



**2020 CANADIAN
BIATHLON CHAMPIONSHIPS
INVITATION**



16 to 22 March 2020

**Valcartier Biathlon Centre
Québec, QC**



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BIATHLON CHAMPIONSHIPS
INVITATION – QUÉBEC**

Dear Biathlon Friends,

It is my honour and great pleasure to invite you on behalf of the Quebec Biathlon Federation and Biathlon Canada to the 2020 Canadian Biathlon Championships in Quebec City.

It will be a distinct and genuine pleasure to be the host to teams from across this great country here in the Quebec winter wonderland where snow and our particular *joie de vivre* are constantly abundant.

The event is scheduled to take place from 16 to 22 March 2020 at the biathlon venue located on the Valcartier military garrison. The detailed schedule of the event is provided further in this document.

We are now working hard to prepare the venue in order to welcome all athletes with the best conditions we can provide and offer to all of you national level competitions that will remain in your memory for a long time.

On behalf of our Organizing Committee, I wish all of you good luck at these Championships, and I look forward to meeting you during the event.

Yours sincerely,

Jean-Guy Levesque
Organizing Committee Chair

1. General Information

Competition venue location and description

The biathlon facility to be used for the event is located on Canadian Forces Base Valcartier. Located 29 km northwest of downtown Quebec City, this military garrison comprises close to 6000 Canadian Armed Forces service personnel. The biathlon venue was established at its actual location, into the base recreational area, in 1980. Between 1995 and 1997, it went through a major construction project in order to host the World Military Ski Championships in March 1997. Named the same year after Canada's best athlete, the Myriam-Bédard Biathlon Centre was awarded an IBU B-License in June 1997 and hosted the World Junior Biathlon Championships in 1998, a Biathlon World Cup in 1999, numerous Canadian and North American Biathlon Championships and the World Masters Games in 2015.

Venue access

To access the Valcartier Garrison from the Trans-Canada (Highway 20), the Pierre-Laporte Bridge must be taken, followed by highways 73 North, 573 North and 369 North. From the Jean-Lesage International Airport, the attached map provides directions to Valcartier. A Garrison Map is also attached. All participants to the Canadian Championships 2020 must access the biathlon venue through the garrison's main entrance. This entrance can be found on the right hand side of Highway 369 North. Once on the base, signs on the side of the road will bring you directly to the venue.

Available facilities at the venue:

- Technical building: Competition Office, Timing, Jury Room, VIP lounge.
- Wax cabins (3 m x 6 m, heated).
- Heated Tent.
- Toilets.
- Free parking space.

Wax Cabins

Wax Cabins located within 100 metres from the range will be available at the venue. They will be allocated based on the number of competitors per Division and the availability of rooms. Keys to the cabins may be picked-up during normal business hours from 16 to 18 March 2020 at the Competition Office, with a **\$100.00 deposit**. Wax cabins must be cleaned and keys returned to the Competition Office before 16:00 on Sunday, March 22, 2020. A **refund of \$20.00** will be handed out with this return.

Wax cabins are not permitted to be used as team/athlete shelters. Only ski technicians with proper safety gear are permitted in wax cabins. An athlete/coach shelter other than wax cabins will be provided (tent).

Shooting Range and Target system

The Biathlon Centre is equipped with 30 Devon mechanical targets, with covered canopy and lights.

Course and Stadium

The biathlon course includes a 4 km, 3.3 km, 3 km, 2.5 km, 2 km and 1 km trails, with a 1.4 km warm-up loop. Course maps are included at the end of this package. Stadium diagrams will be presented at the first Team Captains meeting.

Venue and Weather Data

Altitude – Biathlon Stadium	173 m above sea level
Average daily temperature	-10.1°C
Relative humidity (06:00)	72%
Average snow on the ground	290 cm
Average snow accumulation	316 cm per season
Wind conditions – Average force	8 km/h westerly

Organizing Committee

Chairman	Jean-Guy Levesque	418-655-3414, IBU TD
Chief of Logistics	Donald Noel	418-571-6048
Banquet	Lynn Blanchet	418-717-1072
Public Affairs , Media	Marc Durand	

Competition Committee

Position	Name	Qualification
Chief of Competition	Normand Gonthier	International Referee
Deputy Chief of competition	Serge Donaldson	International Referee
Competition Secretary	Donald Villeneuve	Technical Delegate
Chief of Course	Felix Tremblay	Advanced
Chief of Range	Michel Gasseau	Technical Delegate
Chief of Stadium	Denis Huot	Leader
Chief of Start/Finish	Daniel Harvey	International Referee
Chief of Timing	Sebastien Boulerice	International Referee
Volunteer Coordinator	Laurianne Noel	Leader

Technical Officials

Technical Delegate:	Murray Wylie
National Referees:	Jylene Ryan Pascal Morcet TBD

Contact Information

Information on the event can be found at www.fqbiathlon.ca. Please direct any questions regarding this invitation to Donald Villeneuve, Competition Secretary, at donville@videotron.ca or Jean-Guy Levesque at jg.levesque@bell.net.

