

How to Put on a Biathlon Race in Alberta
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2014

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1. General Principles

Chief of Competition is overall planning leader and will *delegate* tasks to other volunteer Chiefs, who will in turn recruit key volunteers for their areas. Start in September. Do as much as you can beforehand. Get more help than you think you will need. The athletes and coaches know what they are doing and will help make things go well on race day.

2. Volunteers

It will take at least 50 volunteers each day to make a race run for about 120 athletes including rifle and air rifle classes. You will need a small committee of about 9 - 10 key people to plan the event.

3. Race Planning Committee

Ask reliable people to fill the following 9 positions:

- Chief of Competition,
- Chief of Range,
- Chief of Air Rifles (Optional),
- Chief of Course,
- Chief of Timing,
- Chief of Stadium,
- Race Secretary,
- Volunteer Coordinator and
- Food Coordinator.
- Marketing and Sponsorship coordinator

These are your local planners. Your Chiefs should be trained and experienced in their areas. Ideally they will have shadowed a previous Chief through an earlier competition at your venue.

You should also consult the TD and the Chief of Timing as plans develop.

- Chief of Timing (provided by BA)
- Technical Delegate (appointed by Biathlon Alberta)

The Technical Delegates role is to see that the competition is run fairly and according to the rules. The TD's primary role is advocate on behalf of the athletes. However, this person is very knowledgeable and you can avoid problems by running your plans past the TD in advance. Find out who the TD is as early as possible.

- You should have at least one meeting at least 4 weeks ahead of the race. Biathlon Alberta provides a Chief of Timing volunteer (Greg McCullough).

4. Long Term To – Do List Before the Race (3-8 months before)

- a) Bid for dates: Contact Biathlon Alberta in the summer (June-August) and suggest date(s) for the race at your venue. If possible consider normal weather patterns (cold snaps, when snow arrives and when it usually melts). Be sure to communicate with Nordic ski race planners in your Club to make sure no nordic events are planned for the same weekend.
- b) Promote your event: Get sponsorship from your local ski/sports store for free draw prizes or signs or borrowing an inflatable finish line arch. It is free advertising for them and it makes your race more exciting and fun.
- c) Facility and Range check: Check the ski trails and entire venue in late summer/early fall for obstacles, hazards, overgrown bush and fallen trees. Mow the trails in September so grass is short. Pick up deadfall branches before snow comes. Note any dead trees near the trail and cut them down. A windstorm the week before the race can create a mess of bark and branches on the snow. Perform any repairs or upgrades needed. Do range repairs as needed
- d) Signage: Inventory signs and fencing; plan to replace or rejuvenate as necessary. Get this funded and done early.
- e)
- f) Banquet: Decide if you are going to have a banquet and book the venue in the summer.
- g) Officials Training: Put on an Officials Course in the fall to get as many people trained as possible. Talk to parents one on one and personally invite them to take the course since you think they would be good in this role. Many people are too shy or intimidated to think they could officiate at an event with guns, especially if they themselves do not do the sport.

5. Short Term To- Do List before the race (1-8 weeks)

- a) Decide what type of races you will have each day (sprint, individual, mass start relay). Look at what types of races the other clubs have put in during the season and try to put on something different. For example not all clubs have the space for a mass start. Think of length of time the event will take and the length of commute home for everyone. Check with BA as your races may be selection races, which might influence choices.
- b) Decide on entry fees
- c) Make sure you have a Technical Delegate (TD) appointed by Biathlon Alberta , at the latest 4 weeks before the race.
- d) Draft race invitation and send to Biathlon Alberta and TD for review at least four weeks before the race. Follow up with the TD to make sure there are no issues.

- e) Make signs up advertising your race and put them up in ski and sport areas 6-8 weeks before the race. Use photos if you can. Email them out to club members and anyone else you can think of.
- f) Talk personally to all the biathletes (and their parents) in your club. Encourage everyone to try it as their first race or else be a volunteer. Approach other clubs such as cadets, cycling, outdoor recreation, high schools, etc to help with the race. Encourage people in the community to spectate.
- g) Hold a meeting of your race committee 6-8 weeks and then 4-5 weeks ahead of the race to confirm details and job lists
- h) Book a venue for Team Captains meeting Friday night
- i) The Chiefs should provide the Volunteer Coordinator with lists of their key recruits and the volunteer positions that still need filling. The volunteer coordinator should begin recruiting for these minor posts 6-8 weeks before the event.
- j) Schedule a set up day for two days before the race. Set up as much as you can the day before. Set up barriers, course markers, stadium.
Schedule Grooming for the competition. Make sure that your grooming crew and equipment are available.

