



**Biathlon Canada  
United States Biathlon Association  
Biathlon Alberta  
Invite you to attend the  
Noram #1  
*Calforex Biathlon Cup #1*  
*November 29 – December 1, 2019***

***Sprint and Pursuit***

**Selection event for: Youth World Championships/Youth Olympic Games\* Races for selection will take place on November 30, December 1, and December 3.**

**IBU categories:** Men, Women, Junior Men/Women, Youth Men/Women  
**For Trials – Athletes must register in Youth Category.**

**Calforex categories:** Master Men/Women, Men, Women, Junior Men/Women, Youth Men/Women, Sport Men/Women, Adult Rec Men/Women, Senior Boys/Girls, Dev. 2 Boys/Girls, Dev. 1 Boys/Girls

**No Air Rifle Categories will be included in this competition weekend**

**\*Trials Eligibility Information can be found here:**  
<http://biathloncanada.ca/national-teams/nt-athlete-services/>.

**2018 IBU rules and  
2019 Biathlon Alberta Hosting Policy and 02/19 BNA Hosting Policy apply**  
Canmore Nordic Centre Provincial Park, Biathlon Venue  
1988 Olympic Way, Canmore, Alberta, Canada, T1W 2T6

Hosted by: Calgary Biathlon Racers, Canmore Nordic Ski Club, Foothills Nordic Ski Club and Rocky Mountain Racers

# CANMORE NORDIC SKI CLUB



October 1, 2019

Foothills Nordic, Canmore Nordic, Calgary Biathlon Racers, and Rocky Mountain Racers welcome you to the Canmore Nordic Centre for the Noram Cup #1/Calforex Biathlon Cup #1 in Canmore on November 29, 30 & December 1, 2019. The organizing committee is looking forward to hosting an excellent competition and athletes from across North America are encouraged to attend this event.

Range and ski passes for the extra days prior to and after the event may be purchased at the Day Lodge at the Canmore Nordic Centre. Plan accordingly for early snow on limited trails unless we are fortunate to have early cold weather to benefit making of snow.

All range use must be booked by emailing [cnc.biathlon@gov.ab.ca](mailto:cnc.biathlon@gov.ab.ca) for the days prior to November 29, 2019 and after December 1.

**Only Range Safety Officers registered with the Canmore Nordic Centre are able to reserve lanes.** You must have a Range Safety Officer on site during your practice time and that can be arranged through contact with our organizing committee. If you are coming early, please drop us a note to let us know.

Karin Kaarsoo  
Competition Chief

# calforex

FOREIGN CURRENCY EXCHANGE

Organizing Committee Chair	Ken Davies
Competition Chief	Karin Kaarsoo
Deputy Competition Chief	Bernie Gobeil
Chief of Timing	Eric Altwasser
Deputy Chief of Timing	TBD
Chief of Course	Veli Niinimaa
Deputy Chief of Course	Sidney Furuness
Chief of Stadium	Kirsten Kaarsoo
Deputy Chief of Stadium	Patrick Fradette
Chief of Range	Scott Chisholm
Deputy Chief of Range	Todd Runnalls
Competition Secretary	Nancy Osnes
Deputy Competition Secretary	Francine Gobeil
Volunteer Coordinator	Lavina Gilliland
Deputy Volunteer Coordinator	Camille Hemingson
TD	Jason Nishiyama

**Questions** should be directed to Karin Kaarsoo at [kaarsoo@shaw.ca](mailto:kaarsoo@shaw.ca) Phone 403-813-7052

**Eligibility to Compete:**

Competitors must be prepared to show a membership card or otherwise demonstrate proof of Biathlon Canada or USBA membership for the current year as part of the event registration and entry process. For Canadian Citizens, it is mandatory that all athletes have in their possession, and be able to show upon request their PAL or their Minor’s Permit, which are firearms licenses issued by the Government of Canada.

Eligibility for Youth Trials can be found [National Team Program](#) and [Youth Olympic Games Selection Criteria](#).

**Citizenship and Residency (as per IBU constitution):**

The IBU Rules with respect to the Nationality of Athletes will be used to determine any question of eligibility, for reasons of citizenship, of any athlete entered into a competition that is conducted under this Policy. As an additional requirement under this Policy, an athlete may represent only one Division or Region within a single competition season. There are no residency restrictions under this Policy.

