

# Qu'Appelle Valley Nordic Biathlon Saskatchewan Provincial Championships March 5 and 6, 2022

Welcome to the Qu'Appelle Valley Nordic located just outside of Lumsden. We are pleased to host the Biathlon Saskatchewan Provincial Championships. Questions can be directed to [info@qvn.ca](mailto:info@qvn.ca).

## 1. Competition COVID-19 Protocol

This event will comply with the [Biathlon Saskatchewan COVID Policy](#) in place at the date of this Race Notice publication. We acknowledge that these races will be conducted under evolving Covid-19 Protocols, and are subject to change and/or cancellation at any time. Please read the COVID-19 Protocol section carefully to ensure a safe and trouble-free event.

### **1.1. Athlete Acknowledgement of COVID-19 Risk:**

Each athlete will be asked to acknowledge the following statement when they register:

*I hereby acknowledge that competing in an event such as this may increase my risk of exposure to COVID-19. I assume, without limitation, the risk associated with my voluntary attendance and participation in this event and I, for myself, my estate, successors and assigns, release, indemnify and hold harmless Biathlon Saskatchewan and Qu'Appelle Valley Nordic Ski Club Inc., along with their directors, officers, committee members, members, athletes, employees, volunteers, participants, representatives and agents from any injury, personal injury, damage, expense, loss of income, or loss of any kind that I may suffer arising out of my attendance and participation in this event in relation to COVID-19, including, but in no way limiting the generality of the foregoing, as a result of the negligence of Biathlon Saskatchewan and Qu'Appelle Valley Nordic Ski Club Inc.*

### **1.2. Daily Health Checks:**

All athletes, coaches, volunteers, and spectators who participate in or attend the Biathlon Saskatchewan Provincial Championships are expected to self-monitor for signs of illness. It is recommended that you take an at-home rapid test prior to attending the race even if fully vaccinated. These test results do not need to be reported.

**DON'T COME TO THE RACE if you experience signs of illness.** While your illness may not be COVID-19 related, we do not want to pass along an illness that will impact others' missing practices or other activities as they need to test and isolate (even with mild symptoms).

### **1.3. Masking:**

Masks MUST be always worn indoors. Buffs are not accepted as a mask. We recommend participants bring multiple masks as breathing and cold can freeze them.

### **1.4. Hygiene:**

Wash your hands with soap and water prior to leaving your home before coming to QVN. Wash or sanitize hands upon arrival. It is recommended to carry hand sanitizer with your person or in your vehicle (you can sanitize and dry hands while still in the warmth of your vehicle). Practice

good hygiene etiquette of sneezing/coughing into your sleeve. Wash or sanitize your hands after any contact with your nose, mouth, etc. Wash or sanitize your hands when entering the clubhouse. QVN will supply hand sanitizer at the event. Wash stations with soap and water are not available at QVN. Bibs will be laundered between races.

#### **1.5. Clubhouse:**

Persons entering the clubhouse are encouraged to sanitize their hands and are required to wear a mask. Please note that access to the clubhouse is limited to race organizers and officials only. Please come prepared to be outside or use your own vehicles for warming up or changing. There is a single outdoor porta-potty available.

#### **1.6. Awards:**

There will be a medal ceremony upon finalization of the race results. Chocolate for clean shooting will be available. Race results will be made available on site and later online.

Please share these competition protocols with any persons you invite or expect to attend the SWF Cup Race at QVN.

## **2. Competition Information**

#### **2.1. Memberships:**

All athletes, coaches and officials shall have a valid 2021-2022 Biathlon Canada membership.

#### **2.2. Race Fees:**

Single day race - \$20.00

Full weekend race - \$30.00

#### **2.3. Registrations:**

Please register on Zone4.ca by Friday, March 4<sup>th</sup>, 2022 at noon. Online registrations will be active by February 20<sup>th</sup>. **Late registrations or on-site registrations will not be accepted.**

#### **2.4. Cancellation Policy:**

If the event is canceled prior to the weekend of the races due to weather or COVID health orders require cancellation, a full refund less the online service charge will be provided. With restricted use of the clubhouse for athlete warming, the races may be canceled or delayed if the temperature is below -15 C or feels like -25 C with wind. The race committee will have the ability to modify the race format, start time or race distances before or on the day of the race.