Chief's Job Descriptions:

Chief of Competition:

1. Responsible for overall race organization and organizing committee
2. *Delegates* tasks to organizing committee and other volunteers
3. Communications with Biathlon Alberta and the Technical Delegate
4. Chairs Team Captains meeting the Friday night before the race
5. Responsible for the Agenda for this meeting
6. On race day has little to do. Leaves decisions to Chiefs and only intervenes in extreme emergency.
7. Allocates radio channels to officials groups and participating clubs to avoid channel conflicts.
8. Ensures that each member of the Planning Committee (Chiefs) understands the competition communications protocol and how to use the radios.
9. Ensures that the Competition is supported with appropriate Emergency Response personnel and equipment.
10. With the advice of the TD and the Planning Committee, makes major decisions such cancellation or postponement due to weather conditions
11. Sits on the Competition Jury

Volunteer coordinator

1. Work with Chiefs to assemble lists of volunteer requirements and to fill vacancies for less skilled positions. Fill in volunteer spreadsheet as much as possible ahead of time – use people where their skills and experience will be most useful

2. Assemble and manage the Volunteer Contact email list. Each Chief should have their own list of key contacts within their area of concern.
3. With BA and the BA Officials Development Board member , schedule training for entry level volunteer officials as necessary.
4. Send out call for volunteers 3-6 weeks before race and collocate responses with the Chief's requirements list (spread sheet)
- .Designate a time and place to meet each morning of the race - send out to everyone in an email.
5. Recruit an assistant Chief, who will organize volunteer check-in on race day. This includes reallocation of positions when there are no-shows.
6. With the Chiefs, schedule any volunteer training that will take place on race day
7. With the Food Chief, ensure that there will be free food, hot drinks and water for volunteers
8. Advise volunteers on dressing warmly; more warmly than they would expect. Often volunteers are in experienced and don't realize how cold they can get standing around. Volunteers often have more trouble with the cold than the athletes.
9. Train volunteer coordinators on proper radio use
- 10.

Equipment Check Crew

1. Responsible for:
Verifying bib numbers

Recording bib number, and gun serial number for each competitor

Testing trigger weights ($\geq 500\text{g}$)

Labeling passed guns and skis with corresponding bib number

Applying bib number stickers to range entrance racks for Sr. B/G competitors

Reconciling checked competitors to the race list and following up regarding any unchecked competitors May be asked to apply leg numbers (may be done by Start crew)

2. Two lines and full staffing required for a Mass Start race. Mass Start results in mass check in and must have a minimum of 5, ideally 6, staffing for timely equipment check. Requires 2 checking triggers, 2 recording and 2 tagging skis and placing hip numbers.
Sprint start much easier to manage, and can be completed with 4 to 5 staff-2 checking triggers, 1 or 2 recording and 1 placing numbers.

Chief of Range

1. Can have a second chief for air rifles if range is large and many air rifles are expected. Choose someone who has a loud voice, is authoritative and can make decisions quickly in stressful moments.
2. Chief of Range is responsible for designating the zero lanes the night before the race. Review the start list as soon as it is available and designate lanes to each club based on size of group. Ideally, lanes are allocated by random draw. This is often difficult in Alberta because big clubs require multiple adjacent lanes. Change zero lanes the second day so one club does not have an advantage over another by zeroing in the Prone or protected parts of the range. Print up multiple copies of zero lane assignment and post at the Range entrances and at the Race Office .
3. Chief of range must check the range the day before to ensure sufficient rifle racks are available and all targets and paper target holders are working correctly (The TD will likely check too)
4. Chief of Range delegates rifle rack, metal target painting and paper target crews and makes sure that everything is ready to go 15 min. before Zero.
5. Day of race, during and immediately after Zero, Chief of Range trains volunteers, especially target pullers, lane markers (scorers) and result runners.
6. Allocates lane scorers and target pullers to specific lanes.
Ensure that as many recorders as possible have a means for recording time stoppages due to events beyond the athletes control e.g. cross firing stoppage.
7. Organizes getting racks and short mats at Range Entrance for Senior Boys and Girls. Equipment Check will supply bib number stickers for these racks. During race, watch how things go and be ready to record and call any infractions immediately e.g. cross firing, unsafe behaviour
8. Watch closely for any issues that cause athletes to lose time e.g. collisions, targets not working, equipment failure and be ready to make a report to timing on penalties or time adjustments
9. Watch and check recorders to ensure they are recording score correctly

