



**red river nordic
ski & biathlon club**



Western Canadian Championships & Biathlon Manitoba Provincials

INVITATION

HOST: Red River Nordic Ski & Biathlon Club

LOCATION: Falcon Ridge Ski & Recreation Area, Falcon Lake, Manitoba

DATES: February 26th – February 28th, 2016

REGISTRATION: Register online at zone4.ca

RACE FEE : \$30 per compétition / \$60 for the event

DEADLINE: Thursday, February 18, 2016 – 23:59 CST.

Western Canadian Championships & Manitoba Provincials will be concurrent competitions.



On behalf of Sport Manitoba, it is my pleasure to welcome all athletes, coaches, officials, volunteers, sponsors, organizers, and spectators to the upcoming 2016 Biathlon Western Canadian Championships on February 26-28.

Sport Manitoba is proud to provide support and resources to Biathlon Manitoba. It is our shared goal to ensure this event is a success, and to promote the pursuit of sporting excellence. Interprovincial competition represents an important stage in the long-term development of our athletes. We hope you enjoy the natural Manitoba beauty at Falcon Lake, and also the overall experience this tournament offers as competing with your peers from across the country is a great way to progress in your sport.

Thank you to all the staff and volunteers who will, and have already, dedicated their expertise and resources to organize this event. Your hard work is appreciated. We also recognize the commitment of all the athletes' families who play such an integral role in the success of our athletes and programs. Thank you for supporting your athletes in their sport, and thank you for the time and effort you give throughout the Biathlon season and beyond.

Best wishes to all the athletes and coaches as you prepare for these championships, and good luck with the rest of the Biathlon season.

Sincerely,



Laurel Read
Interim CEO



Welcome to the 2016 Western Canadian Biathlon Championships and Biathlon Manitoba Provincials. The organizing committee and the Falcon Lake community are excited to have you compete at our newly upgraded facility. The range and trails are a result of many volunteer hours, the efforts of skilled labourers and financial contributions from diverse sources such as The National Trails Coalition.

Located on the shore of beautiful Falcon Lake in the Whiteshell Provincial Park, Falcon Ridge Ski Slopes offers beautiful views of the lake amidst a woodland boreal forest setting. There are over 25 kms of maintained x-country ski trails connecting the local Trans-Canada trail, and Provincial Park. There are trails groomed for both classic (track set) and skate skiing.

While official training begins on February 26, you are welcome to arrive earlier and enjoy the trails. Contact the Biathlon Manitoba office (204-925-5687) biathlon@sportmanitoba.ca by Thursday Feb 25th at noon to make arrangements for ski passes and use of the range. To use the range for unofficial training you will be required to identify a PAL-carrying Range Safety Officer to supervise your team while they are using the range. We hope you enjoy your experience.

Lorraine Mitchell, Event Chairperson

COMPETITION COMMITTEE and CONTACT INFORMATION

Please direct any questions regarding this invitation to Ron Pelletier, Competition Secretary, at skinnyskis@me.com or call (204) 612-2617.

The Competition Office Hours:

Friday, February 26th, 12:00 - 17:00 in the Welcome Centre

Saturday, February 27th, 8:00 - 10:00 & 15:00 - 17:00 in the Welcome Centre

Saturday, February 27th, 10:00 - 15:00 in the timing hut (on the range)

Sunday, February 28th, 8:00 - 10:00 & 15:00 - 16:00 in the Welcome Centre

Sunday, February 28th, 10:00 - 15:00 in the timing hut (on the range)

The competition office will also be the site of the Team Captain's Meeting. It is located on the left in the Welcome Centre as you descend towards the parking lot. Look for the sign for Competition office.

COMPETITION COMMITTEE:

