

2017 CCSAM Provincial Sprints Kings Court Sprint Format:
Free (skate) Technique

- a) After racing a timed sprint qualifier (gated 15 sec. interval starts) to determine subsequent heats skiers will compete in three head-to-head 6-person heats. The top 2 finishers in each race will move to a faster heat; finishers 3 and 4 will remain in the same heat, and finishers 5 and 6 move to a slower heat.

Pee Wees + Midgets both (boys and girls) will all be racing in the 800 meter heats. Juveniles and older age categories (boys, girls, men, women) will all be racing in the 1.2 km heats.

- b) Choice of Lane in the start area:

Heat #1: The fastest times from the sprint qualifier (in each heat ---group of 6) determine athlete lane choice only in the first set of heats.

Heats #2+3: Determined by placing not timing.

- i) Skiers finishing in positions 5+6 will move into a slower heat and have first and second lane choices in that slower heat.
- ii) Skiers finishing in positions 3+4 will stay in the exact same heat and have third and fourth lane choices.
- iii) Skiers finishing in positions 1+2 move into a faster heat and have fifth and sixth lane choices in that heat.
- iv) In the fastest heat group (in the entire King's Court format) skiers placing 1,2,3+4 would stay in this heat and retain the same lane choice. Skiers placing 5+6 move to a slower heat and have the first and second lane choices.
- v) In the slowest heat group (in the entire King's Court format) skiers placing 3,4,5,6 stay in this heat and retain the same lane choice. Skiers finishing 1+2 in this heat move onto the next fastest heat where they have

fifth and sixth lane choice. Skiers finishing 5+6 in the next fastest heat (2nd heat in the format) have the first and second lane choice in the slowest heat.

- c) Skier start procedure (Heats only): From the starter's pistol in designated start lanes skiers must stay in their lane and double pole through the start line over a designated distance of 10 meters.
- d) Athlete finish procedure (Sprint Qualifier and Heats): Skiers must choose a lane and ski in this lane through the finish line. Sprints often have close finishes; it is the toe of the ski boot crossing the plane of the finish line that determines athlete placing.
- e) DNF: If a skier is not able to complete their heat due to for example, an equipment issue, that skier will be put into a slower heat for the next round with a sixth position lane designation. If a skier is unable to continue racing in the heats moving forward, the skier and or the coach need to communicate this with the Chief of Heat Sprint Results (Lin-P'ing Choo-Smith) as soon as possible.
- f) Final Placing and Awards: CCSAM first, second and third age group category awards (Pee Wees and older) will be determined by athlete placing in the third and final heat.
- g) Advantages of the King's Court Format: During the ski season, sprint races don't allow all racers to develop the necessary skills and tactics needed to succeed at sprint racing. Typically, only the top 30 racers in the advance to heats, and after the quarterfinal only 12 racers move on to the semi-final and final. Some racers never move beyond a time trial and don't experience (or have a chance to improve) in head-to-head competition. This "King's Court" format ensures that everyone has a chance to develop their sprinting abilities.

Although gender and age typically designate who you race against, this format is purely based on speed, which mixes things up in ways that are beneficial to learning, and you'll get a mix of boys, girls women, men, and age categories in the same event.

h) King's Court Sprint Results example: From the Ontario Cup race in Thunder Bay. Link here <http://zone4.ca/results/8345.pdf>