

Friday, Feb 21, 2025	8:00 pm	Virtual Team Captains' Meeting
Saturday, Feb 22, 2025 Sprint Competition	10:00 am	Competition Office Open Sprint Bib Pick-Up
	11:00 am - 11:45 am	Zero all categories
	12:00 Noon	Sprint - Group starts
		Awards after final results
Sunday, Feb 23, 2025 Individual competition	10:00 am	Competition Office Open Bib Pick-Up
	11:00 am – 11:45 am	Zero all categories
	12:00 Noon	Individual - 15 sec interval starts
		Awards after final results

1.6.Event Schedule:

The schedule is subject to change due to weather conditions and the number of competitors.

The organizing committee reserves the right to change the event schedule as needed. If advance notice is possible, a communication will be sent to all registrants via email.

1.7.Competition Classes

	Age¹	Shooting regulations
Biathlon Canada Classes, Biathlon Canada Hosting Policy (2024)		
Women	22+	as per IBU
Men	22+	as per IBU
Junior Women	19-21	as per IBU
Junior Men	19-21	as per IBU
Youth Women	15-18	as per IBU
Youth Men	15-18	as per IBU
U17 Prone Boys/Girls	U17	athletes shoot prone, 50m, no rest
U17 Standing Boys/Girls	U17	athletes shoot prone + standing, 50m, rifle range procedure
Development Rifle 2	U17	athletes shoot prone, 50m, no rest
Development Rifle 1	U17	athletes shoot prone, 50m, optional rest
Adult 4	(17-34, 35-49, 50+)	athletes shoot prone + standing, carry
Adult 3	(17-34, 35-49, 50+)	athletes shoot prone + standing, carry
Adult 2	(17-34, 35-49, 50+)	athletes shoot prone + standing, carry
Adult 1	(17-34, 35-49, 50+)	athletes shoot prone + standing, rifle range procedure
BAM Classes		
Adult Eco Aim 1	(17-34, 35-49, 50+)	athletes shoot prone, 10 m with rest
Development Eco Aim 2	U17	athletes shoot prone, 10 m with rest
Development Eco Aim 1	U17	athletes shoot prone, 10 m with rest
Eco Aim	U11	Eco Aim athletes shoot on targets Level 6 setting, 10m with rest

¹All ages stated are as of December 31, 2024.

Classes	Competition format	Distance	Start type	Skiing loops	Loop length	Shooting sequence	Penalty
Women (22+)	Sprint	7.5 km	Single, 15 sec	3	2.5 km	PS	150 m
	Individual	15 km	Single, 15 sec	5	3 km	PSPS	60 sec
Men (22+)	Sprint	10 km	Single, 15 sec	3	3.3 km	PS	150 m
	Individual	20 km	Single, 15 sec	5	4 km	PSPS	60 sec
Junior Women (19-21)	Sprint	7.5 km	Single, 15 sec	3	2.5 km	PS	150 m
	Individual	12.5 km	Single, 15 sec	5	2.5 km	PSPS	60 sec
Junior Men (19-21)	Sprint	10 km	Single, 15 sec	3	3.3 km	PS	150 m
	Individual	15 km	Single, 15 sec	5	3 km	PSPS	60 sec
Youth Women (15-18)	Sprint	6 km	Single, 15 sec	3	2 km	PS	150 m
	Individual	10 km	Single, 15 sec	5	2 km	PSPS	45 sec
Youth Men (15-18)	Sprint	7.5 km	Single, 15 sec	3	2.5 km	PS	150m
	Individual	12.5 km	Single, 15 sec	5	2.5 km	PSPS	45 sec
U17 Prone Boys / Girls	Sprint	6 km	Single, 15 sec	3	2 km	PP	75 m
	Individual	8 km	Single, 15 sec	4	2 km	PPP	30 sec
U 17 Standing Boys / Girls	Sprint	6 km	Single, 15 sec	3	2 km	PS	75 m
	Individual	7.5 km	Single, 15 sec	5	1.5 km	PSPS	30 sec
Development 2 (U17) Rifle/EcoAim	Sprint	4.5 km	Single, 15 sec	3	1.5 km	PP	75m
	Individual	6 km	Single, 15 sec	4	1.5 km	PPP	30 sec
Development 1 (U17) Rifle/EcoAim	Sprint	3 km	Single, 15 sec	3	1 km	PP	75m
	Individual	4 km	Single, 15 sec	4	1 km	PPP	30 sec
Adult 4 (17-34, 35-49, 50+)	Sprint	7.5 km	Single, 15 sec	3	2.5 km	PS	75m
	Individual	12.5 km	Single, 15 sec	5	2.5 km	PSPS	30 sec
Adult 3 (17-34, 35-49, 50+)	Sprint	6 km	Single, 15 sec	3	2 km	PS	75m
	Individual	10 km	Single, 15 sec	5	2 km	PSPS	30 sec
Adult 2 (17-34, 35-49, 50+)	Sprint	4.5 km	Single, 15 sec	3	1.5 km	PS	75m
	Individual	7.5 km	Single, 15 sec	5	1.5 km	PSPS	30 sec
Adult 1 (17-34, 35-49, 50+) Rifle EcoAim prone only	Sprint	4.5 km	Single, 15 sec	3	1.5 km	PS	75m
	Individual	7.5 km	Single, 15 sec	5	1.5 km	PSPS	30 sec
Eco Aim (U11)	Sprint	2.1 km	Single, 15 sec	3	700 m	PP	75m
	Individual	2.8 km	Single, 15 sec	4	700 m	PPP	30 sec