Announcer

1. Announcer should have some knowledge of the sport and the participants.
2. Announcer must have start list and interim results asap.
3. Announcer should announce major time checks such as countdown to range open for Zero; range closing for Zero; countdown to Start for each class, announce each finisher as they come in, when equipment check opens and closes, and provide colour commentary where possible
4. Set up callers with radios to inform radio announcer when finishers are on their way into the stadium.
5. Remember to bring food and beverages to your announcer

Race Secretary

- Registration is managed by BA on Zone4 as part of the Timing service.

- Inventory supplies and purchase/print what is needed
- Print map packages for all teams and for posting on range, timing building, start etc. for Team Captains Meeting.
- Make sure this race information is available on the ENSC web site.
- Print penalty loop recorder sheets (for Chief of Course or Timing)
- Print course recorder sheets (these are Ledger size paper) (for Chief of Course)
- Sticker Board: Responsible for recruiting and training the Sticker Board crew. Crew is responsible for taking records from range recorders and collocating on sticker board then inputting scores to the timing system via hand held devices.

Chief of Course

1. Overseeing course preparation and directing course volunteers
2. Obtain v boards ahead of time from storage or nordic users
3. Coordinating grooming
4. Coordinating installation of course signs and coloured flags
5. Training course checkers
6. Coordinating cleanup and orderly return of signs and flags to storage.
7. Standby snow machine and towed stretcher for emergency evacuation from course.

The course group has the following functions:

8. Prepare and maintain the course – most grooming done by ENSC trail Groomers, but the final touches and maintenance during a competition are done by the course group. Mark the course
9. Record the number and order of loops skied by the athletes
10. Report significant events, missed or incorrect loops, and (athlete) emergencies to Timing or Emergency Response as appropriate.
11. Secure the course so that spectators, coaches or athletes do not impede the competition
12. Supervise designated coaching areas on course
13. Clean up after the competition so that the groomers can do their job during the late evening.

Prepare and maintain the course

14. check for fallen branches, power bar wrappers, leg numbers and small stones – remove them
15. cover with additional snow all areas where snow is thin
16. add snow in frequently used corners if the snow cover wears out during the competition

Marking the course

17. open the loop/trail markers for the trails used either in the competition or for training
18. Ensure Signs at key junctions - cover the unused loop signs by turning the arrow over the number
19. IBU colours - 1.25 = pink, 1.5 = orange, 2.0 = red, 2.5 = green, 3.0 = yellow, 3.3 = blue, 4.0 = brown
20. pin flags –
 - a. more flags prior to the turn rather than past the turn
 - b. flags on both sides of the trail
 - c. pointing in the direction of the turn
 - d. located far enough to the side so that skiers and groomers do not hit them
21. V-boards used to block off unused competition trails and old abandoned trails
22. V-boards set up as traffic islands in intersections to direct the athletes

Recording of skied loops – Course Control

23. Recording sheets prepared by filling in the controller info and labeling **class names** in the margin
24. Mark the colours of the leader bibs in corresponding squares
25. Did Not Starts (DNS) bib numbers crossed off. Timing/Office will inform re DNS.
26. Check points set up - on uphill where athletes ski by the slowest, and can't take a short cut
27. Teams of two
 - e. Caller – calls out the bib numbers and maintains radio communication
 - f. Recorder – records the numbers in the order received and collates the data
28. Procedures to minimize errors
 - g. Caller reads bibs, thigh numbers, or in worst case asks the athlete for the bib number
 - h. Recorder notes the time of day about every 5 minutes (used to establish loop order)
 - i. Recorder collates data onto the numbered loops as soon as time permits
 - j. Recorder checks off every pass when transferring to loop numbers (avoids duplication)
 - k. Recorder initiates an investigation as soon as a break in the pattern is noticed

Report significant events

29. first skier in the class coming by
30. last skier in the class going by
31. missed loops or all competitors check out fine - Timing **waits** for this info before releasing results
32. emergencies on course

Communication procedures

45. A designated First Aiders is also available to provide immediate assessment and provide leadership for onsite activities until transfer of care to Edmonton EMS
46. **Ask Bryan to look at this section.**

Security

47. Snow fences are set up to separate the public and unauthorized athletes from interfering with the competition. Course marshals are assigned to patrol sections where the athletes and public are in close contact. Athletes are to vacate the competition trails 5 min. prior to the start. See 5.4 & 5.5.

