



Biathlon Canada

National Team Time Trials

November 9th & 10th,

2016 Canmore Nordic Centre

Canmore, AB

1. Contact information

Chief of Competition: Andy Holmwood aholmwood@biathloncanada.ca

High Performance Director: Eric de Nys edenys@biathloncanada.ca

2. Registration and Fees

The trials will consist of two events:

World Cup, IBU Cup and Jr. IBU Cup Team Trials

-2 Races

-November 9 & 10, Sprints

-\$10 each race

-All racers must have a valid Frozen Thunder pass and may be asked to present their pass at bib pickup

To register please visit: <https://zone4.ca/reg.asp?id=13722> between October 31 and November 8, 15:00 MST.

3. Eligibility

All athletes participating in trials must be members in good standing of Biathlon Canada.

All athletes must be Junior IBU Eligible, must be born in 2001 or earlier.

Any foreign athletes who wish to participate must request permission from the HPD.

The purpose of the event is to select team members for World Cups 1, 2 & 3 as well as IBU Cups 2 & 3 and Junior IBU Cups 1 and 2. [National Team Program](#)

4. Waxing

Biathlon Canada will be executing a universal waxing protocol for all participating athletes. NT staff will prepare all race skis.

All athletes must submit one pair of skis to Wax Cabin #10 or 12 in the large Wax Room Building before 15:00 on both:

Tuesday, November 8
&
Wednesday, November 9

Athletes' skis will be available in the start pen as they proceed to the start. Skis will be marked and checked at the finish line.

5. Competition Program

Tuesday, November 8

-11:00→15:00 Race skis dropped off to Wax Room #10 or 12

-15:00 **Zone 4 Registration deadline**

Wednesday, November 9

9:00am Zeroing
9:30am Race skis brought out to start area
10:00am **Sprint Men**
10:45am **Sprint Women**
11:30-15:00 Race skis dropped off to Wax Room #10 or 12

Thursday, November 10

9:00am Zeroing
9:30am Race skis brought out to start area
10:00am **Sprint Women**
10:45am **Sprint Men**

6. Race Formats

Gender	Date	Format	Distance	Start	Shooting	Penalties
--------	------	--------	----------	-------	----------	-----------

Men	Nov 9 Nov 10	Sprint Sprint	10km	30 second intervals	PS	Penalty Loop
Female	Nov 9 Nov 10	Sprint Sprint	7.5km	30 second intervals	PS	Penalty Loop

7. **Courses-** Please stay tuned for course updates. Course selection will be largely weather dependent.

8. Timing

Zone 4 Electronic Timing will be used.

9. Zeroing Lanes

Zeroing lanes will be assigned by club and will be distributed along with the start list on the evening of Tuesday, November 8th. All other pertinent information will be communicated via email on the evening of November 8th.

10. Training, Warm-Up and Cool-Down

As stated above, we are at the mercy of the weather and in the event a modified course will need to be used we will ask that warming up and cooling down when the opposite gender is racing be done on foot or on rollerskis (unless other ski terrain is available). Courses will only be available for warm-up before zeroing, during the zeroing, and after the last race is complete.