1.8.Classes and competition formats²:

Notes:

- Adult 1 and Standing U17 Boys/Girls classes will follow Biathlon Canada’s range carry procedure, picking up their rifle from a rifle rack at the entrance to the range, skiing to their shooting mat, and dropping off the rifle on a rifle rack at the exit of the range.
- Youth Men/Women, Junior Men/Women, Men/Women, Adult 2, Adult 3 and Adult 4 classes will carry their rifle while skiing on course.
- Penalty loops for misses will be skied. Large penalty loops (150m) for the IBU classes and smaller penalty loops (75m) for all other unless posted otherwise in the chart above.
- For Eco Aim course and loop distances may be altered by request of competitors and/or their coaches.
- Dev 1 Distances and the size of shooting targets can be modified at the request of competitors and/or their coaches.
- During competitions, Eco Aims Rifles will be placed with rifle rests on shooting mats and shared by all athletes competing in these classes.
- The Competition Jury may use discretion in awarding time penalties to ensure fair and safe competitions and will try to avoid disqualifications in following classes: Adult 1, U17 Prone, U17 Standing, Development 1, Development 2 and Eco Aims.

1.9 Course Loop Distances will be indicated at the Competition Office and marked by colour on

course: A trail map is available at the end of the Race Notice page 6.

SPRINT	Age (Dec 31)	Distance	Shooting	Trails	Penalty	Shooting Notes
Men	22+	10K	PS	Green	75m	IBU
Women	22+	7.5K	PS	Red	75m	IBU
Junior Men	19-21	10K	PS	Green	75m	IBU
Junior Women	19-21	7.5K	PS	Red	75m	IBU
Youth Men	15-18	7.5K	PS	Red	75m	IBU
Youth Women	15-18	6K	PS	Blue	75m	IBU
U17 Prone Boys & Girls	11 - 16	6K	PP	Blue	75m	Placed on mat
U17 Standing	11 - 16	6K	PS	Blue	75m	Shuttle
Dev 2 Mixed Gender	11 - 16	4.5K	PP	Blue x 1, Pink x 2	75m	Placed on mat
Dev 1 Mixed Gender	11 - 16	3K	PP	Blue x 1, Pink x 2	75m	Placed on mat
U11 Ecoaims	6 - 10	2K	PP	Black	75m	Placed on mat
Adult 4 - Carry	17+	7.5K	PS	Red	75m	IBU
Adult 3 - Carry	17+	6K	PS	Blue	75m	IBU
Adult 2 - Carry	17+	4.5K	PS	Blue x 1, Pink x 2	75m	IBU
Adult 1 - Non carry	17+	4.5K	PS	Blue x 1, Pink x 2	75m	Placed on mat or shuttled
Adult 1 EcoAims non carry	17+	4.5K	PP	Blue x 1, Pink x 2	75m	Placed on mat