Rules

The event will be held in accordance with the current International Biathlon Union (IBU) Event and Competition Rules and the Canadian Biathlon Championships Hosting Policy dated 2 October 2019. Please review this Hosting Policy http://biathloncanada.ca/wp-content/uploads/2019/10/Canadian-Hosting-Policy_Sept-2019_finalEN.pdf and Participation Guide <http://biathloncanada.ca/read-this-guide-to-see-if-your-athlete-should-participate-in-nationals-2019/> as there are important changes including but not limited to:

- “Open” Nationals format where athletes will work with a certified coach to make the decision if they will attend nationals or not. This is a pilot project for 2019-2020.
- More flexibility has been added to the schedule of events and type of events that the OC can utilize.
- The registration timeline for Nationals has been updated. Registration will open two months prior to the event and close one month prior.
- 4.1, 4.4.1 have some additional requirements for coaches – certification and registration.
- 6.2 - The awards and prizes section has been updated and outlines how a new aggregate points system will be implemented and tracked.
- Relay medals will be awarded by Division placement and by order of finish.
- General hosting facility requirements have been updated.
- Annex A-1 now includes all classes of competitors in one table. Previously there were two tables, one for Nationals and one for Easterns/Westerns.
- Options to run a Mass Start, Super Sprint, and all relay types are included for all classes.
- Shooting penalty loop – 100m for Sr. Boys, Sr. Girls and Masters, 50m for Single Mixed Relay (SMR).
- Sr. Boys/Girls may be required to carry in a SMR or Super Sprint (depending on available loop distance/profile/number of competitors).
- Annex A-2, section 3.0.

Eligibility to Participate

If correctly registered and entered at their Canadian Division, any member of Biathlon Canada in good standing may compete in the event if they have a valid Biathlon Canada Competitor membership. Competitors must be prepared to demonstrate proof of athlete membership for the current year; have in their possession, and be able to show upon request, their PAL or Minor License; comply with Canadian firearms laws and their provincial/territorial firearms regulations. Coaches and team support staff who are handling rifles must be licensed under the Firearms Act. The Competition Office and Biathlon Canada will verify all competitors’ membership once entered by their Division to the event. Other nationalities may participate but are not eligible for medals.

Any competitor at a Biathlon Canada competition implicitly guarantees their ability to compete at the targeted level of competition. This tacit guarantee takes into consideration the cases where a Senior Boy or a Senior Girl would like to participate in competitions in the Youth Class. This requirement is based on the need for complete understanding by all parties of the change related to the specific development of the non-wearing of the rifle at the wearing of the rifle for these classes.

Each registered participant must have the approval of a Responsible Coach, that is, a coach who holds at least the Introduction to Competition certification. The process by which the Responsible Coach provides his approval is highlighted in the section reserved for registration.

Registration Process

Refer to Canadian Championship Policy paragraph 4.4.

2. Competition Information

Event Fee \$ 260, including registration, trail fees (16 to 22 March) and banquet

Registration and Deadlines

All athletes (fee above) and coaches (no fee) must be registered at the latest one month before the beginning of the competition.

All registrations, including the name and class of athletes, must be paid in totality no later than 23:59 PM (EST) on **16 February 2020**. All registrations and payments must be made through www.zone4.ca

Cancellation Policy

If an athlete withdraws before the registration deadline of 16 February 2020, a \$10 processing fee will apply before a refund is sent. No refunds for cancellations will be given after this date.

Unofficial Training

Unofficial training will be available starting on 16 March 2020. You are requested to contact the Organizing Committee Chair if you wish to train earlier. **An additional fee of \$15 per day per athlete will be charged to the team for early training.**

Team Mailboxes

The team mailboxes will be located on the second floor of the Main Building. Team captains will be responsible to regularly check their mailbox, as all written information from the Organizing Committee will be distributed there.

