

Biathlon Saskatchewan SWF¹ Cup 1 & 2

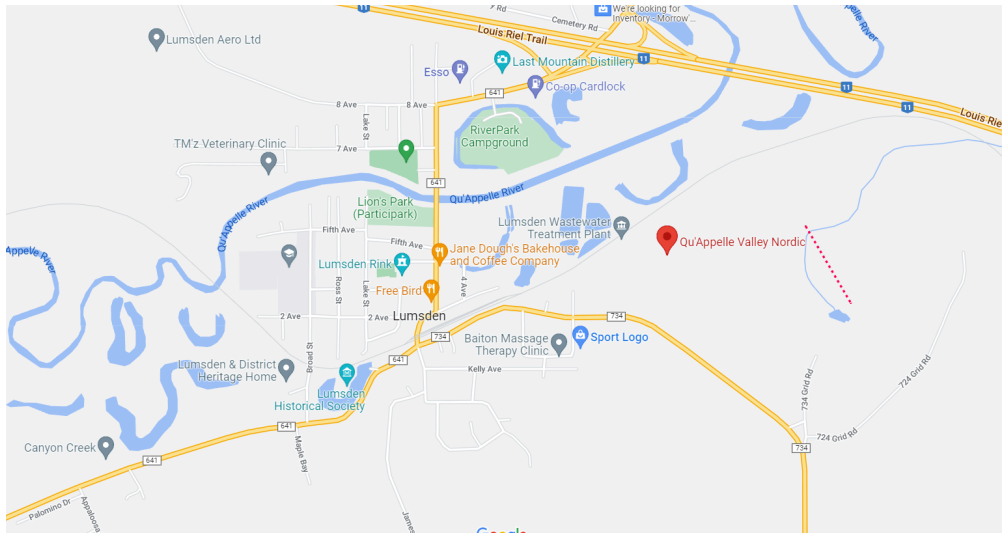
January 20 to 21, 2024

Qu'Appelle Valley Nordic Centre is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota and Métis peoples, in the beautiful Qu'Appelle Valley at Lumsden. 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 2023-2024 Biathlon Canada membership to be eligible to participate. This requirement is for insurance purposes.

1.3. Race Fees:

IBU Classes, Sr Boy/Girl and Sport categories 45.00 full race weekend; 35.00 for single day; all other categories 40.00 full race weekend; 30.00 for single day. Race fees include trail passes that support grooming and snow making.

1.4. Registration:

[Please register on Zone4.ca](https://www.zone4.ca) before noon on Thursday, January 18, 2024. Registrations will open at noon on Wednesday, January 10. **NO late registrations/on-site registrations.**

1.5. Cancellation Policy:

If the event is canceled prior to the weekend of the races due to weather and not rescheduled, a full refund less the online service charge will be provided. The races may be cancelled, delayed or rescheduled if the temperature is below -20 C or feels like -25 C with wind. The race committee may modify the race formats, start times, race distances or categories before or on the day of the race according to conditions.

¹ Saskatchewan Wildlife Federation (SWF) sponsors Biathlon Saskatchewan competitions

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 19, 2024	8:00 pm	Virtual Team Captains' Meeting
Saturday, January 20, 2024 Sprint format with 15 sec interval start; and, OPTIONAL no fee QVN Mixed Relay² , simultaneous start for competitors	10:30 am	Competition Office Open Sprint Bib Pick-Up
	11:15 am – 12:00 pm	Zero all categories
	12:15 pm	Sprint – 15 sec interval start
	1:45 pm	Mixed Relay Bib Pick-Up
	2:15 pm	Mixed Relay – simultaneous start
		Awards after the results become final
	6:00	Optional supper @ local restaurant not included in race fee
Sunday, January 21, 2024 Mass Start format with 2 waves of simultaneous starts	9:30 am	Competition Office Open Bib Pick-Up
	10:00 am – 10:45 am	Zero all categories
	11:00 am	Mass Start – Wave 1
	11:45 pm	Mass Start – Wave 2
		Awards after results become final

1.7. Competition categories

	Age ³	Shooting regulations
Biathlon Saskatchewan Categories		
Eco Aim	Any age	athletes shoot on targets Level 6 setting 10m with rest
Air Rifle 1	U11	athletes shoot on 35mm targets, 10m, with rest
Air Rifle 2	U13	athletes shoot on 15mm targets, 10m, with rest
Initiation .22	12+	athletes shoot prone, 50m with rest or no rest

