

PROGRAM AWARD: SPRINTS

The purpose of this award is to develop speed. Recommended sprint distances for skiers seven years of age are 50 to 75 metres; eight and nine years of age is 75 to 100 metres.

Award Formula: If the distance is 100 metres, the actual time of the skier is used. If the distance is 50 metres, multiply the time of the skier by two, and so on.

- Green – 2 minutes to 1 minute per 100 metres.
- Blue – 59 seconds to 50 seconds per 100 metres.
- Purple – 49 seconds to 40 seconds per 100 metres.
- Red – 39 seconds to 30 seconds per 100 metres.
- Gold – 29 seconds or less per 100 metres.



Beckie Scott

Beckie Scott, from Vermilion, Alberta, started skiing in the Jackrabbit Ski League at the age of six, and at seven she entered her first ski race. Through a rare combination of talent, hard work and determination, she later established herself as one of the world's best cross-country ski competitors. Beckie earned multiple World Cup medals in sprint, individual and relay events, and in 2002 at the Olympic Winter Games in Salt Lake City she became the first Canadian to win an Olympic gold medal in cross-country skiing.