



Falcon Combined

CCSAM MB Cup #2

BAM MB Cup #3



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



Race Notice: The Falcon Combined Jan. 25th and Jan. 26th 2020
*A two-day competition of Nordic Skiing and Biathlon hosted by **Red River Nordic Ski & Biathlon** at Falcon Ridge*

Registration Deadline: Jan. 23th at 6pm on Zone 4

Day 1: Saturday, January 25th 2020

CCSAM Manitoba Cup Race

&

Biathlon Manitoba Biathlon Open House/Open Range

Contacts:

- Chief of Competition Kenton Frith kf.frith@gmail.com
- Chief of Course Doug Smith dougsmith200@gmail.com
- Competition Secretary Ron Pelletier skinnyskis@me.com
- Canadian Nordic Ski Patrol Darcy Beer darcybeer@yahoo.com

Technique: Free

• Thur., January 23 th @ 6:00 pm	Registration closes on Zone 4
• Fri., January 24 th @ Midnight	Official Race Lists posted on Zone 4
• Sat., January 25 th @ 9:30 am – 10:00 am	Bib pick up in the Yurt at Falcon Ridge
• Sat., January 25 th @ 10:00 am	Coaches' meeting in the Yurt at Falcon Ridge
• Sat., January 25 th @ 9:45 am – 10:45 am	Courses Open for pre-skiing
• Sat., January 25 th @ 11:00 am	Race Start Time: see start lists for athlete/category starts
• Sat., January 25 th @ 2:00 pm	Awards in the yurt at Falcon Ridge
• Sat., January 25 th @ 2:30 pm – 4:00 pm	Biathlon Open House --- at the Biathlon Range Come experience Biathlon shooting. Ages 11 +

CCSAM Competitive Age Categories

Category	Year of Birth (YOB)
U8 Girls/Boys	2013 & 2012 (6 & 7)
U10 Girls/Boys	2011 & 2010 (8 & 9)
U12 Girls/Boys	2009 & 2008 (10 & 11)
U14 Girls/Boys	2007 & 2006 (12 & 13)
U16 Girls/Boys	2005 & 2004 (14 & 15)
U18 Girls/Boys	2003 & 2002 (16 & 17)
U20 Women/Men	2001 & 2000 (18 & 19)
U23 Women/Men	1999 – 1997 (20 to 22)
Senior Women/Men	1996 – 1990 (23 to 29)
Master 1 Women/Men	1989 – 1985 (30 to 34)
Master 2 Women/Men	1984 – 1980 (35 to 39)
Master 3 Women/Men	1979 – 1975 (40 to 44)
Master 4 Women/Men	1974 – 1970 (45 to 49)
Master 5 Women/Men	1969 – 1965 (50 to 54)
Master 6 Women/Men	1964 – 1960 (55 to 59)
Master 7 Women/Men	1959 – 1955 (60 to 64)
Master 8 Women/Men	1954 – 1950 (65 to 69)
Master 9 Women/Men	1949 and earlier (70+)

Your competitive age category is based on how old you are **as of December 31st** in the *current competitive season*. For example, in 2019 – 2020 your age as of December 31, 2019 is your age for the entire 2019 – 2020 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 U12 aged skier may race as a U14 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. 23th 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 ([Link to Course Maps](#))

Sat., Jan. 25 th 2020			
Free Technique Distances – (No Tracks set) Interval Start			
(trails may be adjusted to suit conditions)			
Category	Distance (km)	Ski Loops	
U8 Girls/Boys	1.25 km	Yellow	
U10 Girls/Boys	2.5 km	Yellow (2x)	
U12 Girls/Boys	3.75 km	Yellow (3x)	
U14 Girls/Boys	5 km	Red (2x)	
U16 Girls/Boys	7.5 km	Red (3x)	
U18 Girls/Boys	7.5 km	Red (3x)	
U20 Women/Men	7.5km 10 km	Grn, Red, Pink	Grn (3x)
U23 Women/Men	7.5km 10 km	Grn, Red, Pink	Grn (3x)
Senior Women/Men	7.5km 10 km	Red (3x)	Grn (3x)
Masters Women/Men	6km	Blue (3x)	