Event Chairperson: Lorraine Mitchell (204) 979-1049

Chief of Competition: Ron Pelletier (204) 612-2617

Chief of Course: Jim Kovachik (204) 668-9358

Chief of Range: Steve Broda Milan & Barry Mitchell (204) 998-0665

Chief of Stadium: Heather Burdeniuk

Chief of Timing: Heather Schilling

Chief of Results: Lin-P'ing Choo-Smith

Competition Secretary: Ron Pelletier

Volunteer Coordinator: Jamie Gaiisson (204) 918-5310

Technical Delegate: Carol Henley

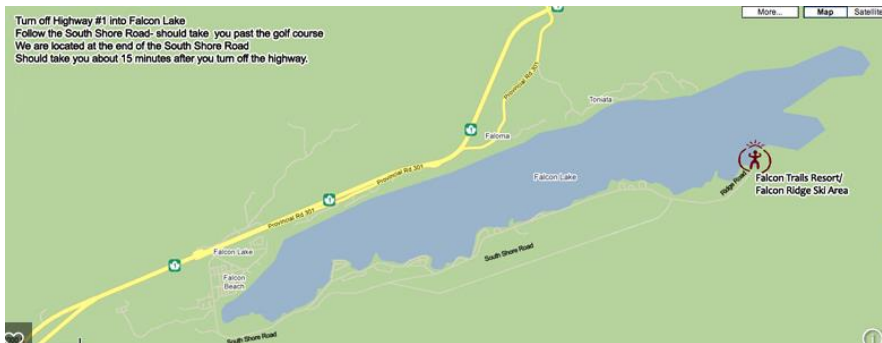
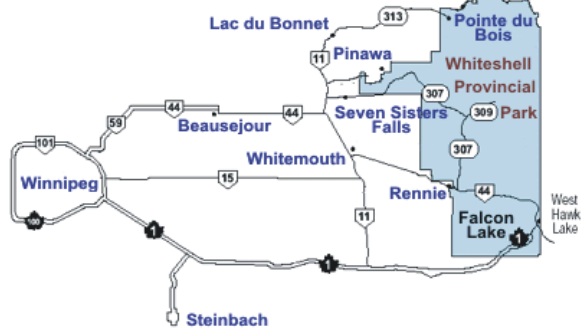
COMPETITION VENUE

[Falcon Ridge Ski Slopes](#), Falcon Lake, Manitoba. (Formerly called Falcon Ridge Ski Area)

Use following [link](#) for map of site:

Our Biathlon facility is situated 500 meters walk from the ski chalet and parking lot. Our range has 20 lanes for use with .22 rifles. We do not have air rifle infrastructure. Our facility has a new athlete warm up building and recently widened trails. Our trail network has over 25 km of trails that surround the downhill ski facility. New ski trails maps and profiles are being uploaded to our [Biathlon Manitoba](#) website.

Directions to the Falcon Ridge Ski Slope facility:



Falcon Ridge Ski Slope is located on the south-east end of Falcon Lake in the Whiteshell Provincial Park in Manitoba. To get there, turn off the Trans Canada Highway at Falcon Lake, about 10 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 at the end of this road.

Falcon Ridge is about a two hour drive east from downtown Winnipeg, MB and one hour west of Kenora, ON.

Rental Cars

For those flying in to Winnipeg, vehicles can be rented at the [James Richardson International Airport](#).

SHOPPING - Prior to leaving Winnipeg

Groceries: As there are limited groceries available in Falcon Lake, we recommend that you pick up the majority of your groceries in a major center. Winnipeg has many grocery chains such as Safeway, Sobeys, and Real Canadian Superstores.

Ski equipment: Winnipeg has many stores that sell ski gear and wax equipment. The two following locations are on the most direct path from the airport to Falcon Lake.

Olympia Ski and Cycle, 1813 Portage Ave, 204-888-4586
Woodcock Cycle, 433 St Mary's Road, 204-253-5896

Shopping Centre- Polo Park Shopping centre is the largest shopping centre in Winnipeg. It is located just east of the Route 90 and Portage Ave intersection. Approx 2 km from the airport.

Please contact Lorraine Mitchell, Competition Chair (204) 979-1049 in the event you need assistance to locate something specific.

SITE INFORMATION

Please note that the Falcon Lake area is a beautiful resort community and most of the services are closed in winter. [MAP of townsite and links to businesses](#). **There are limited restaurant and grocery services available.**

The closest restaurants are either at the Falcon Lake Hotel or in West Hawk Lake (High Point), which is 10 minutes from the Falcon Lake town site. Given the availability of restaurants in the winter, the ski chalet has prepared special meals for our participants should they wish to pre-order. **Upon sufficient request, the chalet will stay open late on Saturday night. Please advise competition secretary if you need to order food from the chalet for Saturday supper.** The ski hill does offer a varied and delicious selection of entrées during the day.

Ski Chalet food info:

Food concessions will be available both Saturday and Sunday at Falcon Ridge Ski Slope chalet. Special breakfasts & lunches are being prepared for pre-order at the ski chalet for the Western Championship attendees and may be pre-purchased through zone4.ca on the same page as the registration for competitions. Food can also be ordered à la carte through the ski lodge restaurant. For more info about Falcon Ridge Ski Slope, please contact Caleigh Christie at (204) 509-3413

Saturday and Sunday Breakfast (\$10 per person per breakfast + tax, pre-order only)

-Breakfast Oatmeal Bar:

Choose your own oatmeal adventure! Including a variety of fruits, nuts, seeds, spices and sweeteners.

