



# INVITATION

## **Biathlon BC Cup #1 & BCWG Trials for Zones 2, 3, 4, 5**

**December 13 to 15, 2019**

Sovereign Lake Nordic Club  
Vernon, BC

Saturday, December 14th, 2019: **Sprint Competition**

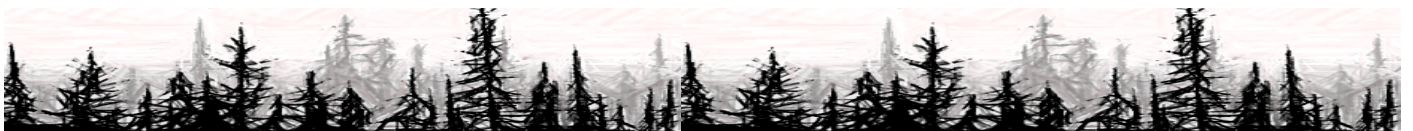
Sunday, December 15th, 2019: **Pursuit Competition**

Sanctioned by:



Sponsored by:

**CLIF BAR & COMPANY**

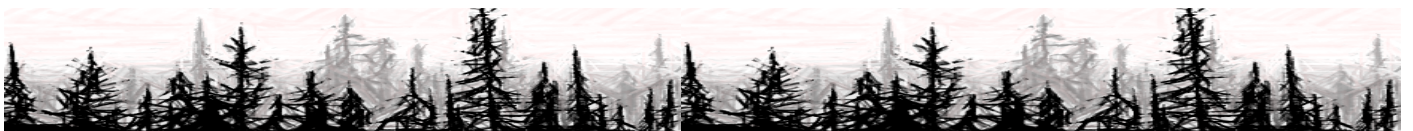




**THANK YOU TO THESE GENEROUS DONORS  
FOR MAKING THE RANGE UPGRADES A REALITY  
& SUPPORTING THE 2019 BC CUP 1 & BCWG TRIALS**



**Devco Excavating Ltd.**





## WELCOME

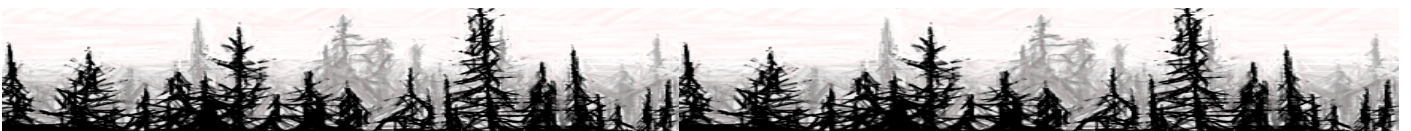
Dear Biathlon Family,

Sovereign Lake Nordic Club "SLNC" and Vernon are pleased to invite you to participate in BC Cup #1 December 13-15, 2019. The Organizing Committee, Sovereign Lake Nordic Club, and the many volunteers are excited to host our first BC Cup on our new and improved range and look forward to seeing you. The club athletes and families have been working hard since the fall and have made many upgrades to the range, course trails and installation of the much awaited penalty loop.

Explore cross country skiing at it's best. The joint trail networks of Sovereign Lake Nordic Club and Silver Star Mountain Resort provide over 105km of daily groomed trails, making it the largest continuously groomed network of cross-country ski trails in Canada. The high elevation and mild winter temperatures provide a perfect recreation area to explore. World-class grooming and outstanding early and late season ski conditions provide some of the best cross-country skiing in the world.

While unofficial training begins on December 13th, you are welcome to come earlier and explore SLNC under the lights or the sunshine! Contact us at [biathlon@sovereignlake.com](mailto:biathlon@sovereignlake.com) to make arrangements for ski passes and range booking. To use the range on Friday, December 13th, you will be required to identify a PAL-carrying Range Safety Officer for your team, all people using the courses will be required to have a day pass.