Day 2: Sunday, Jan. 26th 2020

Biathlon Manitoba Cup Race @11:30am

Technique: Free (no tracks set)

Format: Sprint: Hosted by Biathlon Manitoba and Able Crane

Contacts:

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|-------------------------|---------------|----------------------------|
| ● 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. 26 th @ 9:30 am – 10:00 am	Bib pick up
• Sun., Jan. 26 th @ 9:45 am – 10:00 am	Coaches & Athletes pre-race' meeting in the Yurt at Falcon Ridge
• Sun., Jan. 26 th @ 10:00 am – 11:15 am	Course open for pre-ski
• Sun., Jan. 26 th @ 10:30 am – 11:15 am	Rifle Zeroing
• Sun., Jan. 26 th @ 11:30 am	Races begin
• Sun., Jan. 26 th @ 2:00 pm or upon race conc.	Awards in the Yurt at Falcon Ridge

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 Link](#)

Distances and courses are subject to change due to conditions.

Sprint

	Ages (Dec 31)	Distance Km	Shooting	Ski loops	Penalty	Shooting Notes
Masters Men / Women	35+	6	PS	Blue	100 m	IBU
Masters Men / Women	50+	6	PS	Blue	100m	IBU
Men	21-34	10	PS	Green	150 m	IBU
Women	21-34	7.5	PS	Red	150 m	IBU
Dev Men / Women	19+	6	PP	Blue	150 m	Prone on standing targets with rest; coach shuttle
Junior Men	19-20	10	PS	Green	150 m	IBU
Junior Women	19-20	7.5	PS	Green, Red, Pink	150 m	IBU
Youth Men / CWG	17-18	7.5	PS	Green, Red, Pink	150 m	IBU
Youth Women /CWG	17-18	6	PS	Orange, Pink, Pink	150 m	IBU
Cadets Youth Men	17-18	7.5	PS	Green, Red, Pink	150 m	Rifle on Mat. Single Load
Cadets Youth Women	17-18	6	PS	Orange, Pink, Pink	150 m	Rifle on Mat. Single Load
Senior Boys / Girls	15-16	6	PS	Orange, Pink, Pink	100 m	Range procedure for Senior; range shuttle
Cadets Senior Boys/Girls	15-16	6	PS	Orange, Pink, Pink	100 m	Rifle on Mat. Single Load
Dev. Youth Boys & Girls	15-18	6	PP	Orange, Pink, Pink	100 m	Prone on standing targets with rest; coach shuttle
Junior Boys / Girls	13-14	4.5	PP	Blue, Yellow, Yellow	100m	Prone targets with sling; coach shuttle
Cadets Junior Boys / Girl	12-14	4.5	PP	Blue, Yellow, Yellow	100m	Rifle on Mat. Single Load
Juvenile Boys / Girls	11-12	3.75	PP	Yellow	100m	Prone targets with rest; coach shuttle
Dev Boys & Girls	11-14	3.75	PP	Yellow	100m	Prone on standing targets with rest; coach shuttle

Trails may be adjusted to suit snow conditions

Registration Fees **Day 1: Saturday, January 25th 2019**

CCSAM Manitoba Cup Race race fee U8 + U10 **\$15**

CCSAM Manitoba Cup Race race fee U12 – Masters **\$20**

Cross Country Canada day licence (non-members) **\$5**

Falcon Trails Facility/Maintenance Fee **\$3**

Registration Fees **Day 2: Sunday, January 26th 2020**

Biathlon Manitoba Cup Race race fee **\$25**

Biathlon Canada day licence (non-member): **\$5**

***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. 23th at 6 pm.