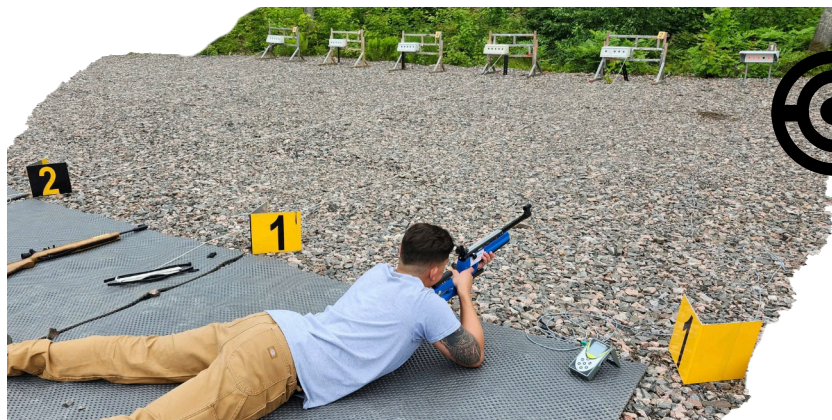


*Present*



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## Summer Biathlon Run & Shoot Series

### DATES

Wednesday July 30 6:30pm

Wednesday Aug 6 6:30pm

Wednesday Aug 20 6:30pm

Saturday Sept 27 1:30pm

Saturday Oct 18 1:30pm



All races held at Kings Park in Fort Richmond

Participants must be registered with Biathlon Canada and BAM

# Summer Biathlon Run & Shoot Info



Location: All RRNS&B and BAM Run & Shoot races will take place at Kings Park

Run and Shoot Series will take place at Kings Park July 30, Aug 6 & 20, Sept 27 and Oct 18. The summer Run & Shoot series is intended as a fun introduction to electronic Biathlon and Biathlon in general. Open to all ages of athletes from beginners to experienced biathletes.

Race series is open to all athletes and ages but max participation at the races will be capped at 40 individuals. Athletes need to be registered with Biathlon Canada and BAM in order to participate.

Shooting will take place using the Eco Aims Electronic Rifles which are an optical shooting device based upon infrared light source and cameras and are completely safe with no bullets, lasers, noise or harmful metals.

Range will consist of ten shooting positions each with a shooting mat, Eco Aim rifle and shooting rest. Shooting positions will be shared during the competition. If no position is available when accessing the range for a shooting bout a time reduction will be applied to race time and will consist of the time spent waiting for a space to open up.

Race format will be an altered **Individual** format which means athletes will run a 1km loop, enter the range and shoot at five targets in the prone position, then Exit the range and repeat the 1km run, shoot etc. For a total of four prone shooting bouts and five 1km loops. Athletes will start the race using an 30 second interval start.

U13 athletes will run a .5km loop (2.5km total).

Missed targets will result in a time penalty added to the run time. (30 seconds / missed target)

Awards for “clean” shooting (hitting all five targets in a shooting bout).

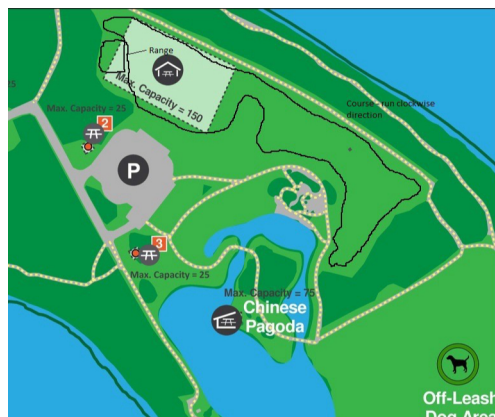
Course will be marked with guide tape, signage and will be restricted to the turf/grass areas at Kings Park. See map, actual course subject to change based on conditions but will follow the premise shown.

Total time will be tracked utilizing Zone4 chip timing and participants will receive a bib to identify them as athletes during the race. Both the Zone4 Chip and Bib must be returned at completion of the race.

Athletes must be registered via the Zone4 registration prior to Race (no on site registration) Registration closes 4pm race day to prepare start times/list. Start list will be posted at sign-in table. It is the athletes responsibility to be at the start line at their respective start time! First starter will go at 6:30pm on Wednesday nite races, 1:30pm on Saturday races. Plan to arrive to check in at 6pm Wednesdays and 1pm Saturdays.

There will be space for spectators in the center of the course and behind the range. Only Athletes and officials will be allowed on the race course or on the range during the competition.

Athletes need to bring sufficient water to stay hydrated during and after the competition. Athletes need suitable footwear to run on the turf at Kings Park and be sufficiently fit to run the distances advertised!



Remember that participants must be registered with Biathlon Canada and BAM