

**red river nordic**  
**ski & biathlon club**



**Biathlon Manitoba**  
combining nordic skiing and marksmanship



**CCSAM**  
Cross Country Ski Association of Manitoba

**Race Notice: The Falcon Combined Jan. 11<sup>th</sup> and 12<sup>th</sup> 2013**  
*A two day competition of Nordic Skiing and Biathlon at Falcon Ridge*

**Day 1: Saturday, January 11<sup>th</sup> 2013**  
**A Tier Two CCC Event : CCSAM Manitoba Cup Race #2**  
**and Biathlon Open House**

**Technique:** Free

**Date:** Saturday, January 11th

**Registration Deadline:** Jan. 9<sup>th</sup> at 9 pm on [Zone4](#)

**Hosts:** Hosted by [Red River Nordic](#) in Falcon Ridge

**Contacts:**

- |                         |               |  |
|-------------------------|---------------|--|
| • Chief of Competition  | Chris Roe     | <a href="mailto:croe@pembinatrails.ca">croe@pembinatrails.ca</a> |
| • Chief of Course       | Jim Kovachik  | <a href="mailto:kovachik@mymts.net">kovachik@mymts.net</a>       |
| • Competition Secretary | Ron Pelletier | <a href="mailto:rpelletier@sjsd.net">rpelletier@sjsd.net</a>     |
| • Technical Delegate    | Mark Teillet  | <a href="mailto:marcteillet@shaw.ca">marcteillet@shaw.ca</a>     |

**Location Day 1 and Day 2: Falcon Ridge Ski and Recreation Area. [Falcon Ridge link here.](#)**

Located on the shore of beautiful Falcon Lake in the Whiteshell Provincial park, Falcon Ridge offers beautiful views of the lake amidst a woodland Boreal Forest setting. Falcon Ridge has over 25 kms of maintained x-country ski trails connecting to the local Trans-Canada trail, and Provincial Park maintained West Hawk ski trail circuit which has endless kilometers of wilderness to explore. There are trails groomed for both classic (track set) and skate skiing.

**Driving Directions: How to get to the Falcon Ridge Ski Area. [Google Map link here.](#)**

Falcon Ridge Ski Hill is located on the south-east end of Falcon Lake in the Whiteshell Provincial Park in Manitoba. To get there, turn off the #1 highway at Falcon Lake, about 7 minutes west of the Manitoba/Ontario border. Once you've turned off the highway, follow the south shore road (past the golf course, the lumber yard and the marina) for about 15 minutes. Falcon Ridge is located right at the end of this road.

Falcon Ridge is about a 90 minute drive east from Winnipeg, and 45 minutes west of Kenora.

**First Aid**

- First Aid will be available on site courtesy of the Canadian Ski Patrol

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**Day 1: Saturday, January 11<sup>th</sup> 2013**  
**Tier 2 CCC event: CCSAM Manitoba Cup Race #2 @11 am**  
**and Biathlon Open House @2:00 pm**

• Fri., January 10 <sup>th</sup> @Midnight	Official Race Lists posted on Zone 4
• Sat., January 11 <sup>th</sup> @9am -10:00 am	Bib pick up in the Falcon Ridge Chalet and all courses open for pre-skiing
• Sat., January 11 <sup>th</sup> @ 10:00 am	Coaches' meeting in the Falcon Ridge Chalet
• Sat., January 11 <sup>th</sup> @11:00 am	Mass Starts (Free Technique) in waves
• Sat., January 11 <sup>th</sup> @1:00 pm	Awards in the Falcon Ridge Chalet
• Sat., January 11 <sup>th</sup> @2:00 pm	Biathlon Open House --- at the Biathlon Range Specifically for newcomers to try shooting. Ages 10 +

**CCSAM Competitive Age Categories**

Your competitive age category is based on how old you are **as of December 31st** in the *current competitive season*. For example, in 2013 – 2014 your age as of December 31, 2013 is your age for the entire 2013 – 2014 competitive season. Our Competition Model makes it possible for young skiers to compete in categories that are a better match for their *development age* if not their chronological age. For example, a Midget aged skier may race as a Juvenile whenever the athlete, their parents and coach together determine that to be the most appropriate competitive category. **Skiers wanting to race in a category other than their competitive age category must notify Ron Pelletier, the competition secretary by e-mail by Jan. 8th at midnight.**

