



UPDATE JANUARY 24, 2021

**Biathlon BC Cup #3
BC Championships
INVITATION**

Hosted by

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

Quesnel, BC

Hallis Lake

February 4-6, 2022

www.caribooski.ca



Cloverdale Paint



The logo for Canada, featuring the word "Canada" in a serif font with a small Canadian flag to the right.

Dear biathlon friends,

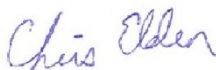
The Cariboo Ski-Touring Club and Quesnel are pleased to invite you to participate in BC Cup #3 February 4-6, 2022 at our Hallis Lake facility.

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, especially after the COVID induced isolation of last year.

There are lots of other activities and events occurring in Quesnel 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.

We will be hosting our first ever relay as the Sunday competition so please be patient as we learn our way through the process. Refer to the notes after the Classes of Competition for more details. The U13 categories will be included in the relay.

Sincerely,

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

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

COVID-19 Protocols – UPDATED January 24, 2022

The organising committee and CSTC Club executive have decided that in order to provide the safest event possible we will require that all attendees 12 years or older at this event must provide proof of vaccination. This applies to all athletes, coaches, volunteers and spectators.

We are working on an option to submit proof of vaccination prior to the event in order to streamline admission, but providing proof will be an option at the entrance gate.

Competition Venue:

Cariboo Ski-Touring Club, Hallis Lake. The facility is a 15 – 20 minute drive from downtown Quesnel on Hallis Lake Road. The biathlon range and staging area is approximately 500 metres from the parking lot. Snowmobile sleds will be available to transport gear pre- and post-competition.

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.

Directions to the facility, and other relevant information such as a webcam and weather conditions are available on the club website at: <https://caribooski.ca>

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

Outdoor bathroom facilities are available beside the main lodge and across the stadium from the main lodge, and at the biathlon range.

Main Lodge COVID Access:

Due to COVID limitations use of the Day Lodge by BC Cup participants should be kept to a minimum and only if absolutely essential for washroom access (in basement) and emergencies. Outside basement access is available.

Vaccine passports are required on the main floor, but not in the basement. Masks are required everywhere in the lodge.

Competition Committee and Contact Information:

Please direct any questions regarding this invitation to the following:

Karen Balkwill, Competition Secretary at karen.balkwill@shaw.ca or call 250-747-2588 or 250-255-1137.

Chris Elden, Chief of Competition at 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:	Karen Balkwill
Chief of Range:	Peter Tweedie
Chief of Timing:	Lisa McCargar

Chief of Course: Brian Black
Chief of Stadium: Cindy Sherstan
Volunteer Coordinator: Lindsey Bohme
Technical Delegate: Ian Hartley

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 @ 08:00 – 8:30

The competition office will move to the range timing hut at 09:30 on Saturday and 8:30 on Sunday.

Hallis Lake Lodge will be open as follows:	
❖ Friday, February 4, 2022	12:00 – 17:00
❖ Saturday, February 5, 2022	08:00 – 17:00
❖ Sunday, February 6, 2022	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

Event Schedule:

Date	Time	Event
Friday February 4, 2022	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). Limit 2 representatives per team.
Saturday February 5, 2022	*10:00 – 10:50 10:51 11:00 After medal ceremony	Zero Opening Ceremony Start – Individual Awards outside lodge following posting of final results. Free outdoor social at the Hallis Lake Lodge (subject to weather & COVID rules). Snacks and refreshments for all with draw prizes for competitors.
Sunday February 6, 2022	*9:00 – 9:50 10:00 Following Last Competition	Zero Start – Relay Awards outside of lodge

** If the number of competitors is more than expected the zero start time may be advanced 10 minutes. This will be decided at the Team Captain's meeting.*

Relay:

Relay teams will consist of 2 athletes and will be within the same competition class wherever possible. If numbers are uneven, mixed class teams will be necessary. Teams will be selected by a committee. Competition classes may be combined for the relay starts depending on the number of teams:

Objectives of the relay are:

- To have fun with head to head competition;
- To provide relay experience to BC athletes;
- To collect individual athlete race times to contribute to the athlete percentage calculations.

Entry Fees: \$ 40.00 per Athlete: Jr. B/G; Sr. B/G; Youth M/W; Junior M/W, Recreational,
Sport and Masters classes
\$ 30.00 per Athlete: Novice and Juvenile classes

Registration by Number:

Coaches, please inform Competition Secretary (email: karen.balkwill@shaw.ca) of the number of athletes, their gender, and competition class by January 23, 2022. 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 – No other registration will be accepted. Payment must be made using a credit card.

Registration Deadlines:

Athletes must register by Sunday, **January 30, 2022 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, February 4, 2022.

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.

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.

Awards:

BiBC medals will be awarded for each competition class as follows, except for Novice, Juvenile and Recreation:

- 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 Novice, Juvenile and Recreational participants will be awarded participation medals. Place medals will not be awarded for these classes.

