



# Biathlon Manitoba



## Manitoba Cup #3

### Sprint Race

Saturday January 9<sup>th</sup>, 2016

Falcon Lake Ski Area

#### Registration:

ONLINE ONLY, Zone4: <https://zone4.ca/reg.asp?id=11237&lan=1&cartlevel=1>

Registration closes **Thursday January 7th, 2016@ 18:00h**

**LATE/ON-SITE REGISTRATION NOT AVAILABLE**

Questions? Please contact Sue Davidson at [peas4@mymts.net](mailto:peas4@mymts.net).

### SPRINT RACE

- Format: **SPRINT**; see table for race distances. Loop details will be available on race day.
  - two shooting bouts, missed targets elicit a **penalty loop**
  - shorter course, biggest targets & rifle rest for developmental (Dev) athletes
  - youth and adult/masters categories
- Technique: skate
- Bib handout: 10:00 – 10:45
- Rifle Zeroing: 10:45 – 11:45 (ammunition provided); Range closes: 11:45
- Course open for pre-ski: ~10:45 (Athletes are not permitted on the course until Chief of Course has officially announced that the course is open for pre-ski.)
- Races begin: 12:00
- Cost: \$20.00/athlete

#### 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>

<b>Sprint</b>					
	<b>Ages (Dec 31)</b>	<b>Distance</b>	<b>Shooting</b>	<b>Penalty</b>	<b>Shooting Notes</b>
<b>Masters Men</b>	<b>35+</b>	6k	PS	long 150m	IBU
<b>Masters Women</b>	<b>35+</b>	6k	PS	long 150m	IBU
<b>Men</b>	<b>21-34</b>	10k	PS	long 150m	IBU
<b>Women</b>	<b>21-34</b>	7.5k	PS	long 150m	IBU
<b>Dev Men</b>	<b>19+</b>	6k	PP	long 150m	Prone on standing targets with rest / Coach Shuttle
<b>Dev Women</b>	<b>19+</b>	6k	PP	long 150m	Prone on standing targets with rest / Coach Shuttle
<b>Junior Men (CWG)</b>	<b>19-20</b>	10k	PS	long 150m	IBU
<b>Junior Women (CWG)</b>	<b>19-20</b>	7.5k	PS	long 150m	IBU
<b>Youth Men</b>	<b>17-18</b>	7.5k	PS	long 150m	IBU
<b>Youth Women</b>	<b>17-18</b>	6k	PS	long 150m	IBU
<b>Senior Boys</b>	<b>15-16</b>	6k	PS	long 150m	Range procedure for Senior / range shuttle
<b>Senior Girls</b>	<b>15-16</b>	6k	PS	long 150m	Range procedure for Senior / range shuttle
<b>Dev. Senior Boys &amp; Girls</b>	<b>15-18</b>	5k	PP	long 150m	Prone on standing targets with rest / Coach Shuttle
<b>Junior Boys</b>	<b>13-14</b>	4k	PP	short 100m	Prone targets with sling / Coach Shuttle
<b>Junior Girls</b>	<b>13-14</b>	4k	PP	short 100m	Prone targets with sling / Coach Shuttle
<b>Dev Junior Boys &amp; Girls</b>	<b>13-14</b>	4k	PP	short 100m	Prone on standing targets with rest / Coach Shuttle
<b>Juvenile Boys</b>	<b>11-12</b>	3k	PP	short 100m	Prone targets with rest / Coach Shuttle
<b>Juvenile Girls</b>	<b>11-12</b>	3k	PP	short 100m	Prone targets with rest / Coach Shuttle
<b>Dev Juvenile Boys &amp; Girls</b>	<b>11-12</b>	3k	PP	short 100m	Prone on standing targets with rest / Coach Shuttle
<b>Other categories may be organized for registrants who require different formats in the range</b>					
<b>Trails may be adjusted to suit snow conditions</b>					

**Please Note:**

- Athletes without their own rifle can borrow one for race day for \$5.00 extra per day. Ammunition is provided.
- 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 Sue Davidson if you wish to volunteer. Or speak to her 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.