**Competition Ability:**

Any Division or Region registering a Competitor for any SBNACH, NACH or NAC event tacitly guarantees that the Competitor is fully able to compete at the international level.

### Non-Resident Firearms Declaration Process:

Teams and individual competitors from outside of Canada must declare their rifles at the Canadian border, complete the necessary documentation, and pay the required fees when bringing rifles and ammunition into Canada.

All athletes must register their own rifles and pay the applicable \$25 CDN fee.

Refer to the government website at <http://www.rcmp-grc.gc.ca/cfp-pcaf/information/visit/index-eng.htm> for guidelines.

To obtain a rifle permit application form visit

<http://www.rcmp-grc.gc.ca/wam/media/2347/original/d369a605ac3363b569af5ea5dc40c88d.pdf>

### Ammunition:

Wapiti Sports in Canmore stocks Eley Tenex Biathlon, Eley Match Biathlon, Eley Club and can get any Eley product within two days. They also stock limited amounts of Lapua. Please contact Wapiti Sports in advance to ensure that they have fresh quality race ammunition in stock to meet your needs. <https://wapitisports.com/our-store-hunting-firearms/> (403) 678-5550

Calgary has two sporting goods stores that will have match ammunition from Federal, Winchester, CCI, Remington, Eley, SK and Lapua. They may not have biathlon race ammunition in stock. Plan to phone ahead to make sure your needs are met.

Calgary Shooting Center in Calgary has an Anschutz certified gunsmith in store.

### Registration:

**NOTE THAT ATHLETES WANTING TO BE CONSIDERED FOR YOUTH OLYMPIC GAMES AND YOUTH WORLD CHAMPIONSHIPS MUST REGISTER IN THE YOUTH CATEGORY AND SHOULD REGISTER FOR SATURDAY, SUNDAY, AND TUESDAY COMPETITIONS.**

**On-Line Registration on Zone4 will open November 8, 2019.** Go to [www.biathlon.ca](http://www.biathlon.ca) and follow the links or to [www.zone4.ca](http://www.zone4.ca).

Payment **must be** made using a credit card (Visa or Master Card). **Online charge will apply.**

**On-line registration closes on Wednesday November 27, 2019 at 23:59 MST. No Registration will be taken on site.**

All Competitors **MUST** have a 2019/2020 membership for their Division or State/Nation. Proof of membership is required to compete. Enter the registration number in the membership field (USBA competitor's use 'USBA' in the membership field)

Competition fees for Noram Cup #1/Calforex Cup#1 competitions include ski pass and range pass fees for the Nov 29<sup>th</sup> training day, Nov 30<sup>th</sup> competition day and Dec 1<sup>st</sup> competition day for those athletes without an annual ski and range pass. Any other days will be the responsibility of the athlete.

Development 1 and 2 competition fees include ski pass and range pass fees for Saturday and/or Sunday competition days for those athletes without an annual ski and range pass. Any other days will be the responsibility of the athlete.

Fees also include wax room rentals, trail preparation, rental of the timing building, and the rental of the stadium plus equipment required to host the event.

The fines for skiing without a pass or using the range without a pass are very steep and are to be avoided. Season pass holders must have their passes available. Athletes without season passes will be provided their passes when their coach comes to pick up their team wax room key. The pass will be for the two-day event inclusively. No free replacements will be issued if the pass is lost.

You may purchase a new event pass from our biathlon event office.

Passes for the extra days (trail and range passes not included in the competition fees) can be purchased at the Day Lodge Guest Services Window from 9am to 5pm 7 days a week or season trail and range passes can be purchased on line at <https://albertaparks.ca/parks/kananaskis/canmore-nordic-centre-pp/activities-events/cross-country-skiing/cross-country-ski-passes/#biathlon>

General Nordic Centre information can be found at: <https://albertaparks.ca/parks/kananaskis/canmore-nordic-centre-pp/>

When arriving early inform the CNCPP Day Lodge staff if you are participating in the NorAm event so they do not sell you more day passes than you need. They do not give refunds of daily passes and they are date specific.