Sincerely,  
Lynn Algra  
Chief of Competition





## **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-iefa-eng.html](http://www.cbsa-asfc.gc.ca/import/iefw-iefa-eng.html)

## **VISA REGULATIONS**

Passports are needed at international border crossings. Athletes under the age of 18 must carry a permission letter from their parents to cross the border and to travel with coaches.

## **COMPETITION VENUE**

Sovereign Lake Nordic Club, Vernon. The facility is located 22km east of the City of Vernon, up Silverstar Road, just 2km west of Silverstar Mountain Resort. Signage is located on Hwy 6 as well as on Hwy 97 directing you towards both SLNC and SilverStar.

## **COMPETITION INFO & COURSE MAPS**

All competition information and course maps will be posted on range entrance bulletin board and available on Sovereign Lake Nordic's website <https://www.sovereignlake.com/wp-content/uploads/2017/10/SLNC-Biathlon-COURSE-MAPS.pdf>

## **CONTACT INFORMATION**

Please direct any questions regarding this invitation to Laurie Dusik, Competition Secretary, email at [biathlon@sovereignlake.com](mailto:biathlon@sovereignlake.com).

## **COMPETITION OFFICE**

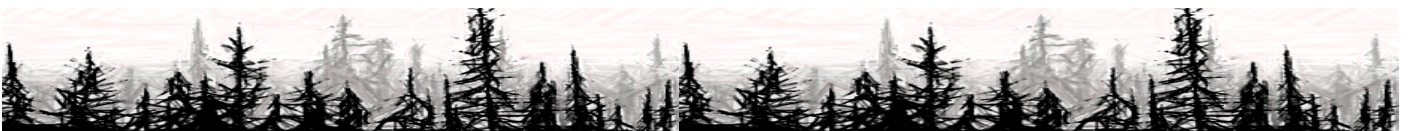
The competition office will be located on the range in the biathlon cabin both Saturday and Sunday for bib pick-up.

Bib pick up Saturday @ 08:30 – 09:00

Bib pick up Sunday @ 08:00 – 08:30

## **DAY LODGE**

Sovereign Lake Day Lodge is open daily from 08:30 to 17:00





## CONCESSION

Hot lunch will be available on Saturday at SLNC Day Lodge for \$6 each. To ensure there is sufficient food, these lunches should be pre-purchased through [zone4.ca](http://zone4.ca) on the same page as the registration for competitions.

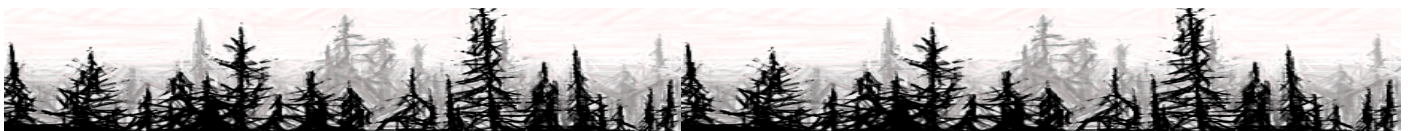
A post-race snack will be provided at the finish line for athletes. Volunteers will be provided with refreshments and lunch at the Volunteer Tent.

## COMPETITION COMMITTEE

Chairperson:	Peter Algra
Competition Chief:	Lynn Algra
Chief of Course:	Bert Mueller
Chief of Range:	Scott Hanry
Chief of Stadium:	Anja Lee
Chief of Timing:	Craig Ralph
Competition Secretary:	Laurie Dusik
Volunteer Coordinator	Felicia O’Gorman
Technical Delegate:	Tim Roots