Team Captains Meetings

The first Team Captains Meetings will be held at *Hôtel Must* located close to the Quebec International Airport at 1345 Route de l'Aéroport, Ancienne-Lorette, QC, G2G 1G5. All other meetings will be held at Centre Castor located on Valcartier Garrison.

Classes of Competitors and Types of Competition

The following types of competitions will be run for the following classes:

Classes of Competitors	Sprint	Pursuit	Mass Start/ Individual	Mixed Relay***
Men (21+)	10km - PS	12.5km - PPSS	12.5km* - PPSS (MS)	2 x 7.5km - PS
Women (21+)	7.5km - PS	10km - PPSS	10km* - PPSS (MS)	2 x 6km - PS
Jr. Men (19-20)	10km - PS	12.5km - PPSS	12.5km - PPSS (MS)	2 x 7.5km - PS
Jr. Women (19-20)	7.5km - PS	10km - PPSS	10km - PPSS (MS)	2 x 6km - PS
Youth Men (17-18)	7.5km - PS	10km - PPSS	10km - PSPS (IN)	2 x 7.5km - PS
Youth Women (17-18)	6km - PS	7.5km - PPSS	7.5km - PSPS (IN)	2 x 6km - PS
Sr. Boys (15-16)	6km - PS	7.5km - PPSS	7.5km - PSPS (IN)	2 x 4.5km**** - PS
Sr. Girls (15-16)	6km - PS	7.5km - PPSS	7.5km - PSPS (IN)	2 x 4.5km**** - PS
Masters Men (35+)	6km - PS	7.5km - PPSS	7.5km** - PSPS (IN)	2 x 4.5km**** - PS
Masters Women (35+)	6km - PS	7.5km - PPSS	7.5km - PSPS (IN)	2 x 4.5km**** - PS
Masters Men (50+)	6km - PS	7.5km - PPSS	7.5km** - PSPS (IN)	2 x 4.5km**** - PS
Masters Women (50+)	6km - PS	7.5km - PPSS	7.5km - PSPS (IN)	2 x 4.5km**** - PS

Notes:

* Purposely changed to have Seniors compete with Juniors – results will be pulled to award medals to the separate classes.

** Purposely changed to have all Masters compete together – results will be pulled to award medals to the separate classes.

*** The relay format will be confirmed after registration close.

**** Depending on numbers registered, Masters classes may be merged. If a SMR is run then one competitor does 4km total, the other 5km.

Event Schedule

Day	Competitions	Zeroing	Training	Team Captains Meeting & Other Activities
Saturday 14.03.20				10:00 – 17:00 Core Learning Facilitator Training
Sunday 15.03.20				09:00 – 15:00 Core Evaluator Training 15:30 – 18:00 Content Specific Evaluator Training (context TBD)
Monday 16.03.20	Teams arrival		09:00 - 11:30 Unofficial training	15:30 – 18:00 Content Specific Evaluator Training continued

			12:00 – 15:30 Unofficial training	19:00 Election of Competition Jury for AM and PM Competitions. Info on venue
Tuesday 17.03.20			09:00 - 11:30 Official Training AM Classes 12:00 - 14:30 Official Training PM Classes	16:30 Information and draw – Sprint Competition 19:30 – 21:00 Professional Development session
Wednesday 18.03.20	10:00 Sprint AM Classes 13:00 Sprint PM Classes	09:00-09:50 AM Classes 12:00-12:50 PM Classes		08:40 Opening Ceremonies 16:30 Information Pursuit Competition 18:30 – 19:30 Masters Social 19:30 – 21:00 Professional Development session
Thursday 19.03.20	10:00 Pursuit AM Classes 13:00 Pursuit PM Classes	09:00-09:50 AM Classes 12:00-12:50 PM Classes		17:30 Banquet and Award Ceremony
Friday 20.03.20			09:00 - 11:30 Official Training AM Classes 12:00 - 14:30 Official Training PM Classes	16:30 Information and draw for Mass Start (Sr and Jr Classes) and Individual Competitions (All others). Draw Mixed Relay TBC 19:30 – 21:00 Professional Development session
Saturday 21.03.20	10:00 Mass Start classes 13:00 Individual Competition classes	09:00-09:50 Mass Start 12:00-12:50 Individual		16:30 Mixed Relay draw (TBC) 19:30 – 20:30 Women in Biathlon Social
Sunday 22.03.20	10:00 Mixed Relay AM classes 13:00 Mixed Relay PM classes	09:00-09:50 Mixed Relay 12:00-12:50 Mixed Relay		18:00 – 21:00 Content Specific Learning Facilitator Training (context TBD)
Monday 23.03.20				09:00 – 12:00 Content Specific Learning Facilitator Training cont. 13:00 – 21:00 Biathlon Coach Workshop (context TBD)
Tuesday 24.03.20				09:00 – 16:00 Biathlon Coach Workshop cont.