### ENTRY FEES

Categories	One Competition	Two Competitions
Men/Women, Junior Men/Women, Youth Men/Women, Senior Boys/Girls, Sport Men/Women, Masters Men/Women, Adult Rec M/W	\$40 Canadian plus on-line charge	\$80 Canadian plus on-line charge
Dev. 1 Boys/Girls, Dev. 2 Boys/Girls, Air Rifle 1 Boys/Girls, Air Rifle 2 Boys/Girls	\$25 Canadian plus on line charge	\$50 Canadian plus on line charge

**Cancellation Policy in Effect:** If the event is cancelled due to severe cold weather, three days before the event then a 50% refund of registration fees will be refunded by Biathlon Alberta on behalf of the hosting clubs.

If the event is cancelled on the competition weekend due to severe cold weather or force majeure, no refund of registration fees will be made. If an athlete withdraws before the registration deadline then a \$10 processing fee will apply before a refund is sent.

**COMPETITIONS:**

**Saturday:** Sprint (2018 IBU rules)

**Sunday:** Pursuit (2018 IBU rules & Biathlon Alberta 2019 Policy)

**EVENT SCHEDULE FOR NORAM BIATHLON CUP #1 Nov 29 – Dec 1, 2019**

**AND CALFOREX BIATHLON CUP #1, Nov 30 – Dec 1, 2019**

<b>November 28, 2019</b>		
Thursday	1600 Office open in Biathlon Timing Building	Prep for NorAm team captain meeting
Thursday	1800 - Team captains meeting – Bill Warren TC	NorAm Jury Selection, course information presented
<b>November 29, 2019</b>		
<b>Training for NorAm Cup</b>		
Friday	0800 Competition Office open	Pick-up trail passes, wax room keys
Friday	0930– 1200 Official Training NorAm	IBU Categories Only - Lane Assignments
Friday	1130-1230 Youth Trials wax protocol ski hand-in	Location TBC
Friday	1300-1630 Unofficial training Calforex Cup subject to conditions on site	Lanes assigned by RSO on duty
Friday	1700 Range closed	Competition preparation
Friday	1900 - Team Captains meeting NorAm Cup & Calforex Cup - Bill Warren Training Centre	Athlete verifications by coaches, Calforex Cup jury selections, Individual draw, course information, light refreshments.
<b>November 30, 2019</b>		
<b>Sprint Competition</b>		
Saturday	0800 Competition Office Open	Bib pick up by team representative
Saturday	0845 Equipment check opens	rifles checked for trigger & number, leg numbers
Saturday	<b>0900-0945 Zero AM Classes</b>	
Saturday	<b>1000 Sprint Start AM</b>	Men, Women, Junior Men, Junior Women, Youth Men, Youth Women. *Senior Boys, Senior Girls TBA
Saturday	Immediately after Sprint Competition Youth Trials wax protocol ski hand-in	Location TBC
Saturday	Awards for AM Categories presented when final results posted (approx. 1200)	Upstairs, Outside Timing Building
Saturday	1200 Setup for PM Competition	
Saturday	1230 Equipment check opens	.22 calibre rifles checked for trigger & number, leg numbers
Saturday	<b>1245-1330 Zero PM Classes</b>	Sport Men/Women, Master Men/Women, Dev. 1 & Junior/Dev2 Boys/Girls, Adult Rec Men/Women
Saturday	<b>1345 Sprint Start PM</b>	
Saturday	Awards when final results are posted	Upstairs, Outside Timing Building
<b>December 1, 2019</b>		
<b>Pursuit Competition</b>		
Sunday	0800 Competition Office Open	Bib pick up by team representative
Sunday	0845 Equipment Check opens	rifles checked for trigger & number, leg numbers
Sunday	<b>0900 -0945 Zero AM Classes</b>	
Sunday	<b>1000 Pursuit Start AM Classes</b>	Men, Women, Junior Men/Women, Youth Men/Women, *Senior Boys, Senior Girls TBA
Sunday	Awards for AM categories presented when final results posted (approx. 1230)	Upstairs, Outside Timing Building
Sunday	1200 Set-up for PM competition	
	1230 Equipment check opens	.22 calibre rifles checked for trigger & number, leg numbers
Sunday	<b>1245-1330 Zero PM Classes</b>	
Sunday	<b>1345 Pursuit Start PM Classes</b>	*Senior Boys/Girls, Masters Men/Women, Sport Men/Women, Dev. 1 & Junior/Dev 2 Boys/Girls, Adult Rec Men/Women
Sunday	Awards when final results are posted	Upstairs, Outside Timing Building