Coaching zones on course

48. Zones are designated where coaches can encourage and pass on information to their athletes. The zones are supervised by course personnel to ensure that the coaches do not pace (more than 50 m) and interfere with other athletes. See rule 1.8.2.2.

General

49. Briefing meeting every morning (7:30 or 8 am) and debriefing in the old Jury room after the Competition Jury meeting. Records are collected into the debriefing room, ready for Jury examination. Old Jury room is in the basement of the Biathlon Building, in the east end.
50. Course officials do not need to give directions to athletes, e.g. how many loops they have skied.
51. Course officials should remain neutral and not cheer any athlete going by.

Edmonton Nordic Site Specific Tasks:

- Coordinate plowing parking lot –contact Sunridge if they are having their race close to ours they may plow the lot, if not contact Keith Edwardson who can arrange however we would have to pay.
- Arrange to get V-boards from Hinton
- Book XC Alberta trailer if necessary
- Connect with Biathlon Alberta to determine what equipment we need from XC trailer.
- Book Goldstick Pavilion for Team Captains meeting Friday night
- Confirm grooming for the weekend
- Clean volunteer and timing building.
- Arrange for toboggans for snowmobiles
- Ensure both small Honda generators are on site and fuelled.
- Ensure that a big Honda generator is available for the Volunteer Hut power line.
- Fill the spare 20l fuel cans – Gasoline.
- Fill the propane tanks that heat our two buildings.
- Get sound system from Goldbar and test beforehand

Site work (much of this should be done during Fall, but some may need to be done over Christmas holidays or later, e.g. bullet box work.)

- Repair rifle racks
- Check wind flags –repair replace if needed
- Check wind flag holders repair replace if needed
- Fill all empty propane cylinders
- .22 target repair (paddles, bearings, springs, sliders, lead build-up, ropes; any moving parts.
- Replace elastics on all air rifle targets,
- Check mechanisms on all air rifle targets
- Inventory cement block bases for trail signs (Buy additional blocks if necessary)
- Review trail signs to ensure correct (there will be one intersection that needs the sign changed)
- Add distance labels to all trail signs
- Prune trees and bushes
- Inventory coroplast for bullet boxes to support paper, purchase, cut and change lanes 1 - 24a
- Set up temporary Bullet Boxes for lanes 21-24.
- Remove lead from Bullet Boxes (orange buckets) before competition.

Supplies

- Rent propane heater for tent – have rented from 4 Way Rentals they have given us a deal
- Rent additional toilets (2 would be enough)
- Paper targets (50m, 4 rolls and 10 m, 50 strips)
- White, black and orange spray paint for 50m targets; white and black paint markers for air rifle targets
- Miscellaneous – depending on what we have. Need Secretary to do inventory paper, stickers, pens, big garbage bags, etc.
- Depending on food may need to rent propane burners

To dos before race

General

- Arrange to get v-boards from cross country trailer contact now is Mike Neary
- See about getting one of the snow blowers back to make path to and around timing building.
- Book 2 radiant heaters for tent – 4way Rentals under Edmonton Nordic Ski Club account (I don't have email should be able to look up phone number)
- Arrange for extra parking lot to be plowed. – Keith Edwardson
- Connect with Snow Valley re parking lot or other sharing opportunities – Ian at 780-449-6555 ian@sunridgeskiarea.com
- Get rescue toboggan from Goldbar (make sure you also get the attachment so it can be pulled by snowmobile)
- Get large toboggan from Goldbar that can be pulled by snowmobile for hauling v-boards etc.
- Confirm with Andy that he will bring radios for the race, if not need to arrange from cross country trailer or other.
- Book Goldstick for team capt meeting Friday night
- Get sound system from Goldbar – important to check this a few days before to ensure it works and there is adapter to plug in ipod for music. (setting this up Sat morning is a good job for the facilities person but they need be trained so they know how to set it up.)
- Timing building and volunteer building need to be vacuumed and cleaned there will be lots of mouse droppings in both.
- Rent extra porta-potties
- Fill 2 large new white propane tanks – Hughes Gas in Sherwood Park – transport upright in truck, other smaller ones are expired
- Rent propane burner if planning to use one for soup.
- Rent/borrow electric heater for volunteer building
- Light pilot on timing building on Saturday for week