All schedules are subject to change. Biathlon Canada Training/Evaluation and Professional Development sessions from 14 to 24 March will be held at *Hotel MUST*.

Updates and details for these sessions as well as Social Events can be found here: <http://biathloncanada.ca/category/canadian-championships/>

Awards

Canadian Championships medals will be awarded in accordance with the Canadian Championships Hosting Policy. Medal ceremonies will be held after each of the morning and afternoon competitions in the biathlon stadium. Medals awarded on Thursday 19 March will be presented prior to the Banquet.

Banquet

The Banquet will be held on Thursday 19 March at 17:30 at *Hotel Québec Inn*, 7175 Wilfrid-Hamel West Blvd., Québec, located only 1.2 km from *Hotel MUST*. Biathlon Canada annual awards will also be presented at the Banquet. Known allergies and special meal requests must be made on the registration form on **Zone4**.

All coaches and staff may purchase banquet tickets on Zone4 (\$75) **no later than March 10th, 2020**. For athletes, the banquet ticket is included in their event fees.

3. Logistical Information

Accommodation

Teams are responsible for arranging their own accommodation during the event. The Organizing Committee has negotiated discounted rates in Quebec City with Groupe Hôtels Jaro for *Hôtel Must* located close to the *Airport at \$119.00 plus tax per night* (rooms are provided with one or two double beds), in single or double occupancy. The amount of \$12 will be charged for each additional person.

Hotel description can be found at www.hotelsjaro.com. Reservations to this hotel must be done through the web site or by contacting the reservation office at **1-800-567-5276, Promotion Code 5163706**.

More hotels can be found by visiting the **Quebec City Tourism Bureau** website at: <http://www.quebecregion.com/en/hotels/>

Meals

Included buffet breakfast is served daily from 06:00 AM on week days, and from 06:30 AM on weekends.

Dinner

Buffet dinner will be available at *Hotel MUST* from 17:30 to 19:30 PM for \$27.70, including taxes and service. Dinner must be booked in advance with the registration

process on **Zone4**. A minimum of 50 guests is required (all teams combined). Otherwise, dinner will be available *À la carte*.

Lunch

Groupe Hôtels Jaro is offering a Box Lunch for \$22.41. The menu of the box will vary every day and will contain one sandwich, a vegetable or pasta salad, cheese, one fruit, a granola bar and a beverage. Team leaders are requested to confirm to the Competition Secretary at donville@videtron.ca the number of boxes required, as well as known allergies and special demands no later than **6 March 2020**.

Vehicle Rentals

We have made special arrangements for vehicle rentals in Quebec City with *Location Sauvageau*. Their office is located few kilometers from the airport. Upon your arrival, your driver(s) will be brought to their office by our duty driver to sign and pay for the vehicle(s). Take the road with the right team, feel the experience Sauvageau www.sauvageau.qc.ca

For all your needs, please contact Simon Beaulieu, Branch Director, at (toll free) **1-888-707-2206, ext. 263**, or email at sbeaulieu@sauvageau.qc.ca

