



## **Biathlon BC Cup #3**

# **INVITATION**

**Hosted by**

**Cariboo Ski Touring Club (C.S.T.C.)**

**Quesnel, BC**

**January 18 - 20, 2019**

[www.caribooski.ca](http://www.caribooski.ca)

The logo for Canada, featuring the word "Canada" in a serif font with a small Canadian flag above the letter 'a'.

Dear biathlon friends,

The Cariboo Ski-Touring Club and Quesnel are pleased to invite you to participate in BC Cup #3 January 18-20, 2019 at our Hallis Lake facility.

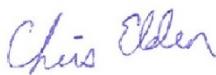
The Organizing Committee, the Cariboo Ski-Touring Club, and the many volunteers are excited to be hosting another BC Cup and look forward to seeing you. The club installed a small snowmaking system this year so we have the ability to help Mother Nature if she is a bit short of resources.

There is a skating tournament in Quesnel on this same weekend, and possibly other events, so I recommend that you make your accommodation arrangements as soon as possible. See the attached list of suggested accommodation on the last page of this invitation.

Inspired by a great event at Omineca's BC Cup last year we are following their example and encouraging widespread participation in the Recreation 2 category. To make it easier for parents, coaches, and volunteers to participate we will delay the start of the Recreation class until after all of the other competitions are finished on Saturday. We welcome all to participate!

Please note the start time for Sunday as it does not follow tradition.

Sincerely,

A handwritten signature in blue ink that reads "Chris Elden".

Chris Elden  
Chief of Competition  
Cariboo Ski-Touring Club - Biathlon  
Quesnel, BC

## Competition Venue:

Cariboo Ski-Touring Club, Hallis Lake. The facility is a 15 – 20 minute drive from downtown. Course maps are available on our website: <https://caribooski.ca/event/bc-cup-biathlon/>  
All competition information will be posted on the Cariboo Ski Touring Club website <https://caribooski.ca/> under events.

A map with directions to Hallis Lake is also attached to this invitation.

## Competition Committee and Contact Information:

Please direct any questions regarding this invitation to the following:

Michelle Arcand, Competition Secretary at [michelle4biathlon@gmail.com](mailto:michelle4biathlon@gmail.com) or call 250-983-9464  
Chris Elden, Chief of Competition at [140acrewood@gmail.com](mailto:140acrewood@gmail.com) or call 250-992-9769 or 250-255-2496

Chief of Competition:	Chris Elden
Assistant Chief of Competition:	Jim Crellin
Competition Secretary:	Michelle Arcand
Chief of Range:	Greg Roll
Chief of Timing:	Lisa McCargar
Chief of Course:	Brian Black
Chief of Stadium:	Cindy Sherstan
Volunteer Coordinator:	Charlotte Kurta
Technical Delegate:	Paul Collard

## Competition Office:

The competition office will be located in the main lodge for bib pick up.

Bib pick-up Saturday @ 09:00 – 9:30  
Bib pick-up Sunday @ 09:00 – 9:30

The competition office will move to the range timing hut at 09:30 on Saturday and Sunday.

<b>Hallis Lake Lodge will be open as follows:</b>	
❖ Friday, January 18, 2019	12:00 – 17:00
❖ Saturday, January 19, 2019	08:00 – 17:00
❖ Sunday, January 20, 2019	08:00 – 17:00

## Rifle Import Regulations

Teams and individual competitors from outside of Canada must declare their rifles at the Canadian border, complete the necessary documentation, and pay the required fees when bringing rifles and ammunition into Canada. All athletes must register their own rifles and pay the applicable fee. Refer to guidelines on the Canadian Government website at: [www.cbsa-asfc.gc.ca/import/iefw-iefw-eng.html](http://www.cbsa-asfc.gc.ca/import/iefw-iefw-eng.html)

## Event Schedule:

<b>Date</b>	<b>Time</b>	<b>Event</b>
<b>Friday</b> January 18, 2019	12:00 – 16:00  19:00	Unofficial Training - range open from 13:00 to 16:00 Team Captain's Meeting at the Royal Canadian Legion (262 Kinchant Street in downtown Quesnel).
<b>Saturday</b> January 19, 2019	10:00 – 10:50 10:51 11:00  19:00	<b>Zero</b> Opening Ceremony Start – <b>Individual</b> Awards outside lodge following posting of final results. Social at the Royal Canadian Legion (262 Kinchant Street in downtown Quesnel). The Social is free and no tickets are needed. Snacks and refreshments for all with draw prizes for competitors.
<b>Sunday</b> January 20, 2019	10:00 – 10:50 11:00 Following Last Competition	<b>Zero</b> Start – <b>Sprint</b> Awards outside of lodge

