

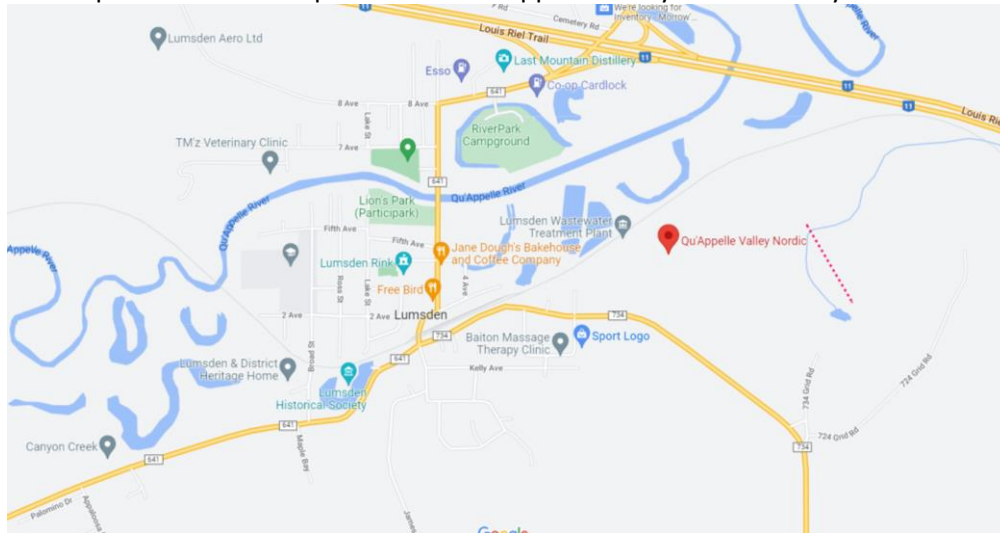
Qu'Appelle Valley Nordic Biathlon Saskatchewan SWF Cup #3 and 4 January 21 to 22, 2023

Welcome to the Qu'Appelle Valley Nordic located in Treaty 4 Territory just outside of Lumsden. We are pleased to host the Biathlon Saskatchewan SWF Cup #3 and 4. Questions can be directed to info@qvn.ca.

1. Competition Information

1.1. Location:

All competitions will take place at the Qu'Appelle Valley Nordic facility



1.2. Memberships:

All athletes, coaches and officials shall have a valid 2022-2023 Biathlon Canada membership to be eligible to participate. This requirement is for insurance purposes.

1.3. Race Fees:

Single day race - \$25.00
Full weekend race - \$35.00

1.4. Registration:

Please register on Zone4.ca by Friday, January 20th, 2023 at noon. Online registrations will be active by January 6th. **Late registrations or on-site registrations will not be accepted.**

1.5. Cancellation Policy:

If the event is canceled prior to the weekend of the races due to weather, a full refund less the online service charge will be provided. The races may be canceled or delayed if the temperature is below -20 C or feels like -25 C with wind. The race committee will have the ability to modify the race format, start time or race distances before or on the day of the race.

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.

Friday, January 20, 2023	7:00 pm	Virtual Team Captains' Meeting – Jury selection, competition review, course info, questions, updates
Saturday, January 21, 2023 Sprint format with interval start	12:30 pm	Competition Office Open Bib Pick-Up
	1:00 pm – 1:45 pm	Zero all categories
	2:00 pm	Interval start Sprint
		Awards will be announced once the results become final
Sunday, January 22, 2023 Mass Start format with multiple wave simultaneous start	9:30 am	Competition Office Open Bib Pick-Up
	10:00 am – 10:45 am	Zero all categories
	11:00 am	Wave 1 (Girls/Women, Air Rifle and Developmental .22 categories)
	11:45 am	Wave 2 (Boys/Men and Sport Non-binary categories)
		Awards will be announced once the results become final

1.7. Race formats and categories:

An interval start Sprint-distance race format will be used on Saturday. A multiple wave Mass Start race format will be used on Sunday.

