

Individual race	Ages <small>(by Dec 31)</small>	Distance (km)	Shooting	Trails	Penalty	Shooting Notes
Masters Men	35+	10	PSPS	Orange, Orange, Pink, Pink, Pink	60 sec.	IBU
Masters Women	35+	7,5	PSPS	Pink	60 sec.	IBU
Men	21-34	20	PSPS	(Purple+Green) x 5	60 sec.	IBU
Women	21-34	15	PSPS	Orange	60 sec.	IBU
Dev Men	19+	7,5	PPPP	Pink	60 sec.	Prone on standing targets with rest; coach shuttle
Dev Women	19+	6	PPPP	Yellow	60 sec.	Prone on standing targets with rest; coach shuttle
Junior Men	19-20	15	PSPS	Orange	60 sec.	IBU
Junior Women	19-20	12,5	PSPS	Red	60 sec.	IBU
Youth Men / CWG	17-18	12,5	PSPS	Red	45 sec.	IBU
Youth Women / CWG	17-18	10	PSPS	Red, Red, Red, Pink, Pink	45 sec.	IBU
Cadets Youth Men	17-18	12,5	PSPS	Red	60 sec.	Rifle on Mat. Single Load
Cadets Youth Women	17-18	10	PSPS	Red, Red, Red, Pink, Pink	60 sec.	Rifle on Mat. Single Load
Senior Boys	15-16	7,5	PSPS	Pink	45 sec.	Range procedure for Senior; range shuttle
Senior Girls	15-16	7,5	PSPS	Pink	45 sec.	Range procedure for Senior; range shuttle
Cadets Senior Boys	15-16	7,5	PSPS	Pink	60 sec.	Rifle on Mat. Single Load
Cadets Senior Girls	15-16	7,5	PSPS	Pink	60 sec.	Rifle on Mat. Single Load
Dev Youth Boys & Girls	15-18	7,5	PPPP	Pink	45 sec.	Prone on standing targets with rest; coach shuttle
Junior Boys	13-14	6	PPP	Blue, Yellow, Yellow, Yellow	45 sec.	Prone targets with sling; coach shuttle
Junior Girls	13-14	6	PPP	Blue, Yellow, Yellow, Yellow	45 sec.	Prone targets with sling; coach shuttle
Cadets Junior Boys	12-14	6	PPP	Blue, Yellow, Yellow, Yellow	40 sec.	Rifle on Mat. Single Load
Cadets Junior Girls	12-14	6	PPP	Blue, Yellow, Yellow, Yellow	40 sec.	Rifle on Mat. Single Load
Juvenile Boys	11-12	5	PPP	Yellow	45 sec.	Prone targets with rest; coach shuttle
Juvenile Girls	11-12	5	PPP	Yellow	45 sec.	Prone targets with rest; coach shuttle
Dev Boys & Girls	11-14	5	PPP	Yellow	45 sec.	Prone on standing targets with rest; coach shuttle

Trails may be adjusted to suit snow conditions