Biathlon Canada categories, [Biathlon Canada Hosting Policy \(2023\)](#)

Train to Train (T2T) 1	U17	athletes shoot prone, 50m, optional rest
Train to Train (T2T) 2	U17	athletes shoot prone, 50m, no rest
Senior Boys/Girls	U17	athletes shoot prone + standing, rifle range procedure
Sport 1	17+	athletes shoot prone + standing, rifle range procedure
Sport 2	17+	athletes shoot prone + standing, optional carry
Sport 3	17+	athletes shoot prone + standing, optional carry
Sport 4	17+	athletes shoot prone + standing, optional carry

²The OPTIONAL QVN mixed relay format has three male and/or female competitors - a fast, intermediate and new biathlete - per team. Simultaneous start; each athlete skis three loops with 2 shooting sequences according to individual class. In each shooting stage, the athlete is allowed to use three spare rounds if needed to close their five targets. A penalty loop is run for any unclosed targets after the eighth shot is fired. Exchanges between each leg are a tap of the shoulder from the incoming athlete to the outgoing athlete in the cross over designated area. The first team to cross the finish line is the winner and has bragging rights.

³ All ages stated are as of December 31, 2023.

IBU categories, [International Biathlon Union Race and Competition Rules \(2023\)](#)

Youth Men	U19	as per IBU
Youth Women	U19	as per IBU
Junior Men	19-21	as per IBU
Junior Women	19-21	as per IBU
Men	22+	as per IBU
Women	22+	as per IBU

1.8. Categories and competition formats⁴:

Category	Competition format	Distance	Start type	Skiing loops	Loop length	Shooting sequence	Penalty
Eco Aim	Sprint	Tailored to the athlete	Single, 15 sec	3	Tailored to individual athlete	PP	75m
	Mass Start		Simultaneous	4		PPP	75m
	Mixed Relay		Simultaneous	3		PP	75m
Air Rifle 1 ⁵	Sprint	2.25 km	Single, 15 sec	3	.75 km	PP	75m
	Mass Start	3 km	Simultaneous	4	.75 km	PPP	75m
	Mixed Relay	2.25 km	Simultaneous	3	.75 km	PP	75m
Air Rifle 2 ³	Sprint	3 km	Single, 15 sec	3	1 km	PP	75m
	Mass Start	4 km	Simultaneous	4	1 km	PPP	75m
	Mixed Relay	3 km	Simultaneous	3	1 km	PP	75m
Initiation .22 (new to biathlon)	Sprint	Tailored to the athlete	Single, 15 sec	3	Tailored to individual athlete	PP	75m
	Mass Start		Simultaneous	4		PPP	75m
	Mixed Relay		Simultaneous				
Training to Train (T2T) 1	Sprint	3 km	Single, 15 sec	3	1 km	PP	75m
	Mass Start	4 km	Simultaneous	4	1 km	PPP	75m
	Mixed Relay	3 km	Simultaneous	3	1 km	PP	75m
Training to Train (T2T) 2	Sprint	4.5 km	Single, 15 sec	3	1.5 km	PP	75m
	Mass Start	6 km	Simultaneous	4	1.5 km	PPP	75m
	Mixed Relay	3 km	Simultaneous	3	1 km	PP	75m
Senior Boys / Girls	Sprint	6 km	Single, 15 sec	3	2 km	PS	75m
	Mass Start	7.5 km	Simultaneous	5	1.5 km	PPSS	75m
	Mixed Relay	4.5 km	Simultaneous	3	1.5 km	PS	75m
Sport 1	Sprint	4.5 km	Single, 15 sec	3	1.5 km	PS	75m
	Mass Start	5 km	Simultaneous	5	1 km	PPSS	75m
	Mixed Relay	3 km	Simultaneous	3	1 km	PS	75m
Sport 2	Sprint	4.5 km	Single, 15 sec	3	1.5 km	PS	75m
	Mass Start	5 km	Simultaneous	5	1 km	PPSS	75m
	Mixed Relay	3 km	Simultaneous	3	1 km	PS	75m
Sport 3	Sprint	6 km	Single, 15 sec	3	2 km	PS	75m
	Mass Start	7.5 km	Simultaneous	5	1.5 km	PPSS	75m
	Mixed Relay	4.5 km	Simultaneous	3	1.5 km	PS	75m
Sport 4	Sprint	7.5 km	Single, 15 sec	3	2.5 km	PS	75m

⁴ For more information see: Draft Biathlon Saskatchewan Hosting Guidelines for Eco Aim, Air Rifle and Initiation .22 categories; [Biathlon Canada Hosting Policy \(2023\)](#) for T2T 1, T2T 2, Sr. Boys/Girls, Sport categories; and, [International Biathlon Union Events and Competition Rules \(2023\)](#) for IBU classes.