Course

- update maps as needed
- Trail signs adjusted as needed

- cement blocks for holding signs including trail penalty loop, range, finish, etc. buy more if needed. (we piled them up last year so they would not freeze to the ground)

Range

- Fix rifle racks as we need as many as possible
- Ensure enough paper targets on site
- Repair elastics on all air rifle targets
- Ensure enough wind flags on site – repair or make more if needed

Stadium

- Arrange for large thermoses for finish line – blue one for warm Gatorade
- Need to bring water also

Resources:

International Biathlon Union (IBU) rule book.

The following is a link that you can download the rule book(s). There are a number of downloads, the most useful ones for us I have put below.

<http://www4.biathlonworld.com/en/downloads.html>

This is the link to the competition rules

http://www4.biathlonworld.com/media/files/downloads/IBU_Rules_2012_cap3.pdf

This link has rules about equipment role of TD, jury etc.

http://www4.biathlonworld.com/media/files/downloads/IBU_Rules_2012_cap4.pdf

The main areas you need volunteers:

1. Range
2. Stadium
3. Timing building
4. Equipment check
5. Course
6. Start line
7. Finish Line

Chief of Competition

List of volunteer positions:

Chief of Range
Race Secretary
Chief of Course
Chief of Stadium

Stadium set up
Stadium set up
Starter
Start Marshal
Starter caller
Chips
Chips
No penalty loops on Friday
Equipment Check Coordinator
Rifles
Finish Line Coordinator - snack/water
Finish Line assistant bolt check
Finish line bib/chip collector

First aid person

Course Check Points Required by Loop

Loops	Range	Check Point 1 South of Parking lot	Check Point 2 1st Hill South	Check Point 3 NorthEast of Range	Check Point 4 2nd Hill South	Check Point 5 NorthWest of Range
Purple - 0.5 km	X					
Grey - 0.75 km	X					
Pink - 1.0 km		X	X			
Black - 1.25km		X	X			
Orange - 1.5 km		X	X		X	
Red - 2.0 km				X		
Green - 2.5 km		X	X	X		
Yellow - 3.0 km		X	X	X	X	
Blue - 3.3 km		X	X	X	X	X
Brown - 4.0 km		X	X	X	X	X

Signage Markings	Signs and Markings	Stored
RANGE	Firing Line, Red & Green Flags, Standing ,Prone ,Lane Number	Sea Can
Access Road Parking Lot	Public Parking, Road Barricade to small lot, Emergency Access Barricade by Toilet in small lot	Sea Can
Mass Start line	Lane numbers Start-line dye and Whiskers	Sea Can
Sprint Start line	Start line Sign Start-line dye and Whiskers	Undertiming Bldg & Can
Finish Line Stadium	Start line Sign, line dye and Whiskers Equipment Check (not sure we have) Finish line dye and Whiskers Finish Line and Range signs bottom of hill to range	Undertiming Bldg & Can
Course Cut off Signs	Course Cut off Signs # 1 to 8 with concrete fence post blocks two signs have two poles	Sea Can covered storage
Course Flags	Corplast coloured Square on wood stakes preferred Colored flags on stiff wires	Sea Can
Penalty Loop	Penalty Loops, Penalty Loop 100 m, Penalty Loop 150 mm	Sea Can
V Board	Plastic and wood Vboards – remove or stand in snow for grooming as required	Sea Can

