



**BIATHLON
CANADA**



IBU Regional Event, North American Cup #1

and

Biathlon Canada Trials for IBU Youth/Junior World Championships

January 4-8, 2023, Sovereign Lake Nordic Center
Vernon, British Columbia, Canada

1. Organizing Committee

Technical Delegate:	Erika Charron
Competition Lead:	Clayton Whitman
Range Lead:	Scott Harry
Timing Lead:	Elijah MacCulloch
Stadium Lead:	Peter Algra
Course Lead:	Marcus Boyle
Competition Secretary:	Kerry VanSickle
Volunteer Coordinator:	Lynn Algra

2. Registration

Registration will open on Zone4 at 20:00 Pacific Time on Monday, November 28, 2022 and will close at 23:59 Pacific Time on Thursday, December 29, 2022.

- \$40 per competition.
- Trail and Range passes will be provided for Training and Competition Days.
- Should you wish to train prior to Wednesday, January 4, 2023, tickets can be purchased through the Sovereign Lake Nordic Centre here:
<https://www.sovereignlake.com/rates/day-tickets/ski-day-tickets/>
- Registration may be limited based upon COVID-19 Protocols.

Athletes please register here: <https://zone4.ca/reg.asp?id=30371>

Coaches please register here to be included in the email distribution list for the event:
<https://forms.gle/GCkt7o9tkwLEupcG9>

Volunteer registration: https://sovereignlake.galaxydigital.com/agency/detail/?agency_id=213909

More event details are available on the Sovereign Lake Nordic Centre event page here:
<https://www.sovereignlake.com/event/ibu-biathlon-regional-race-wjywc-trials/>

3. Eligibility

All athletes participating must be registered participants with Biathlon Canada or US Biathlon for the 2022-2023 season.

Biathlon Canada will be executing a universal waxing protocol for all athletes. Skis should be clean and not pre-waxed when they are submitted for wax protocol before the published drop-off time. A Fluoro ban is in effect for this event.

A working group of coaches will prepare all skis. All athletes must submit one pair of skis to the identified Wax Cabin at the Sovereign Lake Nordic Centre before:

- 13:00 (Women) and 15:30 (Men) on Wednesday, January 4
- 13:00 (Men) and 15:30 (Women) on Friday, January 6
- 13:00 (Men) and 15:30 (Women) on Saturday, January 7

Biathlon Canada Staff will make note of the athlete's name and ski, ensure the athlete's skis are waxed and ensure the athlete's skis are available in the start pen as they proceed to the start. Skis will be marked and checked at the finish line. Wax technicians will wear proper safety equipment and personal protective equipment.

4. Competition Formats

Thursday, January 5 - **YOUTH DISTANCE INDIVIDUAL**

- Youth Women, Junior Women, and Women - 10km (5 x 2km)
- Youth Men, Junior Men, and Men - 12.5km (5 x 2.5km)

Saturday, January 7, 2023 - **YOUTH DISTANCE SPRINT**

- Youth Men, Junior Men, and Men - 7.5km (3 x 2.5km)
- Youth Women, Junior Women, and Women - 6km (3 x 2km)

Sunday, January 8, 2023 - **JUNIOR DISTANCE PURSUIT**

- Youth Men, Junior Men, and Men - 12.5km (5 x 2.5km)
- Youth Women, Junior Women, and Women - 10km (5 x 2km)

5 second start intervals based on Saturday sprint, Normalized Finish. Biathlon Canada will use normalized results for the purpose of Biathlon Canada's YJWCH Trials.

5. Event Schedule

Wednesday, January 4 - Training

10:30-12:30 Training Women
 13:00 Race ski drop-off Women
 13:30-15:30 Training Men
 15:30 Race ski drop-off Men
 17:00 Online Team Captains' Meeting

Thursday, January 5 - Individual Competition

9:30-10:20 Zero Women
 10:30 Individual Women
 12:30-13:20 Zero Men
 13:30 Individual Men

Friday, January 6 - Official Training

10:30-12:30 Official Training Men
 13:00 Race ski drop-off Men
 13:30-15:30 Official Training Women
 15:30 Race ski drop-off Women
 17:00 Online Team Captains' Meeting

Saturday, January 7 - Sprint Competition

9:30-10:20 Zero Men
 10:30 Sprint Men
 13:00 Race ski drop-off Men
 12:30-13:20 Zero Women
 13:30 Sprint Women
 15:30 Race ski drop-off Women

Sunday, January 8 - Pursuit Competition

9:00- 9:50 Zero Men
10:00 Pursuit Men
11:15- 12:05 Zero Women
12:15 Pursuit Women

6. Courses

Course maps are posted on the Sovereign Lake Nordic Centre website at <https://www.sovereignlake.com/wp-content/uploads/2017/10/SLNC-Biathlon-COURSE-MAPS.pdf>

7. Zeroing Lanes

Zeroing lanes will be assigned by draw based on how many athletes they have competing, with no priority to any team or club.

8. Online Team Captains' Meetings

Wednesday, January 4 at 17:00 Pacific Time: Individual competition, COVID-19 protocols, Team Selection, and Logistics.

Friday, January 6 at 17:00 Pacific Time: Sprint and Pursuit competitions.

Zoom invitations will be sent out after registration closes.

9. Selection

Team selection will be made based on the process outlined in the [2022-2023 National Team Program](#). Athletes selected for tours will be notified by January 9, 2023.

10. COVID-19 Protocols

There are a number of COVID-19 specific protocols that will be adhered to during the event. A specific plan will be shared with participants at the Team Captains' Meeting on January 4, 2023. This plan will be based on the COVID-19 protocols in effect in British Columbia at the time.

11. On-site meals for Athletes and Coaches

A food truck will be on-site to offer food service to athletes and coaches and spectators. Meals must be pre-ordered through Sovereign Lake Nordic Centre. Details and ordering is available at <https://www.sovereignlake.com/event/ibu-biathlon-regional-race-wjwyc-trials/>.

Meals will be provided for volunteers.