



COMBINING CROSS-COUNTRY SKIING AND RIFLE MARKSMANSHIP
ALLIE LE SKI DE FOND ET L'ADRESSE AU TIR

To: All Biathlon Canada Members
From: Chris Lindsay, Technical Programs Coordinator
Date: Aug 15th, 2009
Subject: **2009 World Cup Tour 1 and IBU Cup Tour 1 Trials Races**

This is brief outline of the Trials process. Please see the 2009-2010 National Team Program for more detailed selection and tour information.

Schedule

Wednesday Sept 9 th	4:00 pm	Coaches meeting (at the Biathlon Offices at BWTC)
Thursday Sept 10 th	8:30 am	Men's Zeroing
	9:30 am	Men's Sprint
	10:30 am	Women's Zeroing
Friday Sept 11 th	11:30 am	Women's Sprint
	8:30 am	Men's Zeroing
	9:30 am	Men's Normalized Pursuit
Saturday Sept 12 th	10:30 am	Women's Zeroing
	11:30 am	Women's Normalized Pursuit
	8:30 am	Men's Zeroing
Sunday Sept 13 th	9:30 am	Men's Modified Mass Start
	10:30 am	Women's Zeroing
	11:30 am	Women's Modified Mass Start

Training

No training provisions have been made for the days before or between the time trials. Please contact the Canmore Nordic Centre to book training times.

Be aware that on Saturday there will be a running race using some of the biathlon rollerski trails. Please be mindful of other users and obey all notices restricting facility use.

COMBINING CROSS-COUNTRY SKIING AND RIFLE MARKSMANSHIP
ALLIE LE SKI DE FOND ET L'ADRESSE AU TIR

Race Formats

Sprint: 30 second starts, 10km for Men, 7.5km for Women, PS, 150m penalty loop

Normalized Pursuit: 5 second starts in order of ranking from the Sprint, 12.5km for Men, 10km for women, PPSS, 150m penalty loop

Modified Mass Start: 10 second starts in order of ranking from the Sprint, 15km for Men, 12.5km for Women, PPSS, 150m penalty loop

There will be no other races, distances, categories, or formats available.

Selection System

The ranking list will be compiled using an average of the top three Canadian placings in each competition to create the benchmark. The final ranking list will consist of the best 2 of 3 competitions, to be used for selection purposes. Only athletes on the provided roller skis will be counted for purposes of selection.

Results from each selection race, including race percentages, will be posted at the race site each day. Athletes or coaches are asked to pose questions concerning the results within one hour from the initial posting on that day.

Selection results will be posted at the race site as soon as possible after the final race. Athletes or coaches are asked to pose questions concerning the results within one hour from the initial posting on that day.

Final Selection results will be announced on site once the selection results have been finalized. Official selection results will be available the next day on the Biathlon Canada website.

Participant Eligibility

As this is a tour selection activity, only athletes seeking to qualify for WC Tour 1 or IBU Cup Tour 1 are eligible to participate. These athletes must meet the eligibility requirements for their respective tours as published in the National Team Program.

Registration

Registration for the 2009 Roller Ski Trials is free for athletes who have accepted a position on a national training squad or who were named to a national junior squad or program.

COMBINING CROSS-COUNTRY SKIING AND RIFLE MARKSMANSHIP
ALLIE LE SKI DE FOND ET L'ADRESSE AU TIR

All other athletes are required to pay \$10 per time trial or \$25 for all three. Payment (cash or cheque made out to "Biathlon Canada") can be given to National Team staff on the morning of the race at bib pickup.

Registration for all athletes must be done on-line at:

<http://spreadsheets.google.com/viewform?hl=en&formkey=dE4zamJXQnpuUU1odXp0UWpJLUZLRXc6MA..>

Rules and Safety

In keeping with the IBU Rules for Roller Biathlon (IBU Event Rules Annex F, Section 2) all competitors must wear a helmet during all types of training and competition.

As per Biathlon Canada's recommendation on Roller Skiing safety the helmets used must be unmodified from its original, as intended by the manufacturer, state.

The use of gloves, wrist, and knee guards is recommended but not required.

Failure to abide by the safety rules will result in immediate end of that day's participation.

Biathlon Canada reserves the right to restrict participation should an athlete appear to be incapable of racing at a sufficiently high level of performance which could cause safety and/or selection issues for other athletes.

Best luck to all participants,

Chris Lindsay,
Technical Programs Coordinator