

**red river nordic**  
ski & biathlon club



OLYMPIA CYCLE & SKI  
PORTAGE AVE, WINNIPEG, MB - GETTING YOU GEARED UP SINCE 1979



**Race Notice: The Falcon Combined Jan. 26<sup>th</sup> and Jan. 27<sup>th</sup> 2019**  
*A two-day competition of Nordic Skiing and Biathlon hosted by **Red River Nordic Ski & Biathlon** at Falcon Ridge*  
**Registration Deadline:** Jan. 24<sup>th</sup> at 6pm on Zone 4

**Day 1: Saturday, January 26<sup>th</sup> 2019**  
**CCSAM Provincial Sprint Championships Manitoba Cup Race**  
**&**  
**Biathlon Manitoba Biathlon Open House/Open Range**

**Contacts:**

- Chief of Competition           Kenton Frith                   kf.frith@gmail.com
- Chief of Course                 Chris Roe                      roechristopher1967@gmail.com
- Competition Secretary       Ron Pelletier                 skinnyskis@me.com
- Canadian Nordic Ski Patrol   Darcy Beer                    darcybeer@yahoo.com

**Technique:** Free

• Thur., January 24 <sup>th</sup> @ 6:00 pm	Registration closes on Zone 4
• Fri., January 25 <sup>th</sup> @ Midnight	Official Race Lists posted on Zone 4
• Sat., January 26 <sup>th</sup> @ 9:30 am – 10:00 am	Bib pick up in the Falcon Ridge
• Sat., January 26 <sup>th</sup> @ 10:00 am	Coaches' meeting in the Falcon Ridge
• Sat., January 26 <sup>th</sup> @ 9:45 am – 10:45 am	Courses Open for pre-skiing
• Sat., January 26 <sup>th</sup> @ 11:00 am	Race Start Time: see start lists for athlete/category starts
• Sat., January 26 <sup>th</sup> @ 2:00 pm	Awards in the Falcon Ridge Chalet
• Sat., January 26 <sup>th</sup> @ 2:30 pm – 4:00 pm	Biathlon Open House --- at the Biathlon Range Come experience Biathlon shooting. Ages 11 +

## CCSAM Competitive Age Categories

### Age categories for 2018 – 2019 (2019 competitive season)

Category	Year of Birth (YOB)
Atom Girls/Boys	2012 – 2010 (6 to 8 years old)
Pee Wee Girls/Boys	2009 (PW1); 2008 (PW2); 2007 (PW3)
Midget Girls/Boys	2006 (M1); 2005 (M2)
Juvenile Girls/Boys	2004 (Jv1); 2003 (Jv2)
Junior Girls/Boys	2002 (Jr1); 2001 (Jr2)
Junior Women/Men	2000 (Jr3); 1999 (Jr4)
U23 Women/Men	1998 – 1996
Senior Women/Men	1995 – 1989
Master 1 Women/Men	1988 – 1984
Master 2 Women/Men	1983 – 1979
Master 3 Women/Men	1978 – 1974
Master 4 Women/Men	1973 – 1969
Master 5 Women/Men	1968 – 1964
Master 6 Women/Men	1963 – 1959
Master 7 Women/Men	1958 – 1954
Master 8 Women/Men	1953 – 1949
Master 9 Women/Men	1948 and earlier

Your competitive age category is based on how old you are **as of December 31st** in the *current competitive season*. For example, in 2018 – 2019 your age as of December 31, 2018 is your age for the entire 2018 – 2019 competitive season. Our Competition Model makes it possible for young skiers to compete in categories that are a better match for their *development age* if not their chronological age. For example, a Midget aged skier may race as a Juvenile whenever the athlete, their parents and coach together determine that to be the most appropriate competitive category. **Skiers wanting to race in a category other than their competitive age category must notify Ron Pelletier, the competition secretary by e-mail by Jan. 24th at 6pm.**

#### Eligibility

All competitors Juvenile and up must have a valid CCC race license or hold a CCC supporting member (day license) in accordance with CCC Document 2.2.2 – Race License Policy. Day Licenses are to be purchased on the Zone 4 registration page for a fee of \$5.00/day.