**Entry Fees:** \$ 40.00 per Athlete: Jr. B/G; Sr. B/G; Youth M/W; Junior M/W, all Cadet, Recreational, Sport and Masters classes  
\$ 35.00 per Athlete: Juvenile and Midget classes

### Registration by Number:

Coaches, please inform Competition Secretary (email: [michelle4biathlon@gmail.com](mailto:michelle4biathlon@gmail.com)) of the number of athletes, their gender, and competition class by January 5, 2019. This information is important for concession and awards planning, and later communications about the event.

### Registration:

Athletes and coaches register online at [www.zone4.ca](http://www.zone4.ca) – No other registration will be accepted. Payment must be made using a credit card.

**Registration Deadlines:**

Athletes must register by Sunday, January 13, 2019 11:59 pm PST

**Team Captain's Meeting:**

The Team Captain's Meeting will be held at the Royal Canadian Legion (262 Kinchant Street in downtown Quesnel) at 19:00, Friday, January 18, 2019.

**Eligibility to Participate:**

All athletes and coaches must be registered participants with Biathlon Canada or US Biathlon or IBU nation to participate.

Biathlon BC members in good standing are eligible to receive full benefit of results in Biathlon BC programs, such as BC Cup points, team or squad selection. Any member of Biathlon Canada or other IBU Nations in good standing may enter, but will not be eligible for Biathlon BC programs and awards.

**Day Memberships:**

Those wishing to compete who are not registered participants with Biathlon Canada or US Biathlon must purchase a Day Membership for each day of the competition. This must be done on Zone4 at the time of registration.

**Awards:**

For all classes except Midget, Juvenile and Recreational classes, BiBC medals will be awarded for each competition as follows:

- Four or more competitors - First, Second and Third places
- Three competitors - First and Second places
- Two competitors - First place only
- One competitor - Podium recognition only

All Midget and Juvenile participants will be awarded participation medals. Place medals will not be awarded for these classes.

**Cancellation Policy:**

There are no refunds if a competitor does not show-up for the competition. If a competitor withdraws at least one week prior to the event, they can apply for a 75% refund. If the event is cancelled one week ahead, entry fees (minus registration and payment costs) will be refunded. If unforeseen circumstances cause cancellation closer to the event, the organizers may retain entry fees sufficient to ensure no loss against monies already spent.

**Concession:**

A concession will be operating in the main lodge on Saturday and Sunday, with hot drinks, hot lunch, and snack items.

A post-race snack and refreshment will be provided at the finish line for athletes and volunteers.

## **Rules:**

International Biathlon Union (IBU) rules and regulations shall apply as fully as possible. Biathlon Canada rules shall apply for classes not covered in IBU rules, with modified rules for Junior Boys/Girls and younger classes as per the Biathlon BC Hosting Policy.

## **Cadets at Biathlon BC Competition:**

Cadets are welcome to participate in BC Cups. If the cadet participates in the Cadet competition class and is "under orders" and supervised by his/her cadet corps, then he/she does not need a Biathlon BC membership. However, if the cadet wants to compete in another class other than the cadet class, they must purchase an athlete membership. If they want to participate in a Recreational Class, they must purchase a Biathlon BC Day membership if they do not have one of the athlete memberships.

## **Waxing Facilities:**

Waxing can be done at the waxing stations located outside the Hallis Lake Lodge. Waxing jigs will not be provided. Waxing is not permitted inside the lodge.

## **Biathlon BC 2018/2019 Wax Policy:**

Biathlon BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed policy while waxing skis for BC Cup competitions. This also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

### **Waxing policy:**

- Structure tools ARE permitted.
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted.
- Medium Fluoro (MF) or High Fluoro (HF) or similar glide waxes are NOT permitted.
- Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted.
- Cold weather powder additives and hardeners are NOT permitted.

### **The above waxing policy applies to the following races/age categories:**

- At BC Winter Games: the wax policy applies to ALL age categories.
- At Biathlon BC Cup races (including the BC Championships) the wax policy applies to Junior B/G categories and younger, as well as the recreational categories.

## **Trail Passes:**

Registered athletes, coaches and officials will have trail passes provided (available at the lodge) for the unofficial training day and both competition days.

## Classes of Competition

The following classes of competition will be run, depending on entries.

