

red river nordic
ski & biathlon club



Biathlon Manitoba
combining nordic skiing and marksmanship



CCSAM
Cross Country Ski Association of Manitoba

Race Notice: The Falcon Combined Jan. 31st and Feb. 1st, 2015
A two-day competition of Nordic Skiing and Biathlon at Falcon Ridge

CCSAM Manitoba Cup Race #2
+ Biathlon Open House
Day 1: Saturday, January 31st 2015

Technique: Free

Date: Saturday, January 31st

Registration Deadline: Jan. 29th at 7:00 pm on [Zone4](#)

Hosts: Hosted by [Red River Nordic](#) at Falcon Ridge

Contacts:

- Chief of Competition Chris Roe croe@pembinatrails.ca
- Chief of Course Doug Smith dougsmith200@gmail.com
- Competition Secretary Ron Pelletier skinnyskis@me.com
- Canadian Nordic Ski Patrol Brian Barton

Location Day 1 and Day 2: Falcon Ridge Ski and Recreation Area. [Falcon Ridge link here.](#)

Located on the shores of Falcon Lake in the Manitoba's Whiteshell Provincial park, Falcon Ridge offers beautiful views of the lake amidst a woodland Boreal Forest setting. Falcon Ridge has over 25 km of maintained x-country ski trails connecting to the local Trans-Canada trail, and Provincial Park maintained West Hawk ski trail circuit which has endless kilometers of wilderness to explore. There are trails groomed for both classic (track set) and skate skiing.

Driving Directions: How to get to the Falcon Ridge Ski Area. [Google Map link here.](#)

Falcon Ridge Ski Hill is located on the south-east end of Falcon Lake in the Whiteshell Provincial Park in Manitoba. To get there, turn off the #1 highway at Falcon Lake, about 7 minutes west of the Manitoba/ Ontario border. Once you've turned off the highway, follow the south shore road (past the golf course, the lumber yard and the marina) for about 15 minutes. Falcon Ridge is located right at the end of this road. Falcon Ridge is a 90 minute drive east from Winnipeg, and 45 minutes west of Kenora, Ontario.

Accommodations: Falcon Ridge Resorts located in [Falcon Ridge link here.](#) There are numerous accommodations in [Kenora links here.](#)

First Aid: First Aid will be available on site courtesy of the Canadian Nordic Ski Patrol

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Day 1: Saturday, January 31st 2015
CCSAM Manitoba Cup Race #2 @ 12:00 pm
and Biathlon Open House @ 2:30 pm

• Fri., Jan. 30th @ Midnight	Official Race Lists posted on Zone 4
• Sat., Jan. 31st @ 10:30 am	Bib pick up in the Falcon Ridge Chalet and all courses open for pre-skiing
• Sat., Jan. 31st @ 11:00 am	Coaches' meeting in the Falcon Ridge Wax Hut
• Sat., Jan. 31st @ 12:00 pm	Mass Starts (Free Technique) in waves
• Sat., Jan. 31st @ 2:00 pm	Awards in the Falcon Ridge Chalet
• Sat., Jan. 31st @ 2:30 pm	Biathlon Open House --- at the Biathlon Range specifically to experience Biathlon shooting. Ages 10 +

CCSAM Competitive Age Categories

Your competitive age category is based on how old you are as of **December 31st** in the *current competitive season*. For example, in 2013 – 2014 your age as of December 31, 2014 is your age for the entire 2014 – 2015 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. 29th at 7:00 pm.**

Category	Year of Birth (YOB) Female	Year of Birth (YOB) Male
Atom	2006 – 2008 (6 to 8 years old)	2006 – 2008 (6 to 8 years old)
Pee Wee	2005 (PG1); 2004 (PG2); 2003 (PG3)	2005 (PB1); 2004 (PB2); 2003 (PB3); 2002 (PB4)
Midget	2002 (MG1); 2001 (MG2)	2001 (MB1); 2000 (MB2)
Juvenile	2000 (JVG1); 1999 (JVG2)	1999 (JVB1)
Junior Girl/Boy	1998 (JG1); 1997 (JG2)	1998 (JB1); 1997 (JB2)
Junior Female/Male	1996 (JF1); 1995 (JF2)	1996 (JM1); 1995 (JM2)
Senior	1994 – 1985 (U23: 1993-1991)	1994 – 1985 (U23: 1993-1991)
Master 1	1980 – 1984	1980 – 1984
Master 2	1975 – 1979	1975 – 1979
Master 3	1970 – 1974	1970 – 1974
Master 4	1965 – 1969	1965 – 1969
Master 5	1960 – 1964	1960 – 1964
Master 6	1955 – 1959	1955 – 1959
Master 7	1950 – 1954	1950 – 1954
Master 8	1945 – 1949	1945 – 1949
Master 9	1944 and earlier	1944 and earlier