Loops for Edmonton Calforex Cup #3 2013

CLASS	AGE	SPR	MS
Men	21+	10 km / PS 3.3km x 3 Blue x 3	15km / PPSS 3km x 5 Yellow x 5
Women	21+	7.5 km / PS 2.5km x 3 Green x 3	12.5km / PPSS 2.5km x 5 Green x 5
Junior Men	U21	10 km / PS 3.3km x 3 Blue x 3	12.5km / PPSS 2.5km x 5 Green x 5
Junior Women	U21	7.5 km / PS 2.5km x 3 Green x 3	10km / PPSS 2km x 5 Red x 5
Youth Men	U19	7.5 km / PS 2.5km x 3 Green x 3	10km / PPSS 2km x 5 Red x 5
Youth Women	U19	6 km / PS 2km x 3 Red x 3	7.5km / PPSS 1.5km x 5 Orange x 5
Master Men	35+	6 km / PS 2km x 3 Red x 3	7.5km / PPSS 1.5km x 5 Orange x 5
Master Women	35+	6 km / PS 2km x 3 Red x 3	6.25km / PPSS 1.25 x 5 Black x 5
Sport Men / Women	17+	6 km / PS 2km x 3 Red x 3	6.25km / PPSS 1.25 x 5 Black x 5
Senior Boys/Girls	U17	6 km / PS 2km x 3 Red x 3	6.25km / PPSS 1.25 x 5 Black x 5
Dev2 Boy/Girls	U17	3.75 km / PP 1.25 km x 3 Black x 3	5km / PPP 1.25km x 4 Black x 4
Dev1 Boys/Girls	U17	3 km / PP 1km x 3 Pink x 3	4km / PPP 1km x 4 Pink x 4
Air Rifle 2 Boys/Girls	U15	3 km / PP 1km x 3 Pink x 3	4km / PPP 1km x 4 Pink x 4
Air Rifle 1 Boys/Girls	U15	3 km / PP 1km x 3 Pink x 3	4km / PPP 1km x 4 Pink x 4
Loops needed by day		Blue – 3.3km Green – 2.5km Red – 2.0km Black – 1.25km Pink – 1km	Yellow - 3km Green – 2.5km Red – 2.0km Orange – 1.5km Black – 1.25km Pink – 1km

Team Captains Meeting Agenda
1930h
Goldstick Park Pavillion

1. Welcome / Introductions of Organizing Committee
2. Roll Call / Introduction of coaches
3. Competition Jury
 - Veli Ninimaa, Julia Keenlside, Dave Bennett,
 - election of 2 coaches to jury
4. Start list draw
 - athlete/club list confirmation
5. Technical Briefings
 - a. Course
 - b. Stadium
 - c. Range
 - d. Timing
6. Competition Chief comments
7. TD comments
8. Weather briefing
9. Bib pickup – Timing building 10:30 am
10. Miscellaneous
11. Questions

Adjournment

Radio Communication Networks - Biathlon

Command Net **Channel 3** (or as decided)

Chair, (Competition) Chief, TD, Office, Course, Range, Timing, Stadium, Penalty Loop, PA, Nurse or Medic, Equipment Check

Course Net **Channel 5**

Chief (of Course), Deputy (Chief), Check point 1, Check point 2, etc

Timing Net **Channel 7**

Chief (of timing), Deputy (Chief), Starter, Pre-call, PA, Results, Manual timing, Sticker board (All positions may not be needed/filled.)

Pre-call, PA and manual timing may have their own communication network.

Voice procedure notes:

Numbers: Bib 172 is spoken as Bib 1 – 7 – 2 If unsure – read back the numbers.

Announce all key happenings. E.g. – All stations, first athlete on course, at the range, finishing, etc. Also range open or closed.

To initiate a call: Call sign of the recipient, followed by call sign of the sender. For example: Range, this is Chief, over.

Standard words and phrases:

Over – I am finished, over to you.

Roger – message understood.

Say again – repeat the message (Repeat is an artillery term.)

Standby – wait. E.g. standby 1 means wait one minute.

Willco – will or can comply.

Out – end of conversation.

**Calforex Cup
Edmonton**

RADIO CHANNELS

Range Announcer Chief T.D	2
Course	3
Timing	4
First Aid	5

Instructions for volunteers when they check in Saturday

Timing Stickerboard	Go to timing building as soon as you arrive.
Starters Chips	Meet Greg McCullough at timing building at 10:00
Range Recorders Target Pullers	Meet at east end of range beside white sea-can at 9:30
Course Officials	Meet Dave Bennett at volunteer building at 9:30
Penalty Loop counters	Meet at Joe Mann at timing building at 10:00
Equipment check Finish line	Meet Barb Sand at volunteer building at 8:45



Invitation

to
Alberta Biathlon Calforex Cup # 3
on
January 26 & 27, 2013
in
Edmonton, Alberta

HOSTED BY:
Edmonton Nordic Ski Club

Race Contact Info:

Bryan Singleton: bksing@telus.net phone: 780-488-7432 or

Julia Keenlside: raycislo@telus.net

Volunteers

Euna Kang: euna@eunakang.com (Volunteers are still needed, if available for one or both days please contact Euna)

Location:

Edmonton Nordic Biathlon Centre

Known locally as Roger's Range, named in honor of Roger Tetrault. Roger's vision and determined efforts made the range a reality.

