skis for athletes in all age categories at all BC Cup competitions (including the BC

Championships). This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

The recommended waxing protocol is as follows:

- Structure tools ARE permitted.
- Non-fluoro (NF) waxes ARE permitted.
- Fluorinated grip waxes ARE permitted.
- Fluorinated glide waxes or tuning products containing fluorine liquid are NOT permitted. This includes all types of fluorinated glide wax (e.g., LF, HF, block, powder, liquid).

Adherence to this protocol is the responsibility of the coaches, parents and wax technicians.

Policy:

<http://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Protocol%20Regarding%20the%20Use%20of%20Fluorinated%20Waxes%20v3.pdf>

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, they cannot be registered under both a School Team and a Club Team.

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

Skiers born in 2008, 2009, 2010 and 2011 are eligible (equivalent of grades 7, 6, 5 & 4). Skiers born in 2007 and later are **NOT** eligible and are **NOT** permitted to participate in this event.

Eligible skiers (those born in 2008, 2009, 2010 and 2011) 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.

Banquet

The Championships includes a banquet on the Saturday evening.

Draw

There is no seeding for this event, just a random draw. The draw for the Interval Start, Relays, and Qualification Round for the Sprints should be held NO later than the Thursday night before the event. This is for the convenience of the event organizers.

Information for Coaches

It is the responsibility of the organizers to ensure that the event notice carries most of the necessary information that the coaches will need, and that start lists for the first day are available on ZONE4 AND at the race site the day before.

Course Inspection

The competition courses must be properly groomed and marked for inspection by the skiers/coaches the afternoon prior to the first competition. Many participants will arrive in time to familiarize themselves with the course and they should find course markings for the first day of competition clearly marked out. It is very important that the courses are marked correctly. A course map displayed in the stadium area is not sufficient.

Start and Results Lists

ZONE4 software **must** be used.

Club affiliation **AND** year of birth (YOB) **MUST** be displayed on start lists and **ALL** results including the final results for the King's Court format sprints.

A Teck header/banner with 'Track Attack Championships' on it will be provided to the race organizers for the top of the start and results lists.

The start list should be posted on ZONE4 no later than noon a day before an event (except relays). Hard copies should also be posted at the race site no later than the afternoon before an event.

If an Individual Sprint format is used, ensure that both the Qualification Round start list and the Qualification Round results are posted on Zone4.

In addition to full results postings on Zone 4, the technique awards and the aggregate team points should be posted on the host club web site **as soon as possible** following the event. That will allow CCBC to access the information and broadcast all the results highlights to the ski community.

Timekeeping

A recognized electronic timing system must be used. Clubs may have access to this equipment either through ownership or by borrowing from other sport groups in their community. If that is not possible, a set of equipment can be rented via the CCBC Office.

Each competition requires an independent, secondary timing system that can provide an accurate record of essential data regardless of people, timing equipment or power failures.

Awards for Interval Start, Sprint & Relay Events

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.

Cross Country BC will provide stickers for the back of the Teck medals identifying the event, location and date.

Out of province skiers are eligible for medals, including medals for relay events.

Special Individual Awards *(for good technique, etc.)*

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 sprint competitions. A minimum of two CCBC-approved coaches, working as a team, will be appointed as judges for this award (the judges must have minimum NCCP Comp-Dev 'in training' status).

Other special awards are encouraged.

Special awards are the responsibility of the host club.

Out of province skiers are eligible for special awards as well the standard awards.

