



"Boo-Athlon" Run & Shoot" 2017

Invitational Run-and-Shoot Air Rifle Biathlon Event

DATE: Sunday, October 29th, 2017

LOCATION: Highlands Nordic Centre, Duntroon. Race office will be located in the white portable.

RACE: This event will offer new and returning Biathletes the opportunity to participate in a "timed trial" run and shoot that will allow coaches, athletes & officials to refresh their focus on competition procedures (i.e. course marshalling, rifle zeroing, individual starts, range procedures, IBU rules & regulation compliance) while also providing useful baseline data as our sport enters the "Pre-Competition Sport-specific" preparation phase of the Biathlon training year. The morning race will be done as individuals and will include a total of 5 x running loops with 4 bouts of shooting in between. Competitors will run one penalty loop (50 m) for each missed target.

The individual event will be followed by a 2-person team relay race. In keeping with the theme of the race and for a little extra fun, those teams that wish to dress in costume will be entered into a costume contest (Optional). They will be judged by a panel of costume experts on originality, best couples theme and Funiest costume. Teams may be comprised of any combination of male, female, age, and/or club/unit affiliation. Beginning with a mass start of each team's initial member, all racers will complete 3 running loops with 2 bouts of shooting before handing off to their next teammate (or heading to the finish line). As per IBU rules, each competitor will have 8 shots available for each bout of shooting. All shots must be fired or all 5 targets hit before leaving the range in each bout. Athletes must complete a penalty loop for each missed target.

REGISTRATION: Registration will be available on Zone 4 at 8:00 am Monday, October 2nd and be available until Friday October 27th at 5:00 pm. www.zone4.com. 2 Person relay team information is to be submitted during morning registration intake on Sunday 29th, any orphan athletes wishing to participate will be assigned to another team as available.

ENTRY FEES: There will be a \$15.00 entry fee per athlete for the Individual race and the Relay event is offered at no additional cost. Fees will be collected during Zone4 registration and are inclusive of trail pass and HST. As part of registration you will also be required to submit your BiON/BiCAN membership number, if you are not a current member there is a \$10 day race fee.

EQUIPMENT: Air rifles, pellets, scopes & related equipment will not be provided – please be sure to bring your own. Lane mats, targets, zeroing paper, rifle stands, etc. will however be available.

VOLUNTEER OFFICIALS : 25 volunteers are required to officiate each race. Each visiting Team will be required to provide 1 volunteer to help officiate the race, please submit the name of your volunteer to Patrica Milne at patricia.milne@sympatico.ca

Time	Detail	Location
0830-0900	Registration (trail permits, course map, range lanes, & bibs)	Highlands "Race Office" (white portable by upper parking lot)
0900-0930	Coaches/Captains Meeting	Highlands Range (Officials Hut)
0900-0945	Warm-up & training prep (incl course marshalling)	Highlands ski trails
	Range set-up and equipment transfer **	Highlands Range Stadium (up the hill)
0945-1030	Zeroing Period	Highlands Range Stadium (up the hill)
1000-1030	Volunteers Meeting	Highlands "Race Office" (white portable by upper parking lot)
1030-1045	Race Prep (range & course are CLOSED to athletes)	Highlands Range Stadium (up the hill)
1045-1200	Race Start (15 Sec Interval start , based on bib #)	Highlands Range Stadium (up the hill)
1200-1300	Lunch (bring your own, cafeteria is <u>not</u> open in October)	
1245-1315	2 nd Zeroing Period (optional)	Highlands Range Stadium (up the hill)
1315-1330	Race Prep (range & course are CLOSED to athletes)	
1330-1430	2-Person Relay Race – Mass Start (Waved starts Depending on participants numbers)	Highlands Range Stadium (up the hill)
1430-1500	Cool Down, range tear down and equipment transfer*	Highlands Range Stadium (up the hill)
1515-1530	Awards & Presentations	Highlands "Race Office" (white portable by upper parking lot)

** The organizing committee reserves the right to adjust timings subject to weather conditions.

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Category Air Rifle (.177)	Age as of Dec 31 st 2017	Individual Interval Start 10:45 am		Relay Mass Start 1:30 pm	
		Race Loops	Shooting Sequence	Race Loops	Shooting Sequence
Open Men	19+	5 x 500m	PSPS	3 x 300m x 2	PS
Youth Male	17-18	5 x 500m	PSPS	3 x 300m x 2	PS
Senior Boys	15-16	5 x 500m	PSPS	3 x 300m x 2	PS
Junior Boys	13-14	5 x 500m	PPPP	3 x 300m x 2	PP
Juvenile Boys	11 - 12	5 x 500m	PPPP	3 x 300m x 2	PP
Beginner Boys	10 & Under	5 x 300m	PPPP*	3 x 300m x 3	PP*
Open Women	19+	5 x 500m	PSPS	3 x 300m x 2	PS
Youth Females	17-18	5 x 500m	PSPS	3 x 300m x 2	PS
Senior Girls	15-16	5 x 500m	PSPS	3 x 300m x 2	PS
Junior Girls	13-14	5 x 500m	PPPP	3 x 300m x 2	PP
Juvenile Girls	11-12	5 x 500m	PPPP	3 x 300m x 2	PP
Beginner Girls	10& Under	5 x 300m	PPPP*	3 x 300m x 3	PP*
Para-Biathlete	Open Category	5 x 500m	PPPP*	TBD	

*Prone shooting will be shot at standing aperture targets