## EVENT SCHEDULE

Date	Time	Event
<b>Friday</b> Dec 13, 2019	09:00 to 15:30	Unofficial Training - Lane assignments posted on range board. All Skiers must purchase trail pass.
	18:00	Team Captain’s Meeting- SLNC Day Lodge
<b>Saturday</b> Dec 14, 2019	8:30-09:00	Bib Pick Up on Range
	09:00-09:45	<b>AM Zero</b>
	09:55	Opening Ceremony
	10:00	Start- <b>PM SPRINT</b>
	11:40-12:20	<b>PM Zero</b>
	12:30	Start- <b>PM SPRINT</b>
	18:00	Banquet & Awards at 2500 - 46 Ave, Vernon
<b>Sunday</b> Dec 15, 2019	08:00- 08:30	Bib Pick Up on Range
	08:30- 09:15	<b>AM Zero</b>
	09:30	Start- <b>AM PURSUIT</b>
	11:55-12:35	<b>PM Zero</b>
	12:45	Start- <b>PM PURSUIT</b>
	Last Finisher	Awards on the range







## **ENTRY FEES**

**\$40.00 per athlete per race:** Jr. B/G; Sr. B/G; Youth M/W; Junior M/W, all Cadet, Recreational, and Masters classes

**\$35.00 per athlete per race:** Juvenile and Novice classes

## **REGISTRATION**

Athletes and coaches register online at <https://zone4.ca/event/2019/19228BF2/> – No other registration will be accepted. Payment must be made using a credit card.

## **REGISTRATION DEADLINE**

Athletes must register by Tuesday, December 3, 2019 23:59 pm PST. Late registrations will not be accepted.

## **TEAM CAPTAIN'S MEETING**

The Team Captain's Meeting will be held at **Sovereign Lake Nordic Club Day Lodge** at 18:00, Friday, December 13, 2019.

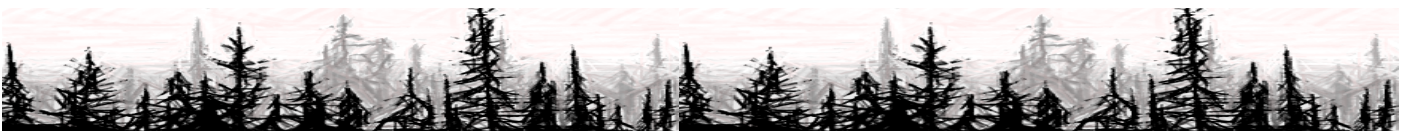
## **ELIGIBILITY TO PARTICIPATE**

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**

1. A day membership is required for each single day of a biathlon related activity. For example, if you are participating in a two-day event, and you don't have an annual membership, you will be required to purchase two-day memberships.
2. Competing on a day membership makes you ineligible for official BC Cup points and selection to Biathlon BC Teams, Squads and sponsored camps. An annual athlete membership is required for that.
3. An athlete participating with a Day Membership at a BC Cup may only enter the Recreational Class except for Juvenile and Midgets who may compete in their respective classes with a Day Membership.





4. Please reference the [Biathlon BC website](#) if you plan on participating with a day membership

### **CADETS AT BIATHLON BC COMPETITIONS**

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. Also, if the cadet wants to be eligible for one of Biathlon BC’s teams or squads, then he/she must purchase an athlete competitive membership.

### **BC WINTER GAMES ELIGIBILITY**

Zones 2, 3, 4 & 5 will use the average of the two races for BCWG qualifications. Qualifications and selection will be determined by respective zone representatives.

### **BANQUET**

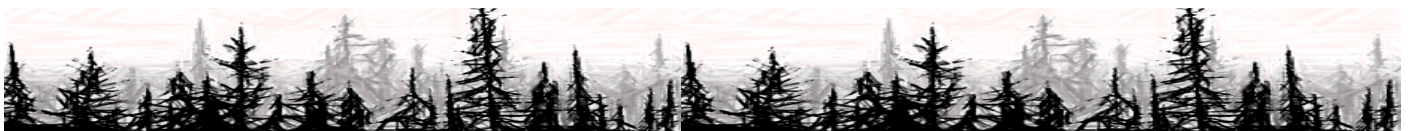
Dinner and Awards will be held Saturday at 18:00 at the ANAF Vets Unit #5 Hall, located at 2500 46 Ave, Vernon. Program starts at 18:00 sharp. Tickets are \$40.00 per person. Tickets are limited and on a first come- first served basis. Tickets can be purchased on Zone4 at the time of registration. Menu: Caesar Salad, Pasta Salad, Roast Pork, BBQ Chicken, Rice Pilaf, Buns & Butter, Peas & Carrots, Bean Medley, Pickles, Assorted Squares, Coffee & Tea.