Rules:

International Biathlon Union (IBU) rules and regulations shall apply as fully as possible. The rules in the Biathlon Canada and Biathlon BC Hosting policies shall apply for classes not covered in IBU rules.

Biathlon BC Wax Policy:

The Biathlon BC June 2019 Wax Policy will be in effect.

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.

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.

Trail Passes:

Registered athletes, coaches and officials have free access to all CSTC trails for the unofficial training day and both competition days. They are all welcome to enjoy the many trails that the CSTC offers including the lit tracks.

A waiver form will be available and must be signed prior to trail use.

Concession:

We are planning to have a food truck as an outdoor concession near the main lodge on Saturday and Sunday, with hot drinks, hot lunch, and snack items (*subject to COVID rules and weather*). We will confirm closer to the competition weekend if this service will be available.

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

Classes of Competition

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

Ages are as of **December 31, 2021**.

Class	Age	Individual	Course	*Relay	
Novice M&F	U11	2.0 km - PPP	2 x Blk 2 xPurp	1.2 km - PP	3 x Purple
Juveniles M&F	U13	4.0 km - PPP	4 x Black	1.2 km - PP	3 x Purple
Junior Boys	13 - 14	6.0 km - PPP	4 x Orange	4.5 km - PP	3 x Orange
Senior Boys	15 - 16	7.5 km - PSPS	5 x Orange	4.5 km - PS	3 x Orange
Youth Men	16 – 18	12.5km-PSPS	5 x Green	6.0 km - PS	3 x Red
Junior Men	19 - 21	15 km - PSPS	2 x Blue 3 x Red	6.0 km - PS	3 x Red
Men	22+	20 km - PSPS	5 x Blue	6.0 km - PS	3 x Red
Masters Men	35+	10 km - PSPS	5 x Red	4.5 km	3 x Orange
Junior Girls	13 –14	6.0 km - PPP	4 x Orange	4.5 km - PP	3 x Orange
Senior Girls	15 – 16	7.5 km - PSPS	5 x Orange	4.5 km – PS	3 x Orange
Youth Women	16 – 18	10.0 km - PSPS	5 x Red	6.0 km - PS	3 x Red
Junior Women	19 - 21	12.5km-PSPS	5 x Green	6.0 km - PS	3 x Red
Women	22+	15 km -PSPS	2 x Blue 3 x Red	6.0 km – PS	3 x Red
Masters Women	35+	7.5 km - PSPS	5 x Orange	4.5 km - PS	3 x Orange
Sport Men	16+ (carry rifle)	10km - PSPS	5 x Red	4.5 km - PS	3 x Orange
Sport Women	16+ (carry rifle)	7.5km - PSPS	5 x Orange	4.5 km - PS	3 x Orange
Recreational 1	16+	6.0km PSP	4 x Orange	4.5 km PS	3 x Orange
Recreational 2	Open	4.0 km PPP	4 x Yellow	3.0 km PP	3 x Yellow

*Relay shooting sequence is PP for <15 and Rec2. PS for all other classes.

Please note: Course distances may vary slightly. Some relay participants may have to compete in a different age class to balance team numbers.

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.

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.

Quesnel Accommodations:

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

Sandman Quesnel: 250-747-3511 or Central Reservations: 1-800-726-3626

- Sports rate available. Refer to Reservation# **277400 for Biathlon BC Cup Race** for sports rate group discount (starting at \$109 for 2 double beds).

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

250-992-2201

1-800-663-2009

Ramada – Downtown.

250-992-5575

Caravan Motel – Southside of town

250-747-3111

and more...

Southside Restaurants and Food Stores:

Denny's, Macdonald's, Dragon Gate, Wings, 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, Penisola, Himalayan Kitchen, Heavy D's BBQ, Tasty Touch (Indian), Mini Japan, Red Tomato Pies, Red Fish Poke Bowls, Hab 97, 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

Wonderland Mountain Biking and Hiking Trail Network (Quesnel-Hydraulic Rd)

QUESNEL
BRITISH COLUMBIA
CANADA

Whitehorse
Prince George
Whistler
Vancouver
Seattle
Edmonton
Calgary

To Prince George, Jasper, Edmonton (97)
AIRPORT
NORTH
26
To Troll Ski Hill, Wells, Barkerville, Bowron Lakes

DOWNTOWN QUESNEL

Approx. 10 km

QUESNEL RIVER
FRASER RIVER
WEST PARK MALL
MAPLE PARK SHOPPING CENTRE
CANADIAN TIRE
DRAGON LAKE
DRAGON LAKE HILL
DRAGON LAKE RD.
QUESNEL-HYDRAULIC RD.
QUESNEL-HYDRAULIC RD.
HALLIS LAKE SKI TRAILS AND BIATHLON RANGE

To Williams Lake, Cache Creek, Vancouver (97)

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