Team/Club Aggregate Trophy

Points are earned by:

1. Participating in an interval start race - 1 point per participant
2. Participating on an official relay team - 1 point per participant
3. Participating on an unofficial relay team - 1 point per participant
4. Participating in a sprint race - 1 point per participant
5. The top 4 placings in an interval start race - 5, 4, 3, 2, points
(this is in addition to points earned for participation)
6. The top 4 placings in a sprint race - 5, 4, 3, 2, points
(this is in addition to points earned for participation)
7. The top 4 placings in an interval start race - 5, 4, 3, 2, points
(based on total time of the best four times)
8. The top 4 official Team placings in a relay event - 10, 8, 6, 4 points
9. The top 5 skiers for best classic technique - 5 points each
10. The top 5 skiers for best skating technique - 5 points each

Points are calculated for individuals and relay teams representing CCBC clubs only.

Points for top 4 relay placings are calculated for official 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 to each member of the Team. It is Cross Country BC's responsibility to provide the banner, and it is the host clubs responsibility to provide the certificates.

The Teck Track Attack Championship Team Trophy is provided by Cross Country BC. This trophy will be displayed at the CCBC Office between Championship events, and Cross Country BC will be responsible for engraving plaques with the name of the winning Team.

Ski Licences

Participants do not require a licence.

Race Format and Technique

Interval Start, classic technique.

15 second interval starts should be used.

Eight categories are offered: born in 2011 (both boy and girl categories), born in 2010 (boy and girl categories), born in 2009 (boy and girl categories) and born in 2008 (boy and girl categories).

Individual Sprint, free technique.

A QUALIFICATION ROUND IS REQUIRED. It is part of the athletes' learning experience. The results must be posted on ZONE4 as soon as possible just as they would be for any other competition. The Qualification Round uses 15 second interval starts.

A "Kings Court" format is preferred so that every participant has the opportunity to ski in the same number of events. However this format requires a high level of race management skill to execute in a timely manner and should only be used if the event organizers feel comfortable doing so. Recommendation: one minute spacing between heats. If the traditional sprint format is used, then all participants must be offered the opportunity to compete in the Qualification Round and a minimum of one heat. Eight categories offered: born in 2011 (both boy and girl categories), born in 2010 (boy and girl categories), born in 2009 (boy and girl categories) and born in 2008 (boy and girl categories).

The sprint course should be straight for the first 40-50 metres (to the first corner), and then provide some corners and a small hill in the middle section. The last section should offer a straight run to the finish - about 50 metres. The total length should be approximately 250 metres, and not more than 300 metres. The design should encourage technique transitions,

agility in a crowded field and race tactics.

Relays, mixed technique

Two legs classic technique, two legs free technique (four person teams).

Two categories offered, boy and girl.

An official relay “team” is made up of four skiers from the same Club/School and same gender.

A team which has four skiers which are not from the same Club/School Team or are mixed boys/girls can participate and acquire participation points for their Team, but they will not be eligible for prizes or any points earned as a relay team.

Distances

Distances MUST NOT be greater than those listed below.

Individual Start (m/f)

9 years	2011	2.0 km
10 years	2010	2.0 km
11 years	2009	2.0 km
12 years	2008	2.0 km

Sprints (m/f)

9 years	2011	300 meters
10 years	2010	300 meters
11 years	2009	300 meters
12 years	2008	300 meters

Relays (m/f)

Ages 9-12	(2011, 2010, 2009, 2008)	4 x 1.5 km
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Registration Fees

Event organizers are encouraged to keep their entry fees as low as possible to encourage participation. The maximum fee for both day’s events and the Saturday evening banquet is \$85.00, and additional benefits would be expected if the fee were to be set at that level.

Trail Fees

The host club should not charge separate trail-use fees to athletes, coaches or persons assisting coaches on the course inspection day (the day prior to the first event), or on the days that the

event is held. In addition, spectators should be allowed access to the competition trails during competitions (to the extent they do not interfere with the competitors) without payment of trail use fees. Instead, organizers should make arrangements ahead of time for payment for use of the Trails for their event, and this expense should be built into the participant's registration fee.

If the host club requires that persons using trails or facilities display a pass, persons who are not required to pay trail use fees may be required to display a pass provided without charge by the host club. Event participants should not be required to display a pass during the course of a competition.