-Scrambled eggs + Toast

-Fresh Fruit

-Cereals: a choice of cereals accompanied by dairy and dairy alternatives

-Juice

Saturday Lunch (\$12 per person + tax, pre-order only)

Vegetarian/meat lasagna with salad

-fresh fruit

-sport drink / water

Sunday Lunch (\$12 per person + tax, pre-order only)

Orechiette pasta in a light tomato sauce with broccoli and grilled chicken with salad

-fresh fruit

-sport drink / water

ACCOMMODATION HOTELS/MOTELS

If you are renting a hotel or cabin with kitchen facility and are planning on preparing your own meals, it is strongly recommended that you purchase groceries prior to arriving at Falcon Lake as selection is limited during the non-peak season.

Falcon Trails Resort - 204-349-8273 – This is the only accommodation at the race venue (Modern chalets – hard to beat being right on site in a beautiful setting)

Falcon Beach Ranch 204-349-2410 - 15 minutes from race venue just outside Falcon Lake townsite (Modern private chalets- Home of Megan Imrie, former biathlon national team member)

Keystone Resort 204-349-2250 - 25 minutes from race venue in West Hawk Lake (Motel and Chalets)

West Hawk Lake Resort 204-349-2244 - 25 minutes from race venue in West Hawk Lake (Modern Chalets – 2, 3 and 4 bedroom units)

Kenora, Ontario - 60 minutes away from race venue. Many motels and hotels to choose from.

Groceries in Falcon Lake

Lumber One carries basic food essentials, bread, milk, juice, pop, liquor, potato chips as well as regular lumber store supplies. It is located at the town site on the main road leading to the Biathlon range. (8:00 to 18:00 Mon to Sat, 10:00 to 16:00 Sunday)

Doctors office

Located next door (East) to Lumber One. Shares space with ambulance and volunteer fire dept. (Saturdays 10:00 to 12:00)

EVENT SCHEDULE				
DATE	COMPETITIONS	TRAINING/ ZEROING	MEETINGS/DRAWS	OTHER ACTIVITIES
Friday Feb 26		Official Training 13:00-16:00	Team Captains Meeting Jury Election – 17:00 Welcome Centre (Falcon Ski Slopes Conference Lodge – Look for Sign on left as you are arriving at Falcon Ridge)	
Saturday Feb 27	Individual Competition 11:00 – M, W, JM, JW, YM, YW, SB, SG 14:00 – JB, JG, JUV, Master, DEV	Zeroing – 10:00-10:45 Zeroing – 13:00-13:45	Opening Ceremony – 10:50 Stadium	Medal Ceremony in Stadium after AM classes. Medal Ceremony in Stadium after PM Classes
Sunday Feb 28	Sprint Competition 11:00 – M, W, JM, JW, YM, YW, SB, SG 14:00 – JB, JG, JUV, Master, DEV	Zeroing – 10:00-10:45 Zeroing – 13:00-13:45		Medal Ceremony in Stadium after AM classes. Medal Ceremony in Stadium after PM classes

MEDALS:

Biathlon Canadian Western Championships medals will be awarded to Canadian athletes in the following categories:

Men/Women, Junior M/W, Youth M/W, Senior B/G, Junior B/G, Master's M/W.

Biathlon Manitoba - MB Cup Provincial medals will be awarded to residents of Biathlon Manitoba boundaries in all classes of competition.

RULES:

The event is held in accordance to IBU rules, [Biathlon Canada Hosting Policy 2015 – 2016 Canadian Hosting Policy](#) (Canadian Championships and Eastern and Western Canadian Championships), dated 10 Nov 2015; revised 23 Dec, 2015.

CANCELLATION POLICY:

A 50% refund of Registration Fees will be provided up to three days prior to the event, if it is cancelled due to severe weather. No refund of Registration Fees will be provided if the event is cancelled from February 24-28, 2016, due to severe weather or force majeure.

ELIGIBILITY TO PARTICIPATE:

If correctly registered and entered by their Canadian Division or USBA Region, any member of USBA or Biathlon Canada in good standing may participate in the event if they have a valid USBA or Biathlon Canada Competitor membership.

