



OLYMPIA CYCLE & SKI

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red river ZONE



**Race Notice: The Falcon Combined Jan. 28th and Jan. 29th 2017**

*A two-day competition of Nordic Skiing and Biathlon hosted by Red River Nordic Ski and Biathlon Club at Falcon Ridge*

**Registration Deadline:** Wed. Jan. 25<sup>th</sup> at 12 midnight on Zone 4

<https://zone4.ca/register.asp?id=14596&lan=1&cartlevel=1>

**Day 1: Saturday, January 28th 2017**

**CCSAM Provincial Sprint Championships Manitoba Cup Race #4  
+ Biathlon Manitoba Biathlon Open House/Open Range**

**Contacts:**

- Chief of Competition                      Chris Roe                                      roechristopher1967@gmail.com
- Competition Secretary                      Ron Pelletier                                      skinnyskis@me.com

**Technique:** Classic

**Sprint Format:** King's Court\*. Sprint Qualifier + 3 Heats.

- Each skier competes in an interval qualifying time trial to determine placing in the first heat.
- There are six athletes in each heat and a total of three heats following the time trial.
- In the heats, the top two finishers will move down the bracket into a faster heat.
- The bottom two finishers will move up and the two middle finishers will stay in the same (heat) position.
- All heats in the 800 m and 1.1 km courses are coed.
- Placement in the final heat (3<sup>rd</sup> heat) will determine podium finishes according to CCSAM competitive age group categories.

• Wed., Jan. 25 <sup>th</sup> @ 12:00 midnight	Registration closes on Zone 4
• Fri., Jan. 27 <sup>th</sup> @ 12:00 midnight	Official Race Lists posted on Zone 4
• Sat., Jan. 28 <sup>th</sup> @ 9:30 am	Bib pick up in the Falcon Ridge Chalet and all courses open for pre-skiing
• Sat., Jan. 28 <sup>th</sup> @ 10:00 am	Coaches' meeting in the Falcon Ridge Wax Hut
• Sat., Jan. 28 <sup>th</sup> @ 11:00 am	Sprint Qualifiers
• Sat., Jan. 28 <sup>th</sup> TBD	Sprint Heats
• Sat., Jan. 28 <sup>th</sup> @ 2:00 pm	Awards in the Falcon Ridge Chalet
• Sat., Jan. 28 <sup>th</sup> @ 2:30 pm	Biathlon Open House at the Biathlon Range Come experience Biathlon shooting. Ages 11 +

## 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, your age as of December 31, 2016 is your age for the entire 2016 – 2017 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. 26th at 10pm.**

Category	Year of Birth (YOB) Female	Year of Birth (YOB) Male
Atom	2008 – 2010 (6 to 8 years old)	2008 – 2010 (6 to 8 years old)
Pee Wee	2007 (PG1); 2006 (PG2); 2005 (PG3)	2007 (PB1); 2006 (PB2); 2005 (PB3)
Midget	2004 (MG1); 2003 (MG2)	2004 (MB1); 2003 (MB2)
Juvenile	2002 (JVG1); 2001 (JVG2)	2002 (JVB1); 2001 (JVB2)
Junior Girl/Boy	2000 (JG1); 1999 (JG2)	2000 (JB1); 1999 (JB2)
Junior Woman/Man	1998 (JF1); 1997 (JF2)	1998 (JM1); 1997 (JM2)
Senior	1996 – 1987 (U23: 1994-1996)	1996 – 1987 (U23: 1994-1996)
Master 1	1982 – 1986	1982 – 1986
Master 2	1977 – 1981	1977 – 1981
Master 3	1972 – 1976	1972 – 1976
Master 4	1967 – 1971	1967 – 1971
Master 5	1962 – 1966	1962 – 1966
Master 6	1957 – 1961	1957 – 1961
Master 7	1952 – 1956	1952 – 1956
Master 8	1947 – 1951	1947 – 1951
Master 9	1946 and earlier	1946 and earlier

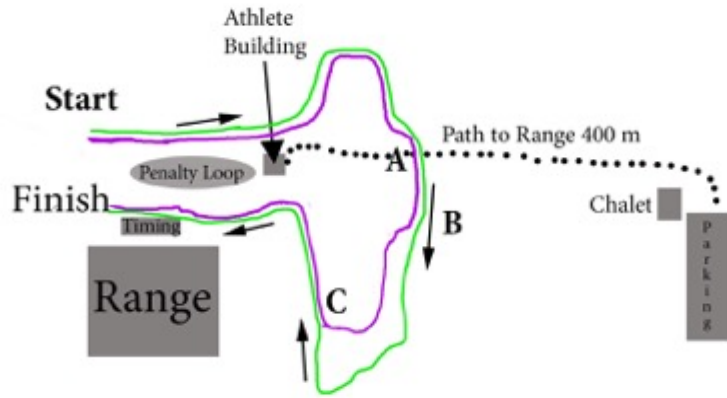
### Race Distances & Course/Elevation Maps:

Sat., Jan. 28 <sup>th</sup> 2017 Classic Technique Distances Interval Start (15 sec.) Biathlon Start Area		Sprint Qualifier @ 11:00 am Sprint Heats TBD
Category	Distance (km)	Course
Midget Boys	800 m	Purple
Midget Girls	800 m	
Pee Wee Boys	800 m	
Pee Wee Girls	800 m	
Masters, Senior, Junior Men + Junior Boys + Juvenile Boys	1.1 km	Green
Masters, Senior, Junior Women + Junior Girls + Juvenile Girls	1.1 km	

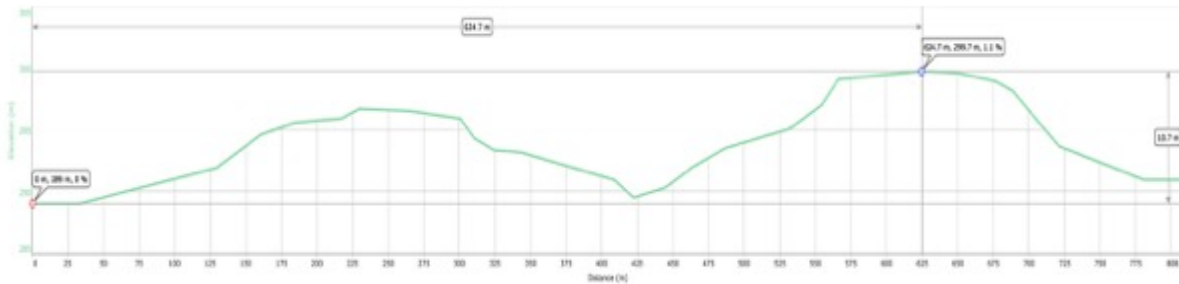
# CCSAM Sprint Provincials

## Classic technique

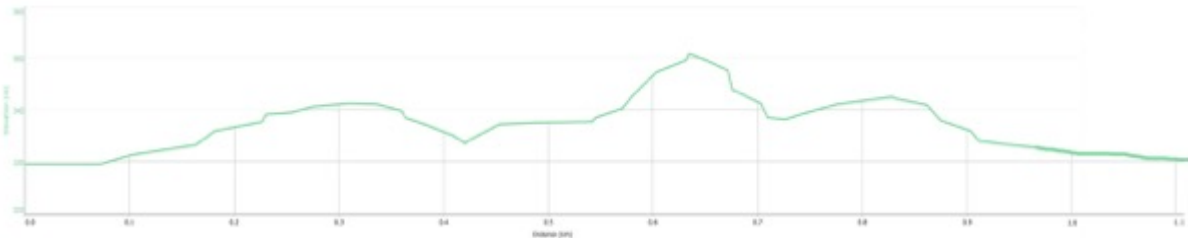
Purple 800 m  
Green 1.1 km



### 800 m Sprint



### Sprint 1.1 km



**Eligibility:** All competitors in Juvenile and older categories 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.

**Day 2: Sunday, January 29th 2017**  
**Biathlon Manitoba Cup Race #2 @ 12 noon**

**Format: Sprint**

**Hosts:** Hosted by Biathlon Manitoba

**Contacts:**

- |                         |                      |                     |
|-------------------------|----------------------|---------------------|
| • Chief of Competition  | Lin-P'ing Choo-Smith | choosmith@gmail.com |
| • Competition Secretary | Ron Pelletier        | skinnyskis@me.com   |
| • Chief of Course       | Kenton Frith         | kf.frith@gmail.com  |
| • Chief of Range        | Barry Mitchell       | bgmitchell@shaw.ca  |

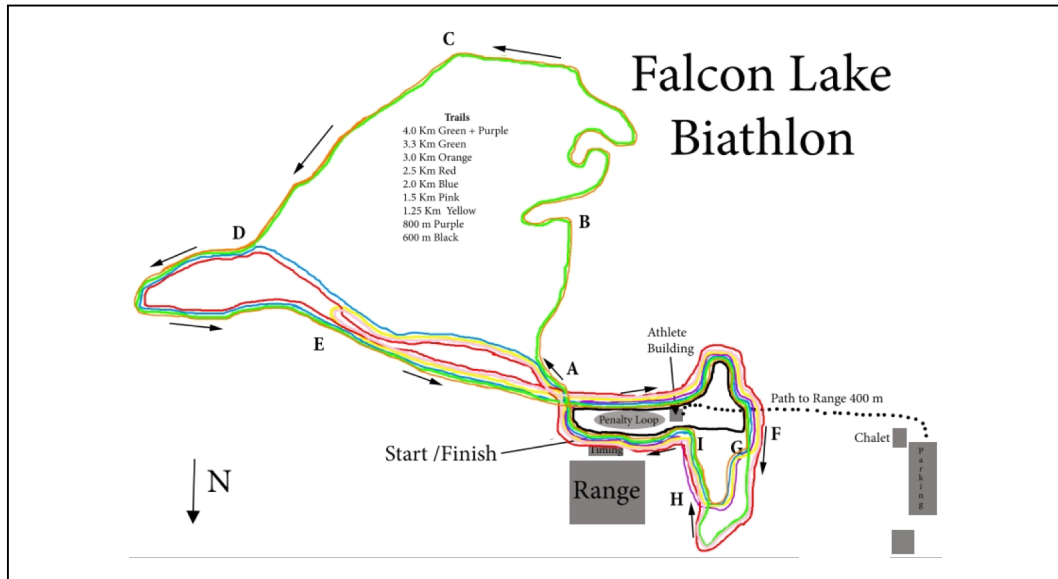
**SPRINT Race:** See table for race distances.