The Range is located in the Strathcona Science Park on 17 Street, between Baseline Road (101 Avenue) and Yellowhead Trail (highway 16) adjacent to the Sunridge Ski Club.

After turning off 17th street, turn right immediately after crossing the railroad tracks.

Google Strathcona Science Park or [Click here for map](#)

Event Schedule:

Events subject to change due to circumstances of conditions, weather or registrations.

Friday, January 25, 2011 Unofficial Training, bring your own supplies	1400h-1630h	Unofficial training
	1930h	Captains Meeting – Goldstick Pavilion (Entrance is on 101 ave. approx. ½ km east of 50 th street. Follow road to parking lot) Click here for map
Saturday January 22, 2011 Sprint	0800h-1600h	Competition Office open Bib pick up by team before zero
	0945h	Equipment check opens
	1000h-1045h	Zero all categories* (*depending on number of athletes, air rifles and Dev may have separate afternoon zero)
	1100h	Competition start
	20 minutes after last finisher	Awards on site
Sunday January 23, 2011 Mass Start	0800h–1500h	Competition Office open Bib pick up by team before zero
	0845h	Equipment check opens
	0900h-0945h	Zero all categories* (*depending on number of athletes, air rifles and Dev may have separate afternoon zero)
	1000h	Competition Start
	20 minutes after last finisher	Awards on site

Registration:

Registration will only be accepted online at www.zone4.ca Payment must be made using a credit card.

Men, Women, Jr. Men/Women, Youth Men/Women, Sr. Boys/Girls, Masters	\$30/day plus on-line service charge
Dev 1, Dev 2, Air Rifle 1, Air Rifle 2, Sport Men/Women, Sport Air Rifle	\$23/day plus on-line service charge
Biathlon Alberta day memberships – required for those athletes who are not members of Biathlon Alberta or other provincial/national biathlon governing body. Available online with race registration - \$15 per day.	

**Registration Close date is Wednesday January 23, 2011 at 23:59.
NO REGISTRATION WILL BE ACCEPTED after the close date!**

Cancellation Policy:

If event is cancelled prior to the weekend of competition (by midnight Wednesday January 23, 2013) and cannot be rescheduled, competitors will receive a 50% refund of their registration fees from Biathlon Alberta. If a competition must be cancelled on the weekend of the event due to cold weather or *force majeure*, no refund of registration fees will be made.

Accommodations:

Ramada Limited Hotel www.ramada.ca 780-467-6727

30 Broadway Boulevard, Sherwood Park

Coast Edmonton East Hotel www.rrinnsuites.com 780-464-4900

2100 Premier Way, Sherwood Park

Holiday Inn Express Hotel & Suites www.holidayinneedmonton.com 780-417-3388

11 Portage Lane, Sherwood Park

Holiday Inn Edmonton Convention Center/SE www.holidayinneedmonton.com

780-468-5400 or 1877-6608550 4520 76TH AVE Edmonton.

Meals:

There are no food services at the ENSC Biathlon Range. There is a concession in the Sunridge downhill ski lodge across the parking lot from the range.

Local Organizing/Competition Committee:

Organizing/Competition Chief: Julia Keenlside and Bryan Singleton

Chief of Timing **XXXXXXXXXX**

Chief of Course Dave Bennet

Chief of Stadium Barb Sand

Chief of Range Murray Gerwing

Competition Secretary: Monica Paterson

Volunteer Coordinator: Euna Kang

Biathlon Alberta Technical Delegate: Veli Niinimaa

Early/Unofficial Training: See event schedule

Competitions:

Sprint (SP): as per IBU rules

Mass Start: as per IBU rules

Special Regulations:

Penalties:

Air Rifle, Dev, and Sport categories –ski a 100m penalty loop.

All other classes ski a 150m penalty loop.

Rifle Carrying:

Dev and Air Rifle categories athletes shall have their rifles placed on and removed from the firing line by their coaches.

Senior Boys/Girls carry their rifles only on the range.

<u>Category</u>	<u>Age Range</u>	<u>Shooting Regulations</u>
Air Rifle 1	U15	-athletes shoot on big targets at 10m + rest
Air Rifle 2	U15	-athletes shoot on small targets at 10m + rest
Dev 1	U17	-athletes shoot prone, 50m, rest permitted
Dev 2	U17	-athletes shoot prone, 50m, no rest
Senior Boys	U17	-athletes shoot prone + standing, rifle drill
Senior Girls	U17	-athletes shoot prone + standing, rifle drill
Sport Men	17+	-athletes shoot prone + standing, full carry
Sport Women	17+	-athletes shoot prone + standing, full carry

Competition Office: Will be located in the Murrie Building on site. Hours – see schedule

Waxing Facilities: There are no waxing facilities on site.

