



OLYMPIA CYCLE & SKI
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Race Notice: The Falcon Combined Jan. 27th and Jan. 28th 2018
A two-day competition of Nordic Skiing and Biathlon hosted by Red River Nordic at Falcon Ridge
Registration Deadline: Jan. 25th at 10pm on [Zone 4 \(link here\)](#)

Day 1: Saturday, January 27th 2018
CCSAM Manitoba Cup Race #4
+ Biathlon Manitoba Biathlon Open House/Open Range

Contacts:

- Chief of Competition Chris Roe roechristopher1967@gmail.com
- Chief of Course Tom Naylor naylor.winnipeg@gmail.com
- Competition Secretary Ron Pelletier skinnyskis@me.com
- Canadian Nordic Ski Patrol Brian Barton 204-783-1744

Technique: Free

• Thur., January 25 th @ 10:00 pm	Registration closes on Zone 4
• Fri., January 26 th @ Midnight	Official Race Lists posted on Zone 4
• Sat., January 27 th @ 9:30 am – 10:00 am	Bib pick up in the Falcon Ridge Chalet
• Sat., January 27 th @ 10:00 am	Coaches' meeting in the Falcon Ridge Wax Hut
• Sat., January 27 th @ 9:45 am – 10:45 am	Courses Open for pre-skiing
• Sat., January 27 th @ 11:00 am	Race Start Time: see start lists for athlete/category starts
• Sat., January 27 th @ 2:00 pm	Awards in the Falcon Ridge Chalet
• Sat., January 27 th @ 2:30 pm – 4:00 pm	Biathlon Open House --- at the Biathlon Range Come experience Biathlon shooting. Ages 11 +

CCSAM Competitive Age Categories

In cross country skiing we say our *competitive season* begins in December and ends in March.

Your competitive age category is based on how old you are **as of December 31st** in the *current competitive season*. For example, in 2017 – 2018 your age as of December 31, 2017 is your age for the entire *2018 competitive season*.

Age categories for 2017 – 2018 (2018 competitive season)

Category	Year of Birth (YOB) Female	Year of Birth (YOB) Male
Atom	2009 – 2011 (6 to 8 years old)	2009 – 2011 (6 to 8 years old)
Pee Wee	2008 (PG1); 2007 (PG2); 2006 (PG3)	2008 (PB1); 2007 (PB2); 2006 (PB3)
Midget	2005 (MG1); 2004 (MG2)	2005 (MB1); 2004 (MB2)
Juvenile	2003 (JVG1); 2002 (JVG2)	2003 (JVB1); 2002 (JVB2)
Junior Girl/Boy	2001 (JG1); 2000 (JG2)	2001 (JB1); 2000 (JB2)
Junior Woman/Man	1999 (JF1); 1998 (JF2)	1999 (JM1); 1998 (JM2)
Senior	1997 – 1988 (U23: 1995-1997)	1997 – 1988 (U23: 1995-1997)
Master 1	1983 – 1987	1983 – 1987
Master 2	1978 – 1982	1978 – 1982
Master 3	1973 – 1977	1973 – 1977
Master 4	1968 – 1972	1968 – 1972
Master 5	1963 – 1967	1963 – 1967
Master 6	1958 – 1962	1958 – 1962
Master 7	1953 – 1957	1953 – 1957
Master 8	1948 – 1952	1948 – 1952
Master 9	1947 and earlier	1947 and earlier

Our Competition Model is aligned with the [Canadian Sport For Life \(CS4L\) & Long Term Athlete Development](#) principles. It is recommended that 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.

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. 27th 2018 Free Technique Distances Mass Starts by the Chalet		
Category	Distance (km)	Course
Midget Boys	3 km	Biathlon start/finish area loop
Midget Girls	3 km	Biathlon start/finish area loop
Pee Wee Boys	2 km	Biathlon Piggly-Wiggly loop
Pee Wee Girls	2 km	Biathlon Piggly-Wiggly loop
Juvenile Boys	5 km	Red lower + upper trail loop
Juvenile Girls	5 km	Red lower + upper trail loop
Junior Boys	10 km	Red lower + upper trail loop x2
Junior Girls	10 km	Red lower + upper trail loop x2
Masters, Senior Men, Junior Men	10 km	Red lower + upper trail loop x 2
Masters, Senior, Junior Women	10 km	Red lower + upper trail loop x 2

Day 2: Sunday, Jan. 28th 2018
Biathlon Manitoba Cup Race #4 @12 noon
[Zone 4 link \(here\)](#)

Technique: Skate

Hosts: Hosted by Biathlon Manitoba

Contacts:

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|-------------------------|----------------------|----------------------|
| • Chief of Competition | Lin-P'ing Choo-Smith | choosmith@gmail.com |
| • Chief of Course | Kenton Firth | kf.frith@gmail.com |
| • Competition Secretary | Ron Pelletier | skinnyskis@me.com |
| • Chief of Range | Joel Malkoske | jdmalkoske@gmail.com |

• Sun., Jan. 28 th @ 10:00 am – 10:30 am	Bib pick up
• Sun., Jan. 28 th @ 10:15 am – 10:30 am	Coaches & Athletes pre-race meeting in the Falcon Ridge Chalet
• Sun., Jan. 28 th @ 10:30 am – 11:45 am	Course open for pre-ski
• Sun., Jan. 28 th @ 11:00 am – 11:45 am	Rifle Zeroing
• Sun., Jan. 28 th @ 12:00 noon	Races begin
• Sun., Jan. 28 th @ 2:30 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.

- Athletes without their own rifle (Developmental athletes; Dev) can borrow one for race day for \$8.00 extra per day. 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 Women	19-20	7.5	PS	Green, Red, Pink	long 150m	IBU
Youth Men / CWG	17-18	7.5	PS	Green, Red, Pink	long 150m	IBU
Youth Women / CWG	19-20	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 27th 2018

CCSAM Manitoba Cup Race #4 race fee Pee Wees + Midgets	\$15
CCSAM Manitoba Cup Race #4 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 28th 2018

Biathlon Manitoba Cup Race #4 race fee Juvenile and Developmental categories (11-14)	\$15
Biathlon Manitoba Cup Race #4 race fee All other categories.	\$20
Biathlon Canada day licence (non-member)	\$5.00
Rifle rental and ammunition	\$8.00

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