- Two shooting bouts, missed targets elicit a penalty loop
- Shorter course, biggest targets & rifle rest for developmental (Dev) athletes
- Youth and adult/masters categories. **For Athletes 11+ this is your opportunity to participate in a biathlon race in the developmental categories.**

**Technique:** Free

• Wed., Jan. 25 <sup>th</sup> @ 12:00 midnight	Registration closes on Zone 4
• Fri., Jan. 27 <sup>th</sup> @ 12:00 midnight	Official Race Lists posted on Zone 4
• Sun., Jan. 29 <sup>th</sup> @ 10:00 am -10:45 am	Bib pick up in the Falcon Ridge Chalet
• Sun., Jan. 29 <sup>th</sup> @ 10:00 am – 10:15 am	Coaches' meeting in the Falcon Ridge Chalet
• Sun., Jan. 29 <sup>th</sup> @ 11:00 am – 11:45 am	Rifle Zeroing (ammunition provided for Dev athletes) Course open for pre-skiing (Athletes are not permitted on the course until Chief of Course has officially announced that the course is open for pre-ski.)
• Sun., Jan. 29 <sup>th</sup> @ 12 noon	Races begin
• Sun., Jan. 29 <sup>th</sup> @ 2:30 pm or upon race conc.	Awards in the Falcon Ridge Chalet

**Biathlon Race Distances:** [Course Maps: link](#)



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

<b>Sprint</b>						
	<b>Ages</b>	<b>Distance</b>	<b>Shooting</b>	<b>Trails</b>	<b>Penalty</b>	<b>Shooting Notes</b>
	(as of Dec .31, 2016)	Km				
<b>Masters Men</b>	<b>35+</b>	6	PS	Red, Blue, Pink	long 150m	IBU
<b>Masters Women</b>	<b>35+</b>	6	PS	Red, Blue, Pink	long 150m	IBU
<b>Men</b>	<b>21-34</b>	10	PS	Green, Green, Green	long 150m	IBU
<b>Women</b>	<b>21-34</b>	7.5	PS	Red, Red, red	long 150m	IBU
<b>Dev Men</b>	<b>19+</b>	6	PP	Red, Blue, Pink	long 150m	Prone on standing targets with rest; coach shuttle
<b>Dev Women</b>	<b>19+</b>	6	PP	Red, Blue, Pink	long 150m	Prone on standing targets with rest; coach shuttle
<b>Junior Men</b>	<b>19-20</b>	10	PS	Green, Green, Green	long 150m	IBU
<b>Junior Women</b>	<b>19-20</b>	7.5	PS	Green, Red, Pink	long 150m	IBU
<b>Youth Men</b>	<b>17-18</b>	7.5	PS	Green, Red, Pink	long 150m	IBU
<b>Youth Women</b>	<b>17-18</b>	6	PS	Orange, Pink, Pink	long 150m	IBU
<b>Senior Boys</b>	<b>15-16</b>	6	PS	Orange, Pink, Pink	long 150m	Range procedure for Senior; range shuttle
<b>Senior Girls</b>	<b>15-16</b>	6	PS	Orange, Pink, Pink	long 150m	Range procedure for Senior; range shuttle
<b>Dev Youth Boys &amp; Girls</b>	<b>15-18</b>	6	PP	Orange, Pink, Pink	long 150m	Prone on standing targets with rest; coach shuttle
<b>Junior Boys</b>	<b>13-14</b>	4.5	PP	Blue, Yellow, Yellow	100m	Prone targets with sling; coach shuttle
<b>Junior Girls</b>	<b>13-14</b>	4.5	PP	Blue, Yellow, Yellow	100m	Prone targets with sling; coach shuttle
<b>Juvenile Boys</b>	<b>11-12</b>	3.75	PP	Yellow	100m	Prone targets with rest; coach shuttle
<b>Juvenile Girls</b>	<b>11-12</b>	3.75	PP	Yellow	100m	Prone targets with rest; coach shuttle
<b>Dev Boys &amp; Girls</b>	<b>11-14</b>	3.75	PP	Yellow	100m	Prone on standing targets with rest; coach shuttle
Trails may be adjusted to suit snow conditions						

**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.

**Location:** Falcon Ridge Ski and Recreation Area. [Falcon Ridge link](#)

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](#)

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](#). There are numerous accommodations in [Kenora](#).

**First Aid:** Courtesy of the Canadian Nordic Ski Patrol.

**Participant Fees:**

- One-day fee for participants 18 and under: \$15
- One-day fee for participants 19 and up: \$20
  
- Two-day fee for participants 18 and under: \$25
- Two-day fee for participants 19 and up: \$30

**Refunds:** Refunds are determined by the race committees on a case by case basis.