



Vancouver Island Biathlon Club Summer Biathlon Bike Race # 2

No experience, no rifle? No problem! Our coaches are available to familiarize you with a club biathlon rifle and safe shooting protocol. Everyone is welcome. We aim to have FUN!



When: Saturday, Oct 5th, 2019

Where: Biathlon Range, Mt. Washington, BC

Rules: Mountain Bike and Helmet required. Bikes may be rented through Mt Washington
Penalty loop biked for every target missed (approx. 100m)

Event: **Mass Start A**

Midgets (age 9-10) 4 x 700m, totaling 2.8 km, PPP

*Midget participants must have already participated in the Bears program

Juveniles (age 11-12) 4 x 1.3km, totaling 5.2 km, PPP

Junior boys/girls (age 13-14) 4 x 1.3km, totaling 5.2 km, PPP

Recreational Men & Women (age 15+) 4 x 1.3 km, totaling 5.2 km, PPP

Mass Start B

Senior boys/girls (15-16), Youth (17-18) 5 x 1.3 km, totaling 6.5 km, PPSS

Adults (age 19-34) 5 x 1.3 km, totaling 6.5 km, PPSS

Masters Men & Women (age 35+) 5 x 1.3 km, totaling 6.5 km, PPSS

Running categories 4 x 700m, totaling 2.8 km PSP

(distances may be modified by race committee depending on conditions)

*Note: P = Prone shooting, S = Standing Shooting

It is recommended that racers have prior experience shooting in the standing position if they wish to compete in the Senior, Youth, Adult or Masters category.

Schedule:	8:00	Range & Course set up
	8:30	Coaches/Officials Meeting
	8:45	Safety training and rifle assignment
	9:00	Range open for zeroing and training*
		* New racers will be paired with experienced biathletes for coaching/training
	9:00	Volunteers report to hut for training
	10:00	Range and Course closed
	10:15	Mass Start A
	11:00	Mass Start B
	12:00	Refreshments
	13:00	Awards

*Note: Depending on number of participants, Mass Start B participants may be divided into 2 groups, with a Mass Start C start time of 11:45

Fees:	Race Fee	\$10
	Day Insurance for non BiBC members	\$5
	Rifle and ammunition	\$10

Race fee includes refreshments following the race.

Rifles: Club rifles will be available for race participants if you do not have your own. Midgets, Juveniles, Juniors and Recreational categories will have their rifles placed on the mat by the coaches and will shoot only in the prone position. Senior, Youth, Adult and Masters categories should place their rifles on the mat prior to the Start and will shoot in both the prone and standing positions.

Officials: NO EXPERIENCE NECESSARY! We require LOTS of help with the race. (ie: target setting, scoring targets, start/finish, penalty loop, course checking, etc) Contact volunteer4vibc@gmail.com if you are available to help

Registration: Registration on [Zone 4](#)
Deadline for entry: October 2nd, 12 midnight