**\*Schedule and classes may change due to weather conditions and number of competitors.**

The Organizing committee reserves the right to change the event schedule as needed. Every effort will be made to alert participants of changes through the Biathlon Alberta website and social media pages. All notices will be posted on the upper level notice board outside the biathlon building.

**\*\*Youth Trials information for the third competition on Tuesday, December 3 can be found in Appendix 1.**

**COMPETITION OFFICE:**

Located upstairs in the Biathlon Timing building by the range. Hours will be Thursday 1600 – 1800, Friday 0800-1800, Saturday 0800-1700, Sunday 0800-1700. Office volunteers may be at the location for awards during award times.

**VOLUNTEER CHECK-IN:**

Located upstairs in the Biathlon Timing building. At the rear of the biathlon parking lot go up the outside stairs and enter the first door of the building.

**WAX ROOMS:**

The wax room building is situated next to the wax testing area and the biathlon stadium.

There is a **refundable deposit of \$100 (cash or cheque only) for the key(s) to the wax room**. The daily fee of \$20 for use of the wax room is included with registration for the **event days only**. Other days of wax room use will be paid for by the team using the room. Athlete numbers will determine room assignment. **If you wish to book a wax room for use prior to the event, please contact the Nordic Centre.** <https://www.albertaparks.ca/parks/kananaskis/canmore-nordic-centre-pp/information-facilities/bookings/events-groups-or-wax-rooms/>

**Reservations for Wax Rooms**

E-mail Carol Henley at [henleyfa@nucleus.com](mailto:henleyfa@nucleus.com) with your request indicating number of athletes, staff, and arrival time/date. We will do our best to accommodate your needs while coordinating with CNCPP and international team bookings.

**Note 1: Biathlon Alberta Hosting Policy Section 1.7 will apply:**

**1.7 WAXING REGULATION** In order to minimize the costs associated with waxing for clubs and families and to allow coaches to spend more time with their athletes on race weekends, all Alberta Cup and Alberta Provincial Championship events shall be subject to the following Waxing Regulation: Regulation: Only low fluoro or no fluoro waxes may be used to prepare skis. Medium to high fluoro waxes, high fluoro speed blocks and powders are not allowed. The use of hand structure on skis is allowed. Exception: On race weekends when North American (NORAM) Cup and Calforex Cup competitions are being held at the same time, these regulations will apply to the following categories: Senior Boys and Girls, Dev 1 and 2 Boys and Girls and Air Rifle 1 and 2 Boys and Girls. IBU Categories at NORAM Cup competitions will not be subject to this Regulation. **NOTE any athletes taking part in Biathlon Canada Youth trials will be subject to a waxing protocol. Ski drop-off details will be confirmed at the team captains meeting and emailed out prior to the competition. Coaches will be requested to help with wax protocol each day at the captains meeting.**

**Note 2: Biathlon Alberta Hosting Policy will apply:**

**Pursuit (PS):** specific rules can be found [here](#).

**For athletes taking part in Biathlon Canada Youth Trials, the pursuit results will be normalized. This means the athlete's actual race time will be used, not their finish time.**

**TIMING:**

Transponders, Summit systems and the Kurvinen target system will be used during this event to provide the results.

**TUNNELS:**

Please help us maintain our snow by only walking in designated walk areas. Tunnels are to be used for the entire competition to keep the snow in good skiable condition. Entrance tunnels from the parking lot to the equipment check and then to the range will be used for the entire competition. Volunteers will use the same tunnels. Use skis in the stadium, course and range. Leave all extra bags, equipment and clothing in the team rooms.

**RANGE:**

In the interest of the safety of those working on the range, please remove all personal belongings including skis from the range at the end of Zero. Any items left on the range will be removed prior to the start of the competition.