### **MEDALS**

BC Cup medals will be awarded to all classes of competition according to Section 6.2 of the Biathlon BC Hosting Policy. For all classes except U13, U11 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 Juvenile and Novice 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 due to severe cold weather, three days before the event then refund of registration fees, less costs incurred, will be provided. If the event is cancelled on the competition weekend due to severe cold weather or force majeure, no refund of registration fees will be made.

## **RULES**

International Biathlon Union (IBU) rules and regulations shall apply as fully as practical. 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.

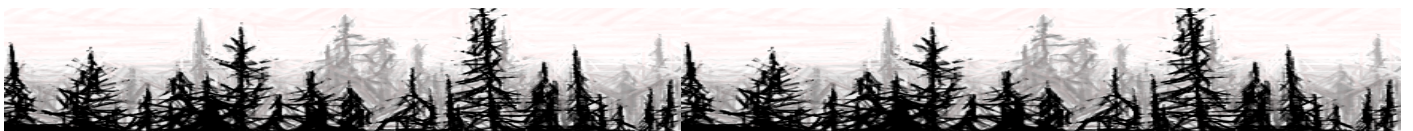
## **WAXING FACILITIES**

Waxing can be done indoors at the wax hut but space will be limited. Outdoor power outlets will be available for waxing; please bring your own tent, if desired.

## **BIATHLON BC 2019/2020 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 those participants travelling to British Columbia from out-of-province or out- of-country. This policy applies at all Biathlon BC sanctioned events, including Biathlon BC Cups, the Biathlon BC Championships, and the BC Winter Games.

1. Structure tools ARE permitted.
2. Low Fluoro (for example LF and LF Race) and non-Fluorinated glide waxes, powders, pucks, blocks, liquids and other applications ARE permitted.
3. Medium Fluoro (MF) or High Fluoro (HF) or similar glide waxes are NOT permitted.
4. Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are NOT permitted. Cold weather powder additives and hardeners are NOT permitted.







## TRAIL PASSES

Registered athletes, coaches and officials will have trail passes provided for both the Saturday and Sunday competition days.

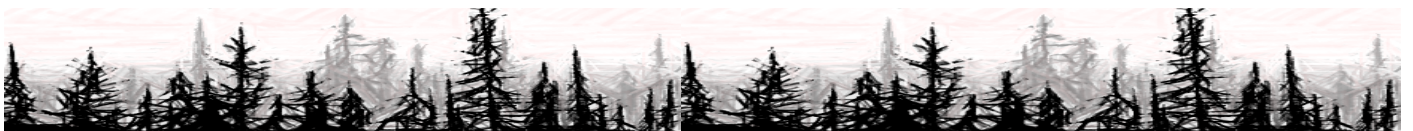
## UNOFFICIAL TRAINING

Athletes training during Unofficial Training on Friday, Dec 13th must purchase trail passes. This is not included in the competition registration fees.