## 2.5. Race formats and categories:

A multiple wave simultaneous start Sprint-distance race format will be used on Saturday. A multiple wave Mass Start race format will be used on Sunday.

Class	Age	Sprint	Loop Sequence	Mass Start	Loop Sequence
Air Rifle 1 (large targets)	8 +	2.0 km PP	O-O-C	2.75 km PPP	O-O-O-C
Air Rifle 2 (small targets)	8 +	2.4 km PP	O-O-O	3.2 km PPP	O-O-O-O
Juvenile Boys / Girls	11 and 12	3.0 km PP	Y-Y-O	4.2 km PPP	Y-Y-Y-O
Junior Boys / Girls	13 and 14	3.4 km PP	Y-Y-Y	4.5 km PPP	Y-Y-Y-Y
Senior Boys / Girls	15 and 16	6.15 km PS	R-B-B	7.1 km PPSS	B-B-Y-Y-Y
Canada Winter Games Selection Race - Men / Women	14 to 18	6.15 km PS	R-B-B	7.1 km PPSS	B-B-Y-Y-Y
Junior Women	19 and 20	7.35 km PS	R-R-R	9.25 km PPSS	B-B-B-B-B
Junior Men	19 and 20	8.88 km or 8.91 km PS	G-G-G or BY-BY-BY	12.3 km PPSS	R-R-R-R-R
Open Women	21 +	7.35 km PS	R-R-R	9.25 km PPSS	B-B-B-B-B
Open Men	21 +	8.88 km or 8.91 km PS	G-G-G or BY-BY-BY	12.3 km PPSS	R-R-R-R-R
Masters Men / Women	30 +	6.15 km PS	R-B-B	7.1 km PPSS	B-B-Y-Y-Y
Sport Men / Women	17 +	6.15 km PS	R-B-B	7.1 km PPSS	B-B-Y-Y-Y

### Notes:

- All ages stated are as of December 31, 2021.
- Air rifle categories may be determined by the athlete or coach based on the athlete's developmental level. Air Rifle 1 will shoot on larger targets while Air Rifle 2 shoot on smaller targets.
- This race is also being used as a selection race for Saskatchewan's Canada Winter Games Team. If you are between the ages of 14 and 18 and are wishing to be considered for the Canada Winter Games Team, **SELECT THE CANADA WINTER GAMES SELECTION RACE – MEN OR – WOMEN CATEGORY.**
- Senior Boys/Girls, Canada Winter Games Selection Race Male/Female and Sport Men/Women categories will follow the range carry procedure picking up their rifle from a rifle rack at the entrance to the range, skiing to their shooting mat, and dropping off the rifle on a rifle rack at the exit of the range.
- Junior Men/Women, Open Men/Women and Masters Men/Women will carry their rifle while skiing on course. Masters Men/Women may optionally follow the range carry procedure.
- Penalty loops for misses will be skied. Large penalty loops (150 m) for the Junior Men/Women to Open Men/Women categories and small penalty loops (75 m) for all other categories.

## 2.6. Race Course:

A trail map is available on the [QVN website](#).

Clubhouse (C) – 350 m

Orange (O) – 800 m

Yellow (Y) – 1.12 km

Blue (B) – 1.85 km

Red (R) – 2.45 km

Green (G) – 2.96 km

## 2.7. Race Schedule:

The schedule is subject to change due to weather conditions and the number of competitors.

The organizing committee reserves the right to change the event schedule as needed. If advance notice is possible, a communication will be sent to all registrants via email.

Saturday, March 5, 2022 <b>Sprint</b> format with multiple wave simultaneous start	12:30 pm	Race Event Open Bib Pick-Up
	1:00 pm – 1:45 pm	Zero all categories
	2:00 pm	Wave 1 (Canada Winter Games Selection Race categories)
	2:30 pm	Wave 2 (all Girls/Women categories)
	2:40 pm	Wave 3 (all Boys/Men categories)
		Awards will be announced once the results become final
Sunday, March 6, 2022 <b>Mass Start</b> format with multiple wave simultaneous start	9:30 am	Race Event Open Bib Pick-Up
	10:00 am – 10:45 am	Zero all categories
	11:00 am	Wave 1 (Canada Winter Games Selection Race categories)
	11:40 am	Wave 2 (all Boys/Men categories)
	12:00 pm	Wave 3 (all Girls/Women categories)
		Awards will be announced once the results become final