



Sport
MANITOBA

Biathlon Manitoba



MB Cup #1 & #2

Modified Sprint & Sprint Races
Sat. Dec. 14 & Sun. Dec. 15, 2013
Falcon Ridge Ski Resort

Registration:

ONLINE ONLY, Zone4: <https://zone4.ca/onlinereg.asp?id=6120>

Registration closes **Wed. December 11 2013, 11:59 p.m., 23:59h**

LATE/ON-SITE REGISTRATION NOT AVAILABLE

Questions? Please contact Lin-P'ing Choo-Smith (choosmith@gmail.com) or Sue Davidson (peas4@mymts.net).

Manitoba Cup #1 - MODIFIED SPRINT - Sat. Dec. 14th, 2013

- Format: **MODIFIED SPRINT**; see table for race distances and details
 - two shooting bouts, missed targets elicit a **time penalty** (40 s or 60 s)
 - shorter course, biggest targets & rifle rest for developmental (Dev.) athletes
 - youth and adult/masters categories
- Technique: skate
- Bib handout: 9:30 a.m.
- Range open for zeroing: 10:30 a.m. (ammunition provided)
- Course open for pre-ski: 11:00 a.m.
- Races begin: 12:00 p.m.
- Cost: \$20.00/athlete

Manitoba Cup #2 - SPRINT - Sun. Dec. 15th, 2013

- Format: **SPRINT**; see table for race distances and details
 - two shooting bouts, missed targets elicit a **penalty loop** (100 m short loop or 150 m long loop)
 - shorter course, biggest targets & rifle rest for developmental (Dev.) athletes
 - youth and adult/masters categories
- Technique: skate
- Bib handout: 9:30 a.m.
- Range open for zeroing: 10:30 a.m. (ammunition provided)
- Course open for pre-ski: 11:00 a.m.
- Races begin: 12:00 p.m.
- Cost: \$20.00/athlete

Please Note:

- There is a charge of \$5.00 per race day if borrowing a rifle.
- Non Biathlon Canada members insurance fee: \$5.00 per race day for non-members.
- **Competitors carrying a rifle during competition MUST present a valid Canadian Firearms Licence (PAL), at bib pick up.**
- Prizes for top 3 per category per event.

	AGE (as of Dec. 31, 2013)	SKI DISTANCE	SHOOTING SEQUENCE	MODIFIED SPRINT PENALTY	SPRINT PENALTY	SHOOTING NOTES
Masters Men	30+	6k	PS	60 s	long 150m	IBU shooting rules
Masters Women	30+	6k	PS	60 s	long 150m	IBU shooting rules
Dev. Masters Men	30+	6k	PP	60 s	long 150m	shoot prone from rest on large (standing) targets; coach shuttle
Dev. Masters Women	30+	6k	PP	60 s	long 150m	shoot prone from rest on large (standing) targets; coach shuttle
Junior Men (CWG)	19+	10k	PS	60 s	long 150m	IBU shooting rules
Junior Women (CWG)	19+	7.5k	PS	60 s	long 150m	IBU shooting rules
Dev. Junior Men	19+	7.5k	PP	60 s	long 150m	shoot prone from rest on large (standing) targets; coach shuttle
Dev. Junior Women	19+	6k	PP	60 s	long 150m	shoot prone from rest on large (standing) targets; coach shuttle
Youth Men	17/18	7.5k	PS	60 s	long 150m	IBU shooting rules
Youth Women	17/18	6k	PS	60 s	long 150m	IBU shooting rules
Dev. Youth Men	17/18	6k	PP	60 s	long 150m	shoot prone from rest on large (standing) targets; coach shuttle
Dev. Youth Women	17/18	5K	PP	60 s	long 150m	shoot prone from rest on large (standing) targets; coach shuttle
Senior Boys	15/16	6k	PS	60 s	long 150m	IBU range procedure
Senior Girls	15/16	6k	PS	60 s	long 150m	IBU range procedure
Dev. Senior Boys & Girls	15/16	5k	PP	60 s	long 150m	shoot prone from rest on large (standing) targets; coach shuttle
Junior Boys	13/14	4k	PP	40 s	short 100m	shoot prone from sling on small (prone) targets; coach shuttle
Junior Girls	13/14	4k	PP	40 s	short 100m	shoot prone from sling on small (prone) targets; coach shuttle
Dev. Junior Boys & Girls	13/14	4k	PP	40 s	short 100m	shoot prone from rest on large (standing) targets; coach shuttle
Juvenile Boys	11/12	3k	PP	40 s	short 100m	shoot prone from rest on small (prone) targets; coach shuttle
Juvenile Girls	11/12	3k	PP	40 s	short 100m	shoot prone from rest on small (prone) targets; coach shuttle
Dev. Juvenile Boys & Girls	11/12	3k	PP	40 s	short 100m	shoot prone from rest on large (standing) targets; coach shuttle
Boys & Girls	9/10	2.5k	PP	40 s	short 100m	shoot prone from rest on large (standing) targets; coach shuttle

****NOTE:** Race Formats, Courses and Distances are subject to change due to snow and weather conditions.

Additional Important Information:

- Volunteers are the heart of any successful event. Please contact Lin-P'ing Choo-Smith or Sue Davidson if you wish to volunteer. Or speak to us on race day to help out.
- Fees are non-refundable except in the event of cancellation by Race Organizers.
- Athletes without their own rifle can borrow one for each race day for \$5.00. Ammunition is provided.
- The Race Jury may modify the race start time, format, course and/or distances.
- 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.
- There is a small wax room available.
- Food & drink are available for purchase in the Falcon Ridge Chalet.
- Skis not permitted in Falcon Ridge Chalet. Ski Chalet tables are not to be used for storage of personal items.

Directions:

Falcon Lake is located 120 km east of Winnipeg, just off the Trans Canada Highway, in the Whiteshell Provincial Park. Take the Falcon Lake turn off from the Trans Canada and drive straight through the Park Gate. Follow the South Shore Road which branches off to the right and goes past the golf course. Follow South Shore Road for 12km and look for the Welcome Centre on your left (north side of the road). Drive thirty more seconds and you've arrived at the Falcon Ridge Ski Resort!

View in Google Maps: <http://maps.google.com/maps?q=to%20100%20Falcon%20Ridge%20Road%20Falcon%20Lake%20Manitoba%20R0E%20N0>

Hope to see you at our first races of the season!!!