



Biathlon Manitoba



Manitoba Cup 3

SPRINT Race **NON CWG**

RELAY Race **CWG**

January 12, 2019

Falcon Lake Ski Area

Registration:

ONLINE ONLY, Zone4: <https://zone4.ca/register.asp?id=20092>

Registration closes Wednesday, January 9, 2019@ 10:00pm Central Time

LATE/ON-SITE REGISTRATION NOT AVAILABLE

Questions? Please contact Joel Malkoske (kdmalkoske@gmail.com) or Tom Naylor (naylors.winnipeg@gmail.com)

SPRINT / RELAY RACE

- Format: **SPRINT (NON CWG) AND RELAY (CWG)** ; see table for race distances.
 - two shooting bouts, missed targets elicit a **penalty loop**
 - shorter course, biggest targets & rifle rest for developmental (Dev) athletes
 - youth and adult/masters categories
 - interval starts
- Technique: skate
- Bib handout: **11:00am - 11:45am**
- Coaches & Athletes pre-race meeting: **11:15am - 11:30am**
- Rifle Zeroing: **12:00pm - 12:45pm** (ammunition provided for Dev athletes); Range closes: **12:45pm**
- Course open for pre-ski: **~12:00pm** (Athletes are not permitted on the course until Chief of Course has officially announced that the course is open for pre-ski.)
- Races begin: **1:00pm**
- Cost: **\$25.00/athlete (Includes \$5 range improvement fee)**

Directions to Falcon Lake Ski Area

Once you turn off the #1 Highway into Falcon Lake, take the South Shore Road along the south side of the lake (past the golf course and the lumber yard). We are located right at the end of the road, about a 15 minute drive from the highway. <https://www.google.ca/maps/place/Falcon+Ridge+Ski+Slopes/@49.7037737,-95.1925701,17z/data=!3m1!4b1!4m2!3m1!1s0x52be32da76a13aa3:0xe3cd7688541abc56>

NON CWG

SPRINT RACE

	Ages (Dec 31)	Distance (km)	Shooting	Trails	Penalty	Shooting Notes
Masters Men	35+	6	PS	Red, Blue, Pink	long 150m	IBU
Masters Women	35+	6	PS	Red, Blue, Pink	long 150m	IBU
Men	21-34	10	PS	Green, Green, Green	long 150m	IBU
Women	21-34	7.5	PS	Red, Red, Red	long 150m	IBU
Dev Men	19+	6	PP	Red, Blue, Pink	long 150m	Prone on standing targets with rest; coach shuttle
Dev Women	19+	6	PP	Red, Blue, Pink	long 150m	Prone on standing targets with rest; coach shuttle
Junior Men	19-20	10	PS	Green, Green, Green	long 150m	IBU
Junior Women	19-20	7.5	PS	Green, Red, Pink	long 150m	IBU
Cadets Youth Men	17-18	7.5	PS	Green, Red, Pink	long 150m	Rifle on Mat. Single Load
Cadets Youth Women	17-18	6	PS	Orange, Pink, Pink	long 150m	Rifle on Mat. Single Load
Senior Boys	15-16	6	PS	Orange, Pink, Pink	long 150m	Range procedure for Senior; range shuttle
Senior Girls	15-16	6	PS	Orange, Pink, Pink	long 150m	Range procedure for Senior; range shuttle
Cadets Senior Boys	15-16	6	PS	Orange, Pink, Pink	long 150m	Rifle on Mat. Single Load
Cadets Senior Girls	15-16	6	PS	Orange, Pink, Pink	long 150m	Rifle on Mat. Single Load
Dev Youth Boys & Girls	15-18	6	PP	Orange, Pink, Pink	long 150m	Prone on standing targets with rest; coach shuttle
Junior Boys	13-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Prone targets with sling; coach shuttle
Junior Girls	13-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Prone targets with sling; coach shuttle
Cadets Junior Boys	12-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Rifle on Mat. Single Load
Cadets Junior Girls	12-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Rifle on Mat. Single Load
Juvenile Boys	11-12	3.75	PP	Yellow, Yellow, Yellow	short 100m	Prone targets with rest; coach shuttle
Juvenile Girls	11-12	3.75	PP	Yellow, Yellow, Yellow	short 100m	Prone targets with rest; coach shuttle
Dev Boys & Girls	11-14	3.75	PP	Yellow, Yellow, Yellow	short 100m	Prone on standing targets with rest; coach shuttle

CWG RELAY RACE

	Ages (Dec 31)	Distance (km)	Shooting	Penalty	Shooting Notes
Youth Men & Women (CWG)	15-18	3 x 6 km	PS	long 150m	3 laps/team member 3 spare rounds/bout

Please Note:

- Athletes without their own rifle (Dev athletes) can borrow one for race day for **\$10.00** extra per day. Ammunition is provided for Dev athletes.
- Mandatory Non Biathlon Canada Members Insurance Fee: **\$5.00**/athlete/race day
- Competitors carrying a rifle during competition **MUST** present a valid Canadian Firearms Licence (PAL), at bib pick up.
- Awards for top 3 per category per event.

Additional Important Information:

- Volunteers are the heart of any successful event. Please contact **Joel Malkoske** if you wish to volunteer. Or speak to them on race day to help out.
- Fees are non-refundable except in the event of cancellation by Race Organizers.
- The Race Jury may modify the race start time, format, course and/or distances due to snow/weather conditions.
- Competitors are responsible for skiing trails and # of loops correctly.
- Competitors are responsible for shooting targets in the correct lane and position, i.e. prone or standing.