



Biathlon Manitoba



Manitoba Cup #7

SINGLE MIXED RELAY Race

Saturday March 9, 2019

Falcon Lake Ski Area

Registration:

ONLINE ONLY, Zone4: [INSERT ZONE4 LINK HERE](#)

Registration closes Wednesday March 6, 2019 @ 10:00pm Central Time

LATE/ON-SITE REGISTRATION NOT AVAILABLE

Questions? Please contact Tom Naylor (naylors.winnipeg@gmail.com)

SINGLE MIXED RELAY RACE

- Format: **SINGLE MIXED RELAY**; see table for race distances.
 - Relay teams of two. Teams to be decided after registration closes.
 - 4 shooting bouts per team member; team member #1 skis 4 loops, team member #2 skis 5 loops.
 - 3 spare rounds per shooting bout; missed targets elicit a **penalty loop**
 - shorter course, biggest targets & rifle rest for developmental (Dev) athletes
 - youth and adult/masters categories
 - mass start
- 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 a \$5.00 range improvement fee)**

Single Mixed Relay Race Format

Team Member #1	Team Member #2
START	
Ski lap #1	
Shoot Prone	
Ski penalty* + lap #2	
Shoot Standing	
Ski penalty*	
Relay exchange	START
	Ski lap #1
	Shoot Prone
	Ski penalty* + lap #2
	Shoot Standing
	Ski penalty*
Relay exchange	Relay exchange
Ski lap #1	
Shoot Prone	
Ski penalty* + lap #2	
Shoot Standing	
Ski penalty*	
Relay exchange	Relay exchange
	Ski lap #1
	Shoot Prone
	Ski penalty* + lap #2
	Shoot Standing
	Ski penalty* + lap #1
	FINISH
* as required	

	Ages (Dec 31)	Distance (km)	Shooting	Trails	Penalty	Shooting Notes
Masters Men & Women	35+		PSPS		100m	IBU
Men & Women	21-34	6 km (Racer #1) + 7.5 km (Racer #2)	PSPS	Lap #1 = Pink Lap #2 = Pink	100m	IBU
Dev Men & Women	19+		PSPS		100m	Prone on standing targets with rest; coach shuttle
Junior Men & Women	19-20		PSPS		100m	IBU
Youth Men & Women (CWG)	17-18		PSPS		100m	IBU
Senior Boys & Girls	15-16				PSPS	
Dev Youth Boys & Girls	15-18	4 km (Racer #1) + 5 km (Racer #2)	PSPS	Lap #1 = Yellow Lap #2 = Purple	100m	Prone on standing targets with rest; coach shuttle
Junior Boys & Girls	13-14		PSPS		100m	Prone targets with sling; coach shuttle
Juvenile Boys & Girls	11-12		PSPS		100m	Prone targets with rest; coach shuttle
Dev Boys & Girls	11-14		PSPS		100m	Prone on standing targets with rest; coach shuttle

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 Tom Naylor at naylors.winnipeg@gmail.com if you wish to volunteer. Or speak to any other volunteers 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.

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!>