Ages are as of **December 31, 2018.**

Class	Age	Individual	Sprint
Midgets M&F	8 - 10	2.0 km - PPP	1.5 km - PP
Juveniles M&F	11 - 12	4.0 km - PPP	3.0 km - PP
Junior Boys	13 - 14	6.0 km - PPP	4.5 km - PP
Senior Boys	15 - 16	7.5 km- PSPS	6.0 km - PS
Youth Men	16 - 18	12.5km-PSPS	7.5 km - PS
Junior Men	19 - 21	15 km - PSPS	10 km - PS
Men	22+	20 km - PSPS	10 km - PS
Masters Men	35+	10 km - PSPS	6.0 km - PS
Masters Men	50+	10 km - PSPS	6.0 km - PS
Junior Girls	13 - 14	6.0 km - PPP	4.5 km - PP
Senior Girls	15 - 16	7.5 km - PSPS	6.0 km - PS
Youth Women	16 - 18	10.0 km - PSPS	6.0 km - PS
Junior Women	19 - 21	12.5km-PSPS	7.5 km - PS
Women	22+	15 km -PSPS	7.5 km - PS
Masters Women	35+	7.5 km - PSPS	6.0 km - PS
Masters Women	50+	7.5 km - PSPS	6.0 km - PS
Sport Men	16+ (carry rifle)	10km - PSPS	6.0km - PS
Sport Women	16+ (carry rifle)	7.5km - PSPS	6.0km - PS
Recreational 1	16+	6.0km PSP	4.5 km PS
Recreational 2*	Open	4.0 km PPP	3.0 km PP
Cadet Junior Boys	Under 15	6.0 km - PPP	4.5 km - PP
Cadet Senior Boys	15 - 16	7.5 km- PSPS	6.0 km - PS
Cadet Youth Men	17 - 18	12.5km-PSPS	7.5 km - PS
Cadet Junior Girls	Under 15	6.0 km - PPP	4.5 km - PP
Cadet Senior Girls	15 - 16	7.5 km - PSPS	6.0 km - PS
Cadet Youth Women	17-18	10.0 km - PSPS	6.0 km - PS

Please note: Course distances may vary slightly

## Classes of Competition continued

### **Senior B/G – Youth M/W**

An athlete who is 16 by the end of December in the year that starts the winter competition season may elect to compete in either the Senior Boys/Senior Girls category and not carry his/her rifle, or may compete as a Youth Man/Youth Woman and must carry his/her rifle. This selection must be made when registering on Zone 4 and cannot be changed.

### **Masters**

Master's age groups may be combined if there are a low number of registrants in any of the categories.

### **Recreation**

Recreation 1 is age 16 and older, shooting standing as well as prone with assistance as necessary. Recreation 2 is any age, shooting prone on rest with assistance as necessary.

**\*To encourage maximum participation in the recreation class, we will delay the start for the Recreation 2 class on Saturday to allow parents, coaches and volunteers to participate.**



## **Quesnel Accommodations:**

### **Sandman - Southside of town. Denny's Restaurant and Shark Club Sports Bar**

250-747-3511

1-800-726-3626

- Sports rate available. Refer to Confirmation #220479 for Quesnel biathlon ski club for sports rate group discount

### **Quality Inn - Downtown. Complimentary hot breakfast included.**

250-992-7247

### **Super 8 Motel – Southside of town. Restaurant**

250-747-1111

### **Best Western / The Tower Inn - Downtown. Restaurant & lounge**

Limited rooms available due to skating tournament

250-992-2201

1-800-663-2009

### **Ramada – Downtown.**

Limited rooms available due to skating tournament

250-992-5575

### **Caravan Motel – Southside of town**

250-747-3111

## **and more...**

### **Southside Restaurants and Food Stores:**

Denny's, Walmart/Macdonald's, Carlos Place, A&W, Shark Club, Tim Horton's, Ginza Ichibang, Frieda's Pizza, KFC, Extra Foods, Aroma Foods (Deli), and more...

### **Downtown and Westside Restaurants and Food Stores:**

Bliss, Granville's Coffee Shop, Quesnel Bakery, Mr. Mike's Restaurant, Booster Juice, Tim Horton's, Dairy Queen, Subway, Quiznos, Panago Pizza, Pure Spice, Pizza Hut, Chicanos Mexican Restaurant, Craig's Table, Ulysses Restaurant, Safeway, Save-on Foods, and more...

### **Ski Equipment**

Ski and waxing equipment and supplies are available at Rocky Peak Adventure Gear located on Reid Street in downtown Quesnel.