Category	Year of Birth (YOB) Female	Year of Birth (YOB) Male
Atom	2005 – 2007 (6 to 8 years old)	2005 – 2007 (6 to 8 years old)
Pee Wee	2004 (PG1); 2003 (PG2); 2002 (PG3)	2004 (PB1); 2004 (PB2); 2002 (PB3); 2001 (PB4)
Midget	2001 (MG1); 2000 (MG2)	2000 (MB1); 1999 (MB2)
Juvenile	1999 (JVG1); 1998 (JVG2)	1998 (JVB1)
Junior Girl/Boy	1997 (JG1); 1996 (JG2)	1997 (JB1); 1996 (JB2)
Junior Female/Male	1995 (JF1); 1994 (JF2)	1995 (JM1); 1994 (JM2)
Senior	1993 – 1984 (U23: 1993-1991)	1993 – 1984 (U23: 1993-1991)
Master 1	1979 – 1983	1979 – 1983
Master 2	1974 – 1978	1974 – 1978
Master 3	1969 – 1973	1969 – 1973
Master 4	1964 – 1968	1964 – 1968
Master 5	1959 – 1963	1959 – 1963
Master 6	1954 – 1958	1954 – 1958
Master 7	1949 – 1953	1949 – 1953
Master 8	1944 – 1948	1944 – 1948
Master 9	1943 and earlier	1943 and earlier

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**Race Distances:** [Course Maps: linked here.](#)

Sat., Jan. 11 <sup>th</sup> 2013 Free Technique Distances		Mass Start Waves starting @11:00 am at the Falcon Ridge Chalet	
Category	Distance (km)	Mass Start Wave	Course
Pee Wee Boys	2.5	#1	Brown
Pee Wee Girls	2.5	#1	Brown
Midget Boys	5	#1	Brown x 2
Midget Girls	5	#1	Brown x 2
Junior Men	15	#2	Red x 3
Junior Women	15	#2	Red x 3
Senior Men (U23)	15	#2	Red x 3
Senior Women (U23)	15	#2	Red x 3
Masters Men	15	#2	Red x 3
Masters Women	15	#2	Red x 3
Juvenile Boys	5	#3	Red x 1
Juvenile Girls	5	#3	Red x 1
Junior Boys	10	#3	Red x 2
Junior Girls	10	#3	Red x 2

- Distances are subject to change due to conditions.

### Eligibility

All competitors from Juvenile and up must have a valid CCC race license or hold a CCC supporting member (day license) in accordance with CCC Document 2.2.2 – Race License Policy. Day Licenses are to be purchased on the Zone 4 registration page for a fee of \$5.00/day.

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**Day 2: Sunday, January 12<sup>th</sup> 2013  
Biathlon Manitoba Cup Race #3 @11 am**

**Format: Sprint**

**Date:** Sunday, January 12th

**Registration Deadline:** at Jan. 9<sup>th</sup> at 9 pm on [Zone4](#)

**Hosts:** Hosted by Biathlon Manitoba

**Contacts:**

- Chief of Competition      Lin-P'ing Choo-Smith      [choosmith@gmail.com](mailto:choosmith@gmail.com)
- Chief of Course             Jim Kovachik                [kovachik@mymts.net](mailto:kovachik@mymts.net)
- Competition Secretary     Ron Pelletier                [rpelletier@sjsd.net](mailto:rpelletier@sjsd.net)
- Chief of Range                Barry Mitchell               [bgmitchell@shaw.ca](mailto:bgmitchell@shaw.ca)

• Wed., January 8 <sup>th</sup> @Midnight	Registration Deadline on Zone 4
• Fri., January 10 <sup>th</sup> @Midnight	Official Race Lists posted on Zone 4
• Sun., January 12 <sup>th</sup> @9am -10:00 am	Bib pick up in the Falcon Ridge Chalet and all courses open for pre-skiing
• Sun., January 12 <sup>th</sup> @ 10:00 – 10:15 am	Coaches' meeting in the Falcon Ridge Chalet
• Sun., January 12 <sup>th</sup> @10:30 – 11:30	Rifle Zeroing
• Sun, January 12 <sup>th</sup> @ 12 noon	Races begin
• Sun., January 12 <sup>th</sup> @1:00 pm	Awards in the Falcon Ridge Chalet

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**Biathlon Race Distances:** [Course Maps: linked here.](#)

Sunday Jan. 12 <sup>th</sup> (Format)		Starting @12 noon below the Biathlon Range
Category	Distance (km)	Course
Masters Men and Women	7.5 km Sprint	TBA
Senior Boys + Senior Girls (U23)	7.5 Sprint	TBA
Junior Men + Junior Women	7.5 km Sprint	TBA
Juvenile, Junior, Boys + Girls	5 km Sprint	TBA
Midget Boys + Girls	4 km Sprint	TBA
Pee Wee Boys + Girls	3 km Sprint	TBA

- Distances are subject to change due to conditions.

### Eligibility

All competitors must be a member of a Biathlon Canada club or purchase a 'Day Licence' on the Falcon Combined Zone 4 registration page for a fee of \$5.00.

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### Registration Deadline and Entry Fees

Registration is to be completed only through Zone 4 at <http://www.zone4.ca>. The deadline for registration is Jan. 9th at 9 pm. **NO LATE REGISTRATIONS WILL BE ACCEPTED.**

#### Day 1 and Day 2 Entry Fees

*Entry Fees	One Day Registration only	Registering for both Days
Juvenile, Junior, Senior, Masters	\$20	\$30
Pee Wee and Midgets	\$10	\$20

\*Entry fees include healthy snack foods, cool drinks, as well as fruit for athletes and coaches.