Awards:

Awards will be presented after the Competitions at the ENSC Biathlon Centre.

Classes & Types of Competitions

Calforex Cup – Competition Classes and Types

CLASS	AGE	SPR	MS
Men	21+	10 km PS	15km PPSS
Women	21+	7.5 km PS	12.5km PPSS
Junior Men	U21	10 km PS	12.5km PPSS
Junior Women	U21	7.5 km PS	10km PPSS
Youth Men	U19	7.5 km PS	10km PPSS
Youth Women	U19	6 km PS	7.5km PPSS
Master Men	35+	6 km PS	7.5km PPSS
Master Women	35+	6 km PS	6.25km PPSS
Sport Men	17+	6 km PS	6.25km PPSS
Sport Women	17+	6 km PS	6.25km PPSS
Senior Boys	U17	6 km PS	6.25km PPSS
Senior Girls	U17	6 km PS	6.25km PPSS
Dev2 Boy/Girls	U17	3.75 km PP	5km PPP
Dev1 Boys/Girls	U17	3 km PP	4km PPP
Air Rifle 2 Boys/Girls	U15	3 km PP	4km PPP
Air Rifle 1 Boys/Girls	U15	2.25 km PP	3km PPP

Loops for Edmonton Calforex Cup 2013

CLASS	AGE	SPR	MS
Men	21+	10 km / PS 3.3km x 3 Blue x 3	15km / PPSS 3km x 5 Yellow x 5
Women	21+	7.5 km / PS 2.5km x 3 Green x 3	12.5km / PPSS 2.5km x 5 Green x 5
Junior Men	U21	10 km / PS 3.3km x 3 Blue x 3	12.5km / PPSS 2.5km x 5 Green x 5
Junior Women	U21	7.5 km / PS 2.5km x 3 Green x 3	10km / PPSS 2km x 5 Red x 5
Youth Men	U19	7.5 km / PS 2.5km x 3 Green x 3	10km / PPSS 2km x 5 Red x 5
Youth Women	U19	6 km / PS 2km x 3 Red x 3	7.5km / PPSS 1.5km x 5 Orange x 5
Master Men	35+	6 km / PS 2km x 3 Red x 3	7.5km / PPSS 1.5km x 5 Orange x 5
Master Women	35+	6 km / PS 2km x 3 Red x 3	6.25km / PPSS 1.25 x 5 Black x 5
Sport Men / Women	17+	6 km / PS 2km x 3 Red x 3	6.25km / PPSS 1.25 x 5 Black x 5
Senior Boys/Girls	U17	6 km / PS 2km x 3 Red x 3	6.25km / PPSS 1.25 x 5 Black x 5
Dev2 Boy/Girls	U17	3.75 km / PP 1.25 km x 3 Black x 3	5km / PPP 1.25km x 4 Black x 4
Dev1 Boys/Girls	U17	3 km / PP 1km x 3 Pink x 3	4km / PPP 1km x 4 Pink x 4
Air Rifle 2 Boys/Girls	U15	3 km / PP 1km x 3 Pink x 3	4km / PPP 1km x 4 Pink x 4
Air Rifle 1 Boys/Girls	U15	1.5 km / PP 750m x 3 Grey x 3	3km / PPP 750m x 4 Grey x 4

Course maps attached

**Zero Lane Assignments
Calforex Cup #3
Saturday, January 26, 2013**

<u>Club</u>	<u>Zero Lane</u>
.22	
Canmore Nordic	1
Foothills Nordic	3 - 7
Augustana Jr. Vikings Augustana Vikings	8 - 11
Hinton Cougars	11
Saskatchewan Blue Mountain Bullets	12 - 13
Wapiti Nordic	13 - 14
Edmonton Nordic	15 - 18
Calgary Biathlon Racers	19 - 21
Rocky Mountain Racers	22 - 23
Air Rifle	
Camrose Ski Club Foothills Nordic	30
Edmonton Nordic	28 - 29
Hinton Cougars Red Deer Nordic	26 - 27
Devon Nordic Ski Club	24 - 25