### **Local Attractions**

Quesnel and District Arts and Recreation Centre with art gallery, pool and gym facilities

Quesnel Museum (winter hours Sat. 12 - 4 pm)

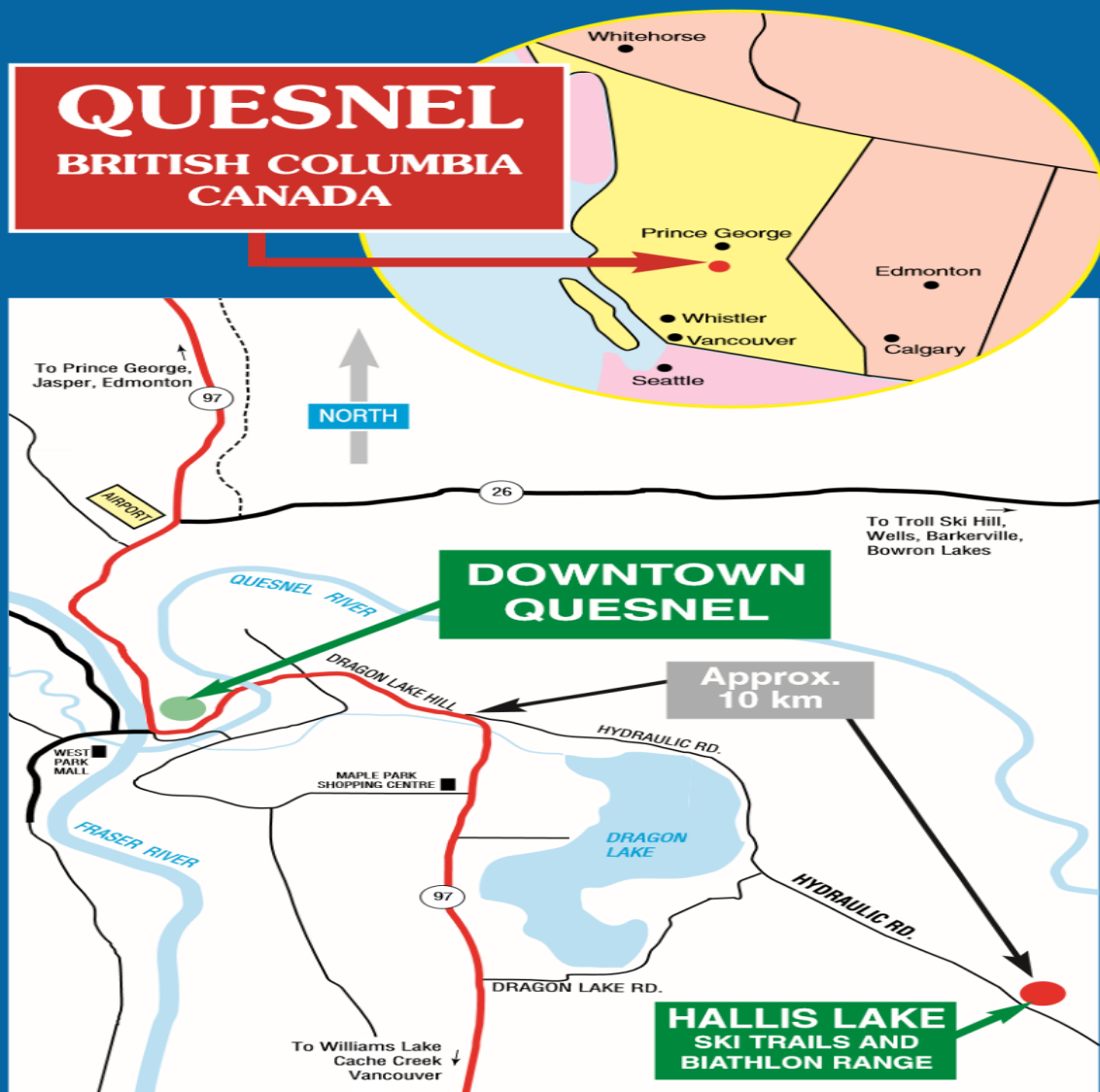
Barkerville Brewing Company and tasting room (Friday noon - 11pm, Saturday noon - 9pm)

Rev Bowling Lanes (12 - 3pm, 6 - 10pm)

Quesnel Curling Centre, West Fraser Centre and Quesnel Arena

Riverfront Trail and Historic Fraser River Footbridge

# QUESNEL BRITISH COLUMBIA CANADA



## CARIBOO SKI TOURING CLUB

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