²For more information see: Draft 2024/25 BAM Hosting Guidelines for Eco Aims, Development Eco Aim 1, Development Eco Aim 2, Adult Eco Aim 1 classes, and the [International Biathlon Union Events and Competition Rules \(2024\)](#) for IBU classes.

Individual	Age (Dec 31)	Distance	Shooting	Trails	Penalty	Shooting Notes
Men	22+	20K	PSPS	Green + Purple	60 sec	IBU
Women	22+	15K	PSPS	Orange	60 sec	IBU
Junior Men	19-21	15K	PSPS	Orange	60 sec	IBU
Junior Women	19-21	12.5K	PSPS	Red	60 sec	IBU
Youth Men	15-18	12.5K	PSPS	Red	45 sec	IBU
Youth Women	15-18	10K	PSPS	Blue	45 sec	IBU
U17 Prone Boys & Girls	11 - 16	8K	PPP	Blue	30 sec	Placed on mat
U17 Standing	11 - 16	7.5K	PSPS	Blue x 1, Pink x 4	30 sec	Shuttle
Dev 2 Mixed Gender	11 - 16	6K	PPP	Blue x 1, Pink x 3	30 sec	Placed on mat
Dev 1 Mixed Gender	11 - 16	4K	PPP	Yellow x 2, Purple x 2	30 sec	Placed on mat
U11 Ecoaims	6 - 10	3K	PPP	Purple	30 sec	Placed on mat
Adult 4 - Carry	17+	12.5K	PSPS	Red	30 sec	IBU
Adult 3 - Carry	17+	10K	PSPS	Blue	30 sec	IBU
Adult 2 - Carry	17+	7.5K	PSPS	Blue x 1, Pink x 4	30 sec	IBU
Adult 1 - Non carry	17+	7.5K	PSPS	Blue x 1, Pink x 4	30 sec	Placed on mat or shuffled
Adult 1 EcoAims non carry	17+	7.5K	PPPP	Blue x 1, Pink x 4	30 sec	Placed on mat

1.10. Waxing:

There are no indoor waxing facilities at the race site.

Biathlon Canada Canadian Hosting Policy Section 9 will apply:

9.1 General: A full fluoro ban applies for all Biathlon Canada sanctioned events. This ban on fluorinated waxes was implemented to protect the health of both people and the environment. High Fluoro (HF), Medium Fluoro (MF) or Low Fluoro (LF) glide waxes, including HF, MF or LF powders, pucks, blocks and liquids, and cold-weather powder additives and hardeners containing fluoros are prohibited.

1.11. Competition Office:

The Competition Office will be located at the Yurt. See the Event Schedule for hours.

1.12. Awards

Awards will be presented after final results are posted, location TBA. Medals will be presented to the first three finishers in all categories, regardless of the number of competitors.