DAY MEMBERSHIPS:

1) A day membership is required for each single day of a biathlon related activity. For example, if you are participating in a two-day event, and you don't have an annual membership, you will be required to purchase two one-day memberships.

2) An athlete who is participating with a Day Membership at a MB Cup may only enter the Developmental Class.

FIRST AID

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

One of our volunteers is an ER doctor and will be on site during the event.

The doctor's office is open on weekends in Falcon Lake.

The nearest hospitals are in Kenora, Ontario (1 hour) or Ste Anne, Manitoba (1 hour and 10 minutes)

SENIOR BOYS/GIRLS INTENDING TO COMPETE AS A YOUTH:

A sixteen year old Senior Boy or Senior Girl can elect to compete as Youth Men/Youth Women on a competition-by-competition basis, simply by informing the organizer at time of Entry. We also ask that athletes review new rules for the Non-carry procedure in [Annex a-3](#) of the Canadian Hosting Policy

WAXING:

Wax facilities will be available on site (heated wax hut, wax tent and outdoor power outlets).

CLASSES OF COMPETITION:

The following classes of competition will be offered, subject to demand.

Category Age (as of 31 Dec 2015)	Fee Per race	Distance for Sprint	Sprint Course	Distance for Individual	Individual Course
Men 21 +	\$30	10.0 km	3 X 3.3 km -PS 150 PL	20 km	5 X 4 km PSPS 60 sec
Women 21 +	\$30	7.5 km	3 X 2.5 km -PS 150 PL	15 km	5 X 3 km PSPS 60 sec
Junior Men 19-20	\$30	10 km	3 X 3.3 km - PS 150 PL	15 km	5 X 3 km PSPS 60 sec
Junior Women 19-20	\$30	7.5 km	3 X 2.5 km -PS 150 PL	12.5 km	5 X 2.5 km PSPS 60 sec
Youth Men 17-18	\$30	7.5 km	3 X 2.5 km -PS 150 PL	12.5 km	5 X 2.5 km PSPS 45 sec
Youth Women 17-18	\$30	6.0 km	3 X 2.0 km - PS 150 PL	10 km	5 X 2 km PSPS 45 sec
Senior Boys 15-16	\$30	6.0 km	3 X 2.0 km - PS 150 PL	7.5 km	5 X 1.5 km PSPS 45 sec
Senior Girls 15-16	\$30	6.0 km	3 X 2.0 km - PS 150 PL	7.5 km	5 X 1.5 km PSPS 45 sec
Junior Boys 13-14	\$30	4.5 km	3 X 1.5 km - PP 100m PL	6 km	4 X 1.5 km PPP 45 sec
Junior Girls 13-14	\$30	4.5 km	3 X 1.5 km - PP 100m PL	6 km	4 X 1.5 km PPP 45 sec
Juvenile B/G 11-12 (Standing targets with rest)	\$30	3.75 km	3 X 1.25 km -PP 100m PL	5 km	4 X 1.25 km PPP 45 sec
Master's Men 35 +	\$30	6.0 km	3 X 2.0 km -PS 150m PL	10 km	5 X 2 km PSPS 45 sec
Master's Women 35+	\$30	6.0 km	3 X 2.0 km -PS 150m PL	7.5 km	5 X 1.5 km PSPS 45 sec
Dev Men 19+	\$30	6.0 km	3 X 2.0 km - PP 100m PL	7.5 km	5 X 1.5 km PPPP 45 sec
Dev Women 19+	\$30	6.0 km	3 X 2.0 km - PP 100m PL	6 km	5 X 1.2 km PPPP 45 sec
Dev Youth Boys(15-18)	\$30	6.0 km	3 X 2.0 km - PP 100m PL	7.5 km	5 X 1.5 km PPPP 45 sec
Dev Youth Girls (15-18)	\$30	4.5 km	3 X 1.5 km - PP 100m PL	7.5 km	5 X 1.5 km PPPP 45 sec
Dev Boys (11 – 14)	\$30	3.75 km	3 X 1.25 km -PP 100m PL	5 km	4 X 1.25 km PPP 45 sec
Dev Girls (11-14)	\$30	3.75 km	3 X 1.25 km -PP 100m PL	5 km	4 X 1.25 km PPP 45 sec

Developmental (DEV) Categories :

Developmental categories are aimed at athletes who are new to the sport. In this category, rifles are placed on the mat for the athlete. They shoot on standing targets but only from the prone position. Dev athletes are permitted to use a rest.

Dev. Athletes must have competed in at least one biathlon competition this year in order to compete in this event.

Many thanks to our many sponsors.