## CLASSES OF COMPETITION:

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

CATEGORY	AGE (as of 31 Dec 2019)	Distance for Sprint	Sprint Shooting	Distance for Pursuit	Pursuit Shooting
Men	22 +	10.0 km	P S	12.5 km	P P S S
Women	22 +	7.5 km	P S	10 km	P P S S
Junior Men	19-21	10 km	P S	12.5 km	P P S S
Junior Women	19-21	7.5 km	P S	10.0 km	P P S S
Youth Men	16-18	7.5 km	P S	10.0 km	P P S S
Youth Women	16-18	6.0 km	P S	7.5 km	P P S S
Masters Men	35+	6.0 km	P S	7.5 km	P P S S
Masters Women	35+	6.0 km	P S	7.5 km	P P S S
Senior Boys	15-16	6.0 km	P S	7.5 km	P P S S
Senior Girls	15-16	6.0 km	P S	7.5 km	P P S S
Junior Boys	13-14	4.5 km	P P	6.0 km	P P P
Junior Girls	13-14	4.5 km	P P	6.0 km	P P P
Juvenile Boy/Girl	11-12	3.0 km	P P	4.0 km	P P P
Novice Boy/Girl	10 and under	1.5 km	P P	2.0 km	P P P
Recreation 1	15+, mix genders	6.0 km	P S	7.5 km	P P S S
Recreation 2	All age, mix genders	3.0 km	P P	4.0 km	P P P
Cadet Senior	15+ mix genders	6.0 km	P S	7.5 km	P P S S
Cadet Junior	Under 15 mix genders	4.5 km	P P	6.0 km	P P P





### **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**

Masters groups may be combined if there are a low number of registrants in any of the categories.

### **Recreation**

Recreation 1 is age 15 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.

## **ACCOMMODATIONS**

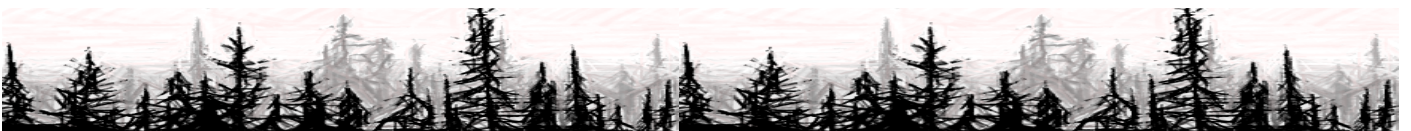
### **Chilcoot Lodge & Vance Creek Hotel- Silverstar Mountain Village**

Room blocks will be held until November 13, 2019 at which time any un-booked rooms will be released into regular inventory.

- Deluxe Rooms in Chilcoot- \$144 per night (two queen beds, mini-fridge)
- One bedroom suites in Vance Creek Hotel - \$186 per night (two queen beds in bedroom, hide-a-bed in living room, kitchen)
- One bedroom suites in Chilcoot- \$220 per night (queen bed plus set of bunks in bedroom, hide-a-bed in living room, kitchen, fireplace).
- Two bedroom suites in Chilcoot - \$288 per night (queen bed plus set of single bunks in bedroom 1, two queen beds in bedroom 2, hide-a-bed in living room, kitchen, fireplace).
- Descriptions and rates are available on [www.vancecreekhotel.com](http://www.vancecreekhotel.com).
- To book your room, please contact reservation agents at toll free 1-800-610-0805, local 250-549-5191 or [info@vancecreekhotel.com](mailto:info@vancecreekhotel.com).
- Quote the group name: **Biathlon BC** for team rate.

### **Silverstar Mountain Accommodations:**

<https://www.skisilverstar.com/accommodation/>





**Best Western Pacific Inn**

4790 34 Street, Vernon, BC V1T 5Y9

Toll Free: 1(800) 780-7234

Hotel Direct: 250-558-1800

Owner Direct Vacation Rentals: **VRBO.COM**

**Riviera Village Green Hotel**

4801 - 27th Street, Vernon, BC, V1T 4Z1

Phone (Local): 250-542-3321; Toll Free: 1800-663-4433

\$64/nite standard room; \$84/night room with galley kitchen

Quote "SLNC Biathlon" for Team Rate

<https://villagegreenhotel.com/vernon-bc-hotel-rooms/>