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CCSAM Manitoba Cup Race #2 @ 12:00 pm
and Biathlon Open House @ 2:30 pm

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

Sat., Jan. 31st 2015		Mass Start Waves starting @ 12:00 pm at the Falcon Ridge Chalet	
Free Technique Distances			
Category	Distance (km)	Mass Start Wave	Course
Para Nordic Men Sitski	2.5	#1	Brown
Para Nordic Women: Sitski	2.5	#1	Brown
Pee Wee Boys	2.5	#2	Brown
Pee Wee Girls	2.5	#2	Brown
Midget Boys	5	#2	Brown x 2
Midget Girls	5	#2	Brown x 2
Para Nordic Men Standing	5	#3	Brown x 2
Para Nordic Women Standing	5	#3	Brown x 2
Junior Men	15	#4	Red x 3
Junior Women	15	#4	Red x 3
Senior Men (U23)	15	#4	Red x 3
Senior Women (U23)	15	#4	Red x 3
Masters Men	15	#4	Red x 3
Masters Women	15	#4	Red x 3
Juvenile Boys	5	#5	Red x 1
Juvenile Girls	5	#5	Red x 1
Junior Boys	10	#5	Red x 2
Junior Girls	10	#5	Red x 2

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

Eligibility

All competitors from 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.

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Day 2: Sunday, February 1st 2015
Biathlon Manitoba Cup Race #3 @ 12:00 pm

Format: Sprint

Date: Sunday, February 1st

Registration Deadline: at Jan. 29th at 7:00 pm on [Zone4](#)

Hosts: Hosted by Biathlon Manitoba

Contacts:

- Chief of Competition Lin-P'ing Choo-Smith choosmith@gmail.com
- Chief of Course Jim Kovachik kovachik@mymts.net
- Competition Secretary Ron Pelletier skinnyskis@me.com
- Chief of Range Barry Mitchell bgmitchell@shaw.ca

• Thurs., Jan. 29th @ 7:00 pm	Registration Deadline on Zone 4
• Fri., Jan. 30th @ Midnight	Official Race Lists posted on Zone 4
• Sun., Feb. 1st @ 10:00 – 10:30 am	Bib pick up in the Falcon Ridge Chalet
• Sun., Feb. 1st @ 10:00 – 10:15 am	Coaches' meeting in the Falcon Ridge Chalet
• Sun., Feb. 1st @ 10:30 – 11:30 am	Rifle Zeroing and all courses open for pre-skiing
• Sun., Feb. 1st @ 12:00 pm	Races begin
• Sun., Feb. 1st @ 2:30 pm	Awards in the Falcon Ridge Chalet

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

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

Sunday Feb. 1st Sprint			Starting @12 noon below the Biathlon Range
Category/Age	Distance (km)	Course	
Masters Men 35+	6 km	TBA	
Masters Women 35+	6 km	TBA	
Men 21-34	10 km	TBA	
Women 21-34	7.5 km	TBA	
Developmental Masters Men 19+	6 km	TBA	
Developmental Masters Women 19+	6 km	TBA	
Junior Men (CWG) 19-20	10 km	TBA	
Junior Women (CWG) 19-20	7.5 km	TBA	
Youth Men 17-18	7.5 km	TBA	
Youth Women 17-18	6 km	TBA	

Senior Boys + Girls 15-16	6 km	TBA
Developmental Senior Boys + Girls 15-18	5 km	TBA
Junior Boys + Girls 13-14	4 km	TBA
Developmental Junior Boys + Girls 13-14	4 km	TBA
Juvenile Boys + Girls 11-12	3 km	TBA
Developmental Juvenile Boys + Girls 11-12	3 km	TBA

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.

Registration Deadline

Registration is to be completed only through Zone 4 at [this link](#). The deadline for registration is Jan. 29th at 7:00 pm. **NO LATE REGISTRATIONS WILL BE ACCEPTED.**

Entry fees include healthy snack foods, drinks, and fruit for athletes and coaches.