1.13. The Host Committee for Feb 22/23 is as follows:

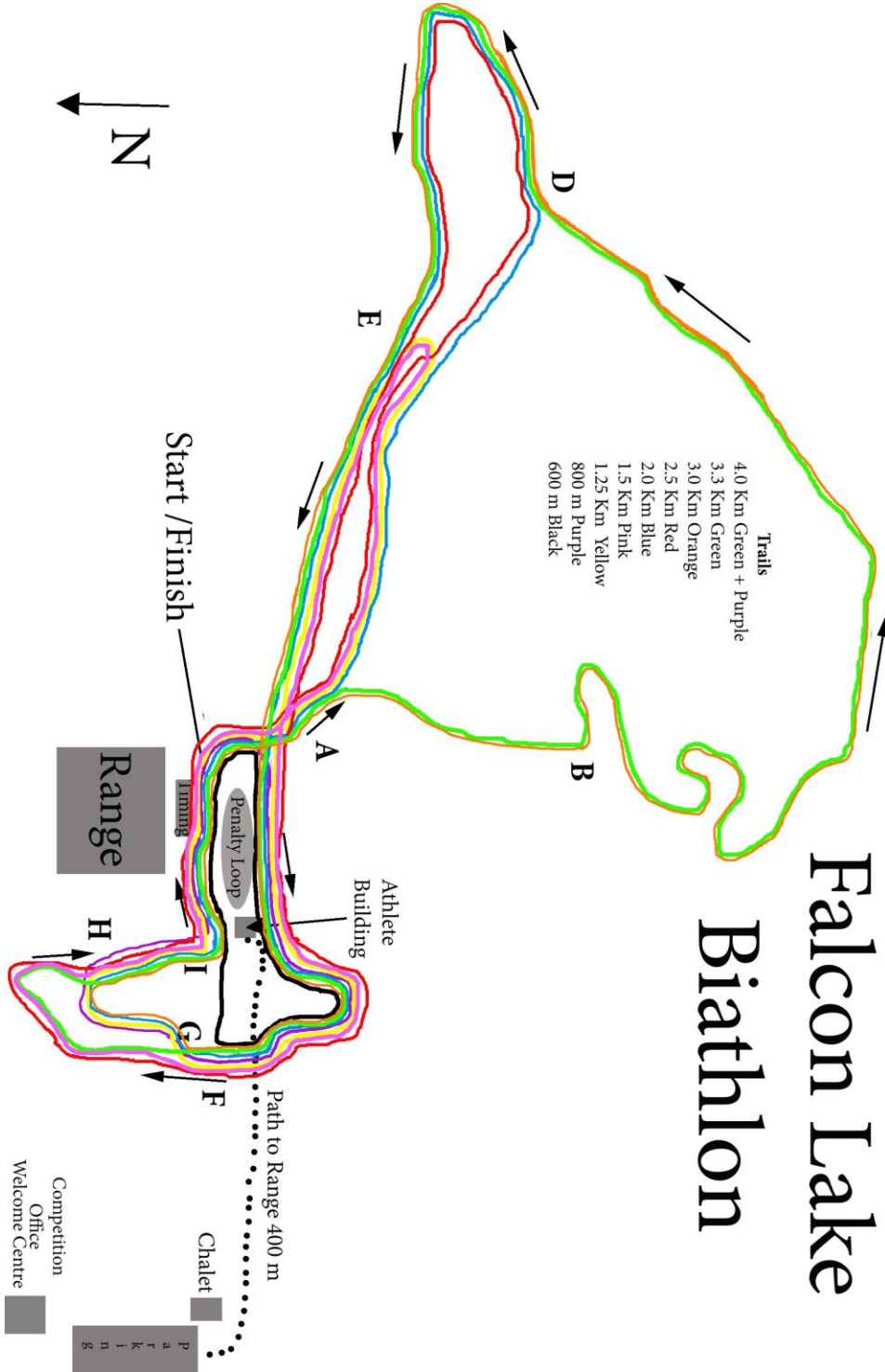
BAM Representative -
 Competition Chief – Kenton Frith
 Chief of Course – Tom Naylor
 Chief of Range –
 Chief of Timing – Ron Pelletier
 Competition Secretary – Laura Enns

1.14. Volunteers and officials:

Officials and Volunteers are essential to running a fun race. We want to thank those who donate their time to host this competition weekend with a 5\$ discount on race fees. Upon registering as an official or volunteer, you will receive a discount code. Please remember & enter this discount code when registering racers in your family on Zone4 with our thanks. Simple snacks and hot

beverages will be available for coaches, officials, and volunteers in the Range Building (Volunteer warming space).

Falcon Lake Biathlon Loop Map



Falcon Lake Biathlon