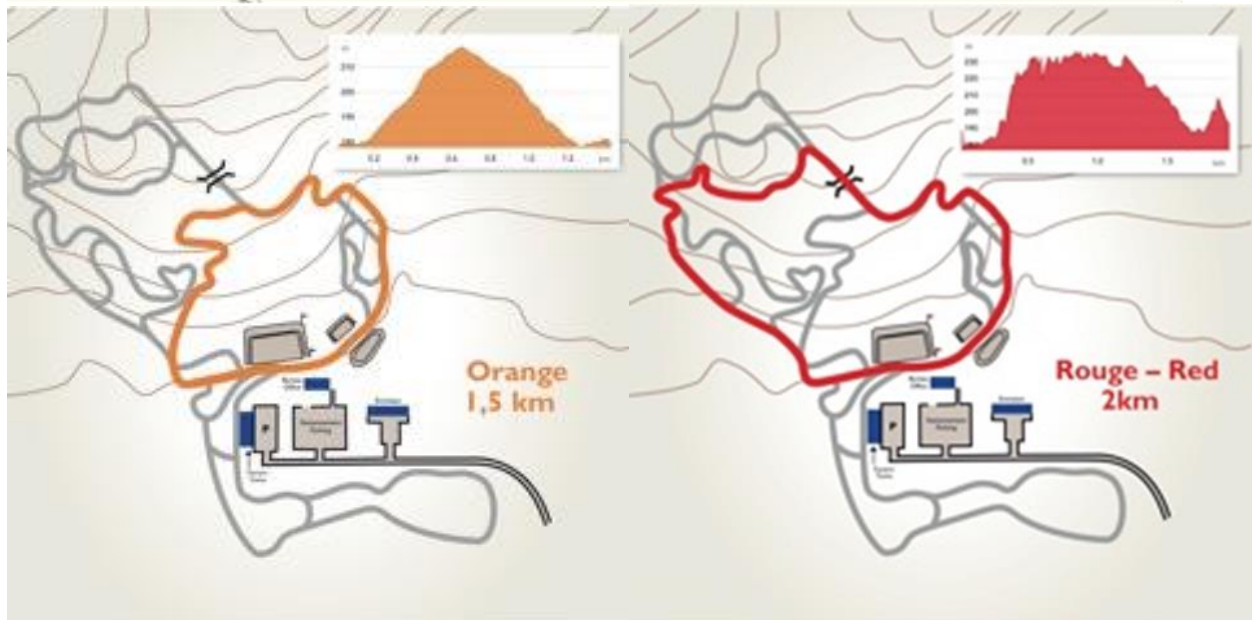
Groceries

Numerous grocery stores are located in the vicinity of all hotels. You may ask the hotel reception or the Competition Office for directions.

Ski Services

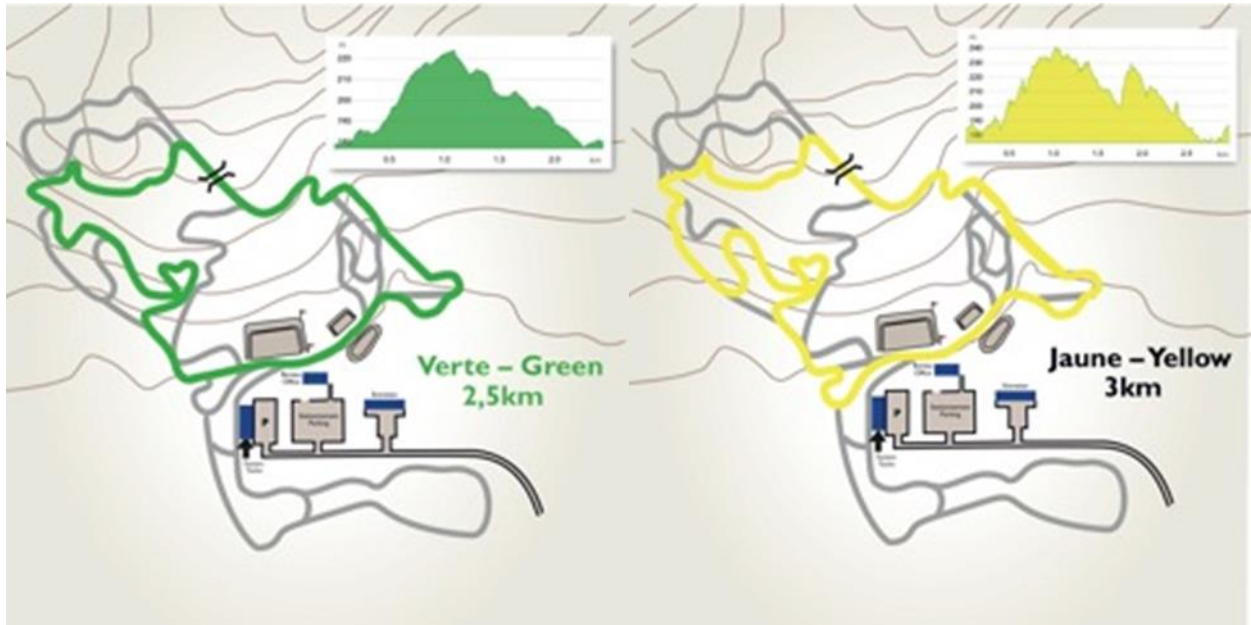
Ski shops that can meet your needs for equipment, waxes or grinds can be easily found in the Quebec City area. The Competition Office can provide advice and directions on this matter. Some ski equipment will also be available at the venue.

Trail Maps



1.5 km Trail – ORANGE

2 km Trail – RED



2.5 km Trail – GREEN

3 km Trail – YELLOW

Directions – Jean-Lesage International Airport to Valcartier Garrison