^{5,3} **Air rifle distances and targets are guidelines** and may be modified by the athlete or coach. Air Rifle 1 may shoot on smaller (15 mm) targets, while Air Rifle 2 may shoot on larger (35 mm) targets.

	Mass Start	10 km	Simultaneous	5	2 km	PPSS	75m
	Mixed Relay	6 km	Simultaneous	3	2 km	PS	75m
Youth Women	Sprint	6 km	Single, 15 sec	3	2 km	PS	150m
	Mass Start	7.5 km	Simultaneous	5	1.5 km	PPSS	150m
	Mixed Relay	6 km	Simultaneous	3	2 km	PS	150m
Youth Men	Sprint	7.5 km	Single, 15 sec	3	2.5 km	PS	150m
	Mass Start	10 km	Simultaneous	5	2 km	PPSS	150m
	Mixed Relay	7.5 km	Simultaneous	3	2.5 km	PS	75m
Junior Women	Sprint	7.5 km	Single, 15 sec	3	2.5 km	PS	150m
	Mass Start	10 km	Simultaneous	5	2 km	PPSS	150m
	Mixed Relay	6 km	Simultaneous	3	2 km	PS	150m
Junior Men	Sprint	10 km	Single, 15 sec	3	3.3 km	PS	150m
	Mass Start	12.5 km	Simultaneous	5	2.5 km	PPSS	150m
	Mixed Relay	6 km	Simultaneous	3	2 km	PS	150m
Women	Sprint	7.5 km	Single, 15 sec	3	2.5 km	PS	150m
	Mass Start	10 km	Simultaneous	5	2 km	PPSS	150m
	Mixed Relay	6 km	Simultaneous	3	2 km	PS	150m
Men	Sprint	10 km	Single, 15 sec	3	3.3 km	PS	150m
	Mass Start	12.5 km	Simultaneous	5	2.5 km	PPSS	150m
	Mixed Relay	6 km	Simultaneous	3	2 km	PS	150m

Notes:

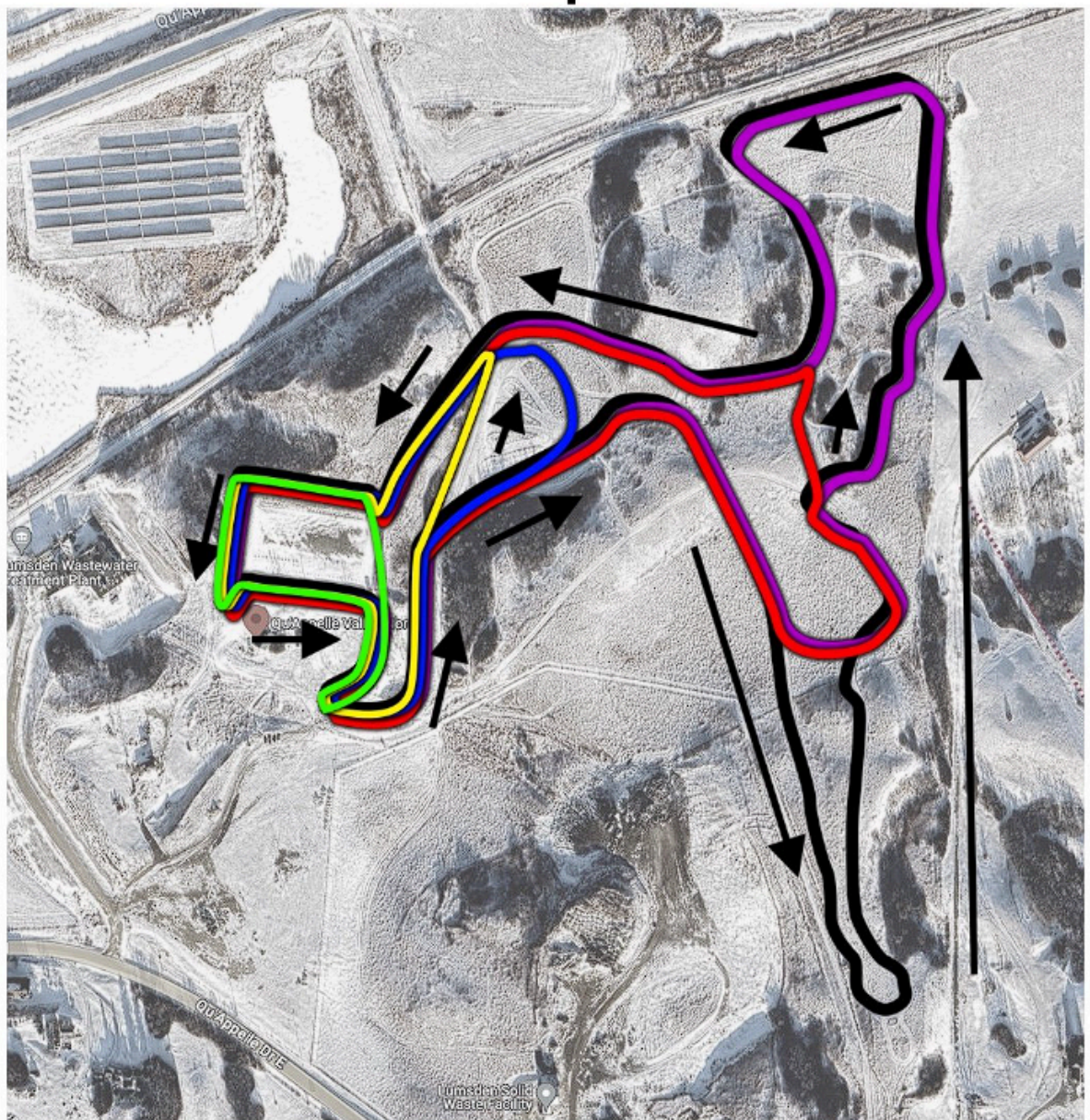
- Initiation .22 is designed for participants who are new to biathlon. Distances and the size of targets shot at can be modified to align to the participant's developmental level.
- Training to Train classes replaced .22 developmental categories and align with Biathlon Canada and National Canada Coaching Program's long-term athlete development framework
- 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.
- Sports' categories include Men/Women/Non-binary options and Sport 2 to 4 classes have the option to carry their rifle or follow the range carry procedure. Participants in these classes must notify the Chief of Range if they choose to follow the range carry procedure.
- Youth Men/Women, Junior Men/Women, Men/Women will carry their rifle while skiing on course, Sport 2 to 4 classes may carry their rifles while skiing on course.
- Penalty loops for misses will be skied. Large penalty loops (150m) for the Youth Men/Women, Junior Men/Women, Men/Women categories and smaller penalty loops (75m) for all other categories.

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

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

- Green Loop - 0.54km (7m elevation). Flat loops with no hills.
- Yellow Loop - 0.89km (15m elevation). One downhill (into the “bowl”) and one uphill climb.
- Blue Loop - 1.0km (22m elevation). At the start of the bowl, head up the hill to the right. Take the groomed path that curves to the left.
- Red Loop - 1.62km (33m elevation)
- Purple Loop - 2.3km (48m elevation)
- Black Loop - 2.8km (70m elevation)

Loops



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 in the clubhouse on site. See the Event Schedule for hours.

1.12. 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 Initiation .22 categories, no medals will be awarded and all participating athletes will receive a prize at completion of the competition. Results for the Air Rifle and Initiation .22 classes will be published in alphabetical order, not order of finish.

1.13. The Host Committee for Jan 21/21 is as follows:

Competition Chief - James Froh
Chief of Course - Darren Ritco
Chief of Range - Jason Grundahl
Chief of Timing - Derrick Mann
Competition Secretary - Leah Japp

1.14. Volunteer coaches and officials:

If you register as a volunteer coach or an official, you may claim a 50% discount off one athlete's race fees in your family on Zone4 using **8RJ46N1Cy2C** as the discount code. According to 1.2, valid 2023-24 Biathlon Canada membership for volunteers is required for the discount. Simple snacks and hot beverages will be available for volunteers in the clubhouse on both days.