#### Race Courses and Distances

Sat., Jan. 26 <sup>th</sup> 2019	
Free Technique Distances – (No Tracks set) Mass Starts by the Chalet	
Category	Distance (km)
Pee Wee Boys	2 km
Pee Wee Girls	2 km
Midget Boys	3 km
Midget Girls	3 km
Juvenile Boys	5 km
Juvenile Girls	5 km
Junior Boys	10 km
Junior Girls	10 km
Masters, Senior Men, Junior Men	10 km
Masters, Senior, Junior Women	10 km

## Day 2: Sunday, Jan. 27th 2019

### Biathlon Manitoba Cup Race @11:30am

**Technique: Free (no tracks set)**

**Format: Sprint:** Hosted by Biathlon Manitoba

**Contacts:**

●	Chief of Competition	Tom Naylor	naylors.winnipeg@gmail.com
●	Chief of Course	Doug Smith	dougsmith200@gmail.com
●	Competition Secretary	Ron Pelletier	skinnyskis@me.com
●	Chief of Range	Joel Malkoske	kdmalkoske@gmail.com

●	Sun., Jan. 27 <sup>th</sup> @ 9:30 am – 10:00 am	Bib pick up
●	Sun., Jan. 27 <sup>th</sup> @ 9:45 am – 10:00 am	Coaches & Athletes pre-race' meeting in the Falcon Ridge Chalet
●	Sun., Jan. 27 <sup>th</sup> @ 10:00 am – 11:15 am	Course open for pre-ski
●	Sun., Jan. 27 <sup>th</sup> @ 10:30 am – 11:15 am	Rifle Zeroing
●	Sun., Jan. 27 <sup>th</sup> @ 11:30 am	Races begin
●	Sun., Jan. 27 <sup>th</sup> @ 2:00 pm or upon race conc.	Awards in the Falcon Ridge Chalet

Format: **SPRINT race**; 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

**Eligibility:** All competitors must be a member of a Biathlon Canada club or purchase a 'Day Licence' on the Falcon Combined Zone 4 registration page.

- Rifles provided for Developmental athletes by Biathlon Manitoba. 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.**
- 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.

**Biathlon Race Distances:** [Course Maps: linked here.](#)

- Distances and courses are subject to change due to conditions.

**SPRINT RACE**

Category	Age (on 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	21-34	10	PS	Green, Green, Green	long 150m	IBU
Women	21-34	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	19-20	10	PS	Green, Green, Green	long 150m	IBU
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/CWG Men	17-18	7.5	PS	Green, Red, Pink	long 150m	IBU
Youth/CWG Women	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	17-18	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	13-14	4.5	PP	Blue, Yellow, Yellow	short 100m	Rifle on mat; single load
Cadets Junior Girls	13-14	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

Dev = Developmental athletes; CWG = Canada Winter Games, Competition category for athletes trying out for the 2019 CWG team.

**Registration Fees Day 1: Saturday, January 26<sup>th</sup> 2019**

CCSAM Manitoba Cup Race race fee Pee Wees + Midgets	\$15
CCSAM Manitoba Cup Race race fee Juveniles – Masters	\$20
Cross Country Canada day licence (non-members)	\$5.00
Falcon Trails Facility/Maintenance Fee	\$3.00

**Registration Fees Day 2: Sunday, January 27<sup>th</sup> 2019**

Biathlon Manitoba Cup Race race fee	\$25
Biathlon Canada day licence (non-member):	\$5.00

**\*Two-day racing discount \$10**

Registration Deadline Registration is to be completed only through Zone 4 at <http://www.zone4.ca>. The deadline for registration is Jan. 24th at 6 pm.