



Biathlon Manitoba



Manitoba Cup #5 & #6

Cadet Provincials & Biathlon Manitoba Provincial Championships

SPRINT, MASS START & RELAY Races

February 2-3, 2019

Falcon Lake Ski Area

Registration (BAM only):

ONLINE (BAM ONLY), Zone4: <https://zone4.ca/register.asp?id=20277>

Registration closes **Wednesday January 30 @ 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) or Joel Malkoske (joel.malkoske@lafargeholcim.com)

Saturday Feb 2 - 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: **9:45-10:00am (cadet), 10:00-10:15 (BAM)**
- Rifle Zeroing: **10:30am - 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: wave 1 - **12:00pm**, wave 2 - **12:45pm**
- Cost: **\$25.00/athlete (includes a \$5.00 range improvement fee)**

Sunday February 3 -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; start position determined from results of Saturday's sprint race
- Technique: skate
- Bib handout: 9:15am - 9:45am
- Coaches & Athletes pre-race meeting: 9:15am - 9:30am
- Rifle Zeroing: 10:00am - 11:15am; Range closes: 11:15am
- Course open for pre-ski: ~10:00am (Athletes are not permitted on the course until Chief of Course has officially announced that the course is open for pre-ski.)
- Races begin: wave 1 - 11:30am, wave 2 - 12:30pm

Sunday February 3 - 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: 9:15am - 9:45am
- Coaches & Athletes pre-race meeting: 9:30am - 9:45am
- Rifle Zeroing: 10:00am - 11:15am (ammunition provided for Dev athletes); Range closes: 11:15am
- Course open for pre-ski: ~10:00am (Athletes are not permitted on the course until Chief of Course has officially announced that the course is open for pre-ski.)
- Races begin: wave 1 - 11:30am, wave 2 - 12:30pm
- Cost: \$25.00/athlete (includes \$5.00 range improvement fee)

SPRINT RACE						
	Ages (Dec 31)	Distance (km)	Shooting	Trails	Penalty	Shooting Notes
Masters Men	35+	6	PS	Red, Blue, Pink	long 150m	IBU
Masters Women	35+	6	PS	Red, Blue, Pink	long 150m	IBU
Men	22-34	10	PS	Green, Green, Green	long 150m	IBU
Women	22-34	7.5	PS	Red, Red, Red	long 150m	IBU
Dev Men	19+	6	PP	Red, Blue, Pink	long 150m	Prone on standing targets with rest; coach shuttle
Dev Women	19+	6	PP	Red, Blue, Pink	long 150m	Prone on standing targets with rest; coach shuttle
Junior Men	19-21	10	PS	Green, Green, Green	long 150m	IBU
Junior Women	19-21	7.5	PS	Green, Red, Pink	long 150m	IBU
Youth Men (CWG)	17-18	7.5	PS	Green, Red, Pink	long 150m	IBU
Youth Women (CWG)	17-18	6	PS	Orange, Pink, Pink	long 150m	IBU
Cadets Youth Men	17-18	7.5	PS	Green, Red, Pink	long 150m	Rifle on Mat. Single Load
Cadets Youth Women	17-18	6	PS	Orange, Pink, Pink	long 150m	Rifle on Mat. Single Load
Senior Boys	15-16	6	PS	Orange, Pink, Pink	long 150m	Range procedure for Senior; range shuttle
Senior Girls	15-16	6	PS	Orange, Pink, Pink	long 150m	Range procedure for Senior; range shuttle
Cadets Senior Boys	15-16	6	PS	Orange, Pink, Pink	long 150m	Rifle on Mat. Single Load
Cadets Senior Girls	15-16	6	PS	Orange, Pink, Pink	long 150m	Rifle on Mat. Single Load
Dev Youth Boys & Girls	15-18	6	PP	Orange, Pink, Pink	long 150m	Prone on standing targets with rest; coach shuttle
Junior Boys	13-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Prone targets with sling; coach shuttle
Junior Girls	13-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Prone targets with sling; coach shuttle
Cadets Junior Boys	12-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Rifle on Mat. Single Load
Cadets Junior Girls	12-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Rifle on Mat. Single Load
Juvenile Boys	11-12	3.75	PP	Yellow, Yellow, Yellow	short 100m	Prone targets with rest; coach shuttle
Juvenile Girls	11-12	3.75	PP	Yellow, Yellow, Yellow	short 100m	Prone targets with rest; coach shuttle
Dev Boys & Girls	11-14	3.75	PP	Yellow, Yellow, Yellow	short 100m	Prone on standing targets with rest; coach shuttle
Trails may be adjusted to suit snow conditions						
CWG = Canada Winter Games, Competition category for athletes trying out for the 2019 CWG team.						

MASS START RACE						
	Ages (Dec 31)	Distance (km)	Shooting	Trails	Penalty	Shooting Notes
Masters Men	35+	7.5	PPSS	Pink, Pink, Pink, Pink, Pink	long 150m	IBU
Masters Women	35+	7.5	PPSS	Pink, Pink, Pink, Pink, Pink	long 150m	IBU
Men	22-34	15	PPSS	Orange, Orange, Orange, Orange, Orange	long 150m	IBU
Women	22-34	12.5	PPSS	Red, Red, Red, Red, Red	long 150m	IBU
Dev Men	19+	6	PPPP	Yellow, Yellow, Yellow, Yellow, Yellow	long 150m	Prone on standing targets with rest; coach shuttle
Dev Women	19+	6	PPPP	Yellow, Yellow, Yellow, Yellow, Yellow	long 150m	Prone on standing targets with rest; coach shuttle
Junior Men	19-21	12.5	PPSS	Red, Red, Red, Red, Red	long 150m	IBU
Junior Women	19-21	10	PPSS	Blue, Blue, Blue, Blue, Blue	long 150m	IBU
Youth Men (CWG)	17-18	10	PPSS	Blue, Blue, Blue, Blue, Blue	long 150m	IBU
Youth Women (CWG)	17-18	7.5	PPSS	Pink, Pink, Pink, Pink, Pink	long 150m	IBU
Senior Boys	15-16	7.5	PPSS	Pink, Pink, Pink, Pink, Pink	long 150m	Range procedure for Senior; range shuttle
Senior Girls	15-16	7.5	PPSS	Pink, Pink, Pink, Pink, Pink	long 150m	Range procedure for Senior; range shuttle
Dev Youth Boys & Girls	15-18	7.5	PPPP	Pink, Pink, Pink, Pink, Pink	long 150m	Prone on standing targets with rest; coach shuttle
Junior Boys	13-14	5	PPP	Yellow, Yellow, Yellow, Yellow	short 100m	Prone targets with sling; coach shuttle
Junior Girls	13-14	5	PPP	Yellow, Yellow, Yellow, Yellow	short 100m	Prone targets with sling; coach shuttle
Juvenile Boys	11-12	4	PPP	Yellow, Yellow, Purple, Purple	short 100m	Prone targets with rest; coach shuttle
Juvenile Girls	11-12	4	PPP	Yellow, Yellow, Purple, Purple	short 100m	Prone targets with rest; coach shuttle
Dev Boys & Girls	11-14	4	PPP	Yellow, Yellow, Purple, Purple	short 100m	Prone on standing targets with rest; coach shuttle
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.