

Track Attack Championships



Teck

2023 Track Attack Championships

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FOR IMMEDIATE RELEASE

(Salmon Arm, BC)

The Larch Hills Nordic Society hosted the 2023 Teck BC Track Attack Championships this past weekend at the Larch Hills Ski Area. The two-day event invited young athletes born 2010 to 2013 from all over British Columbia to compete in three events plus have a lot of fun. Saturday began with an interval start classic technique event, with all athletes going over the same 2 km course at 15 second intervals with the fastest posted times winning the event. Conditions were a few degrees below zero and sunny.



Tove Brown from the Larch Hills Nordic Society skis to 6th place in the 2013 female category classic 2km interval start race.

After a lunch provided as part of the event, everyone got ready for the afternoon's team relay event. Each team consisted of four athletes, two skiing classic technique over the 1.5km course, and the other two finishing with free (skate) technique. The course was a short loop up Metford Hill to Marmot Lane, back down Ermine Hill, around the Ermine Wiggle, down the Dark Trail and up the Beast into the stadium, giving lots of opportunity to cheer on the skiers as they transitioned or finished. Teams were

encouraged to wear costumes, and many of the teams had full outfits and matching team names such as the 'Hollyburn Undie Gang', 'The Exploding Kittens', and the 'The Business Boys'. Since all skiers of all ages compete together, the 2010 Boys and Girls teams are the teams to watch for the fastest finishes. The relay event promised to be a fun event to watch right up until the finish. The Telemarketers from Telemark led the male category with the fastest overall time and the Hippy-Chix from Black Jack led the females. Saturday's events culminated in a banquet at the Salmon Arm Recreation center, with an afternoon swim, dinner and awards for the first day's events.



Amelia Moore from the Strathcona Nordic Ski Club drives up the Beast heading into the finish in the 4x1.5km relay

Day two looked to be too cold to race, with temperatures hovering just below the -15C cut-off for the youngest skiers. The race committee led by Alan Corbett met with the technical delegate Jillian Stamp and made the call to proceed given the forecast for the day. The sun was out, conditions were icy in the stadium and with a short break to do awards to give time for volunteers to get a quick warm-up in the chalet midday the athletes were able to ski without getting too cold. At 9am the skiers skied a skate technique interval sprint around a 300m course. Rather than an elimination heat format, the Tech BC Track Attack Championship uses a 'Kings Court' format where the various heats are shuffled based on the athlete's rank in each round. This means that no one is eliminated, and all athletes get to ski 3 times. The 300m sprint course was a simple loop around the stadium, starting with a short uphill, and tight right hand corner at the top, a downhill section with one large hump and then a tight corner leading into the final stretch. Watching six athletes race head to head around the course encouraged

spectators to run back and forth from start to finish to cheer on the kids on what eventually turned into a sunny, but brisk afternoon. Detailed results are available on skilarchhills.ca, under 'events'.



Ian Calkins from the Larch Hills Nordic Society free skates down the hill into the final corner to finish 4th in the final heat of the 2010 Male 300m sprint event.

The Teck BC Track Attack Championships rewards participation by awarding points for top five finishers as well as each participant in each race. The club that earns the most points wins the aggregate team trophy. This year there was an unexpected tie for first place, shared between Hollyburn Cross Country Ski Club (North Vancouver) and Telemark Nordic Club (Kelowna), both with 191 points. The host club, the Larch Hills Nordic Society of Salmon Arm placed third with 97, narrowly edging out Black Jack ki Club (Rossland) with 96 points.

Next up on the BC race calendar is Teck BC Cup #2 (Feb 18-19th) in Revelstoke, hosted by the Revelstoke Nordic Ski Club, however most of the 2009 and 2010 ski team athletes from Larch Hills will head to Ottawa for a ski exchange with the Nakkertok Cross Country Ski Club.

We want to thank our title sponsor, Teck Resources Limited for the generous season-long sponsorship and support for cross country ski competitions this season. A very special thank-you also goes to the many volunteers who worked to coordinate such a great day for racers and coaches.

Photo Credit (all images): Brad Calkins



Telemark Nordic Club (above) and Hollyburn Cross Country Ski Club (below) shared the overall aggregate trophy in a rare tie for first place



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Cross Country BC (CCBC), the provincial sport governing body for cross country skiing in British Columbia, is a not-for-profit, club-based organization of more than 27,000 members. CCBC offers programs and services to support the continuous development of cross country skiing for all ages and abilities, from introductory experiences to international excellence.

Teck Resources Limited is the title sponsor of CCBC's Skier Development Program, thereby supporting excellence in sport and providing youth with experiences that will help them prepare for the future. For more information on Cross Country BC, please visit www.crosscountrybc.ca.



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