



Biathlon Manitoba



Manitoba Cup #6 & #7 (UPDATED) Cadet Provincials & Biathlon Manitoba Provincial Championships SPRINT & RELAY Races February 8-9, 2020 Falcon Lake Ski Area

Registration:

Zone4: <https://zone4.ca/register.asp?id=23299&lan=1&cartlevel=1>

Registration closes **Wednesday February 5 @ 9:00pm Central Time**

Note: Cadets DO NOT register online. Cadet racer list will be uploaded by the zone4 timing team.

LATE/ON-SITE REGISTRATION NOT AVAILABLE

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

Saturday Feb 8 - SPRINT RACE (Cadets & BAM)

- Format: **SPRINT** ; 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: 9:30am – 10:30am
- Coaches & Athletes pre-race meeting: 10:00am -10:15am
- Rifle Zeroing: 11:00am – 11:45am (ammunition provided for Dev athletes); Range closes: 11:45am
- Course open for pre-ski: ~10:30am (Athletes are not permitted on the course until Chief of Course has officially announced that the course is open for pre-ski.)
- Races begin: 12:00pm,
- Cost: \$25.00/athlete (includes a \$5.00 range improvement fee)

Sunday February 9 – Relay (Cadets)

- Format: **TEAM RELAY**;
 - teams of two, each racer skis 3 loops x 1.5 km = 4.5 km
 - two prone shooting bouts,
 - missed targets elicit a **penalty loop**
 - mass start
- Technique: skate
- Bib handout: 9:30am – 10:30am
- Coaches & Athletes pre-race meeting: 10:00am -10:15am
- Rifle Zeroing: 11:00am – 11:45am (ammunition provided for Dev athletes); Range closes: 11:45am
- Course open for pre-ski: ~10:30am (Athletes are not permitted on the course until Chief of Course has officially announced that the course is open for pre-ski.)
- Races begin: 12:00pm,

Sunday February 9 – MASS START (BAM)

- Format: **MASS START**; see table for race distances.
 - three or four shooting bouts, missed targets elicit a **penalty loop**
 - shorter course, biggest targets & rifle rest for developmental (Dev) athletes
 - youth and adult/masters categories
 - mass start; start position determined from results of Saturday's sprint race
 - Technique: skate
- Bib handout: 9:30am – 10:30am
- Coaches & Athletes pre-race meeting: 10:00am – 10:15am
- Rifle Zeroing: 11:00am – 11:45am (ammunition provided for Dev athletes); Range closes: 11:45am
- Course open for pre-ski: ~10:30am (Athletes are not permitted on the course until Chief of Course has officially announced that the course is open for pre-ski.)
- Races begin: 12:00pm
- Cost: \$25.00/athlete (includes \$5.00 range improvement fee)

Sprint

	Ages (Dec 31)	Distance Km	Shooting	Ski loops	Penalty	Shooting Notes
Masters Men / Women	35+	6	PS	Blue	100 m	IBU
Masters Men / Women	50+	6	PS	Blue	100m	IBU
Men	21-34	10	PS	Green	150 m	IBU
Women	21-34	7.5	PS	Red	150 m	IBU
Dev Men / Women	19+	6	PP	Blue	150 m	Prone on standing targets with rest; coach shuttle
Junior Men	19-20	10	PS	Green	150 m	IBU
Junior Women	19-20	7.5	PS	Green, Red, Pink	150 m	IBU
Youth Men / CWG	17-18	7.5	PS	Green, Red, Pink	150 m	IBU
Youth Women /CWG	17-18	6	PS	Orange, Pink, Pink	150 m	IBU
Cadets Youth Men	17-18	7.5	PS	Green, Red, Pink	150 m	Rifle on Mat. Single Load
Cadets Youth Women	17-18	6	PS	Orange, Pink, Pink	150 m	Rifle on Mat. Single Load
Senior Boys / Girls	15-16	6	PS	Orange, Pink, Pink	100 m	Range procedure for Senior; range shuttle
Cadets Senior Boys/Girls	15-16	6	PS	Orange, Pink, Pink	100 m	Rifle on Mat. Single Load
Dev. Youth Boys & Girls	15-18	6	PP	Orange, Pink, Pink	100 m	Prone on standing targets with rest; coach shuttle
Junior Boys / Girls	13-14	4.5	PP	Blue, Yellow, Yellow	100m	Prone targets with sling; coach shuttle
Cadets Junior Boys / Girl	12-14	4.5	PP	Blue, Yellow, Yellow	100m	Rifle on Mat. Single Load
Juvenile Boys / Girls	11-12	3.75	PP	Yellow	100m	Prone targets with rest; coach shuttle
Dev Boys & Girls	11-14	3.75	PP	Yellow	100m	Prone on standing targets with rest; coach shuttle

Trails may be adjusted to suit snow conditions

Mass Start

	AGES (Dec 31)	Distance	Shooting	Trails	Penalty	Shooting Notes
Masters Men/Women	35+	7.5K	PPSS	Pink	100m	IBU
Masters Men/Women	50+	7.5K	PPSS	Pink	100m	IBU
Men	21-34	15K	PPSS	Orange	150m	IBU
Women	21-34	12.5K	PPSS	Red	150m	IBU
Dev Men/Women	19+	7.5K	PPPP	Pink	100m	Prone on standing targets with rest /Coach Shuttle
Junior Men	19-20	12.5K	PPSS	Red	150m	IBU
Junior Women	19-20	10K	PPSS	Blue	150m	IBU
Youth Men	17-18	10K	PPSS	Blue	150m	IBU
Youth Women	17-18	7.5K	PPSS	Pink	150m	IBU
Cadet Youth Men	17-18	10 K	PPSS	Blue	150m	Rifle on Mat. Single Load
Cadet Youth Women	17-18	7.5 K	PPSS	Pink	150m	Rifle on Mat. Single Load
Senior Boys/Girls	15-16	7.5K	PPSS	Pink	100m	Range procedure for Senior/range shuttle
Cadet Senior Boys/Girls	15-16	7.5 K	PPSS	Pink	100m	Rifle on Mat. Single Load
Dev Youth Boys & Girls	15-18	7.5K	PPPP	Pink	100m	Prone on standing targets with rest /Coach Shuttle
Junior Boys/Girls	13-14	5K	PPP	Yellow	100m	Prone targets with sling / Coach Shuttle
Cadet Junior Boys/Girls	12-14	5K	PPP	Brown, Pink, Pink, Pink	100m	Rifle on Mat. Single Load
Juvenile Boys/Girls	11-12	4K	PPP	Yellow, Y, Purple, Pur	100m	Prone targets with rest / Coach Shuttle
Dev Boys & Girls	11-14	4K	PPP	Yellow, Y, Purple, Pur	100m	Prone on standing targets with rest /Coach Shuttle

Other categories may be organized for registrants who require different formats in the range

Trails may be adjusted to suit snow conditions

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>

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) or Joel Malkoske (joel.malkoske@lafargeholcim.com) if you wish to help out, or speak to any of the other volunteers on race day.
- 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.