Class	Age	Sprint	Loop Sequence	Mass Start	Loop Sequence
Air Rifle 1 (large targets)	8 +	2.4 km PP	O-O-O	2.75 km PPP	O-O-O-C
Air Rifle 2 (small targets)	8 +	2.7 km PP	Y-O-O	3.5 km PPP	Y-O-O-O
Development .22 (new to biathlon)	11+	Select distance, loops, and target sizes with coach			
Juvenile Boys / Girls	11 and 12	3.0 km PP	Y-Y-O	3.8 km PPP	Y-Y-O-O
Junior Boys / Girls	13 and 14	3.4 km PP	Y-Y-Y	4.5 km PPP	Y-Y-Y-Y
Senior Boys / Girls	15 and 16	6.15 km PS	R-B-B	7.1 km PPSS	B-B-Y-Y-Y
Youth Women	17 and 18	6.15 km PS	R-B-B	7.1 km PPSS	B-B-Y-Y-Y
Youth Men	17 and 18	7.35 km PS	R-R-R	9.85 km PPSS	R-B-B-B-B
Junior Women	19 to 21	7.35 km PS	R-R-R	9.85 km PPSS	R-B-B-B-B

Class	Age	Sprint	Loop Sequence	Mass Start	Loop Sequence
Junior Men	19 to 21	8.88 km or 8.91 km PS	G-G-G or BY-BY-BY	12.3 km PPSS	R-R-R-R-R
Women	22 +	7.35 km PS	R-R-R	9.85 km PPSS	R-B-B-B-B
Men	22 +	9.9 km or 9.75 km PS	GC-GC-GC or RY-RY-RY	12.3 km PPSS	R-R-R-R-R
Masters Men / Women	35 +	6.15 km PS	R-B-B	7.1 km PPSS	B-B-Y-Y-Y
Sport Men / Women / Non-binary	17 +	6.15 km PS	R-B-B	7.1 km PPSS	B-B-Y-Y-Y
Para Men / Women	17 +	Select distance and loops with coach. Shoot prone.			

Notes:

- All ages stated are as of December 31, 2022.
- Air rifle category distances are guidelines and may be modified by the athlete or coach based on the athlete's developmental level. Air Rifle 1 will shoot on larger (35 mm) targets while Air Rifle 2 shoot on smaller (15 mm) targets.
- Developmental .22 is designed for participants who are new to biathlon. Distances and the size of targets shot at can be modified to align to the participant's developmental level.
- Senior Boys/Girls will follow the 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.
- Sport Men/Women/Non-binary have the option to carry their rifle or follow the range carry procedure. Participants in this category must notify the Chief of Range if they choose to follow the range carry procedure.
- Junior Men/Women, Open Men/Women and Masters Men/Women will carry their rifle while skiing on course.
- Penalty loops for misses will be skied. Large penalty loops (150 m) for the Youth Men/Women, Junior Men/Women, Men/Women categories and small penalty loops (75 m) for all other categories.

1.8. Course Loop Distances:

A trail map is available on the [QVN website](#).

Clubhouse (C) – 350 m

Orange (O) – 800 m

Yellow (Y) – 1.12 km

Blue (B) – 1.85 km

Red (R) – 2.45 km

Green (G) – 2.96 km

1.9. Waxing:

There are no indoor waxing facilities or electric outlets available 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.

1.10. Competition Office:

The Competition Office will be located in the clubhouse on site. See the Event Schedule for hours.

1.11. Awards

Awards will be presented after final results are posted, time and location TBA. Medals will be presented to the first three finishers in all categories, regardless of the number of competitors. The exception to this is the Air Rifle and Developmental .22 categories in which all participating athletes will all be awarded a prize at completion of the competition and no medals will be awarded. Results for the Air Rifle and Developmental .22 classes will be published in alphabetical order.