**COURSE MAPS:**

Course Maps will be provided upon arrival. Courses used will be dependent on the natural snow and the condition of the man-made snow provided by the staff of the Nordic Centre. CNC staff will provide the best case for the conditions available for our event. Please remember that early snow conditions are never perfect and plan accordingly for equipment needs.

## Ski Distances & Shooting Sequences

IBU CLASSES	AGE	Sprint	Sprint Sequence	Pursuit	Pursuit Sequence
Men	22+	10 km	PS	12.5km	PPSS
Women	22+	7.5 km	PS	10 km	PPSS
Junior Men	19-21	10 km	PS	12.5km	PPSS
Junior Women	19-21	7.5 km	PS	10 km	PPSS
Youth Men	15-18	7.5 km	PS	10 km	PPSS
Youth Women	15-18	6 km	PS	7.5 km	PPSS
<u>Calforex Classes Alberta</u>	AGE	Sprint	Sprint Sequence	Pursuit	Pursuit Sequence
Master Men	35+	6 km	PS	7.5 km	PPSS
Master Women	35+	6 km	PS	6.25 km	PPSS
Adult Rec. Men	17+	3.75 km	PP	5 km	PPP
Adult Rec. Women	17+	3.75 km	PP	5 km	PPP
Sport Men	17+	6 km	PS	7.5 km	PPSS
Sport Women	17+	6 km	PS	6.25 km	PPSS
Senior Boys	Under 17	6 km	PS	6.25 km	PPSS
Senior Girls	Under 17	6 km	PS	6.25 km	PPSS
DEV-2 Boys/Girls	Under 17	3.75 km	PP	5 km	PPP
DEV-1 Boys/Girls	Under 15	3 km	PP	4 km	PPP

### RIFLE CARRYING:

- Senior Boys and Girls categories will carry their rifles only on the range (see non-carry procedure in Annex A-2 of the Canadian Hosting Policy [http://biathloncanada.ca/wp-content/uploads/2019/10/Canadian-Hosting-Policy\\_Sept-2019\\_finalEN.pdf](http://biathloncanada.ca/wp-content/uploads/2019/10/Canadian-Hosting-Policy_Sept-2019_finalEN.pdf) ) and will shoot in the prone and standing positions.
- Non-carry procedure will be done by the clubs for their athletes.
- Masters, Adult Rec. and Sport Men/Women must indicate to the OC 30 minutes before ZEROING, if they are NOT carrying and therefore, using the non-carry procedure so rifle racks can be provided at the entrance of the range.
- Dev. 1 and 2 categories will have their rifles placed on the mat by their coaches and will shoot only in the prone position.

### Required Loops by Competition Type

Comp	4km	3.3km	3km	2.5km	2km	1.5km	1.25km	1km	750m	500m
Sprint		✓		✓	✓		✓	✓		
Alberta Pursuit				✓	✓	✓	✓	✓		
Colour	Brown	Blue	Yellow	Green	Red	Orange	Pink	Black	Purple	

**AWARDS:**

Awards will be presented upstairs outside the Biathlon Building Immediately after final results are posted.

Medals for all competitions and NA cup points will be awarded regardless of the number of participants in a class.

Veli Niinimaa Awards will be presented during the medal presentations after each competition day for those having clean bouts of shooting. All competitors are eligible for shooting awards.

NorAm Cup and Calforex Cup winners will be awarded points to count towards the overall total of each Cup for eligible categories.

**CANMORE NORDIC CENTRE:**

There is food service at the Day Lodge with hot and cold food for purchase. Pack a lunch or use the food service at the centre.

There are toilets and coin-operated showers in the wax room areas and the Day Lodge but you must bring your personal towels and supplies.

**LOCATION:**

<https://www.google.ca/maps/place/Canmore+Nordic+Centre/@51.0903395,-115.3877238,17z/data=!3m1!4b1!4m2!3m1!1s0x5370cf52096c28eb:0xf726180e425ae50?hl=en>

Calgary International Airport is 122 Km from the Canmore Nordic Centre. The new Ring Road (Stoney Trail) is the fastest way to get to and from the airport, avoiding numerous lights and traffic in Calgary.

All Car Rental agencies are available at the airport.

Driving time from Calgary is 1.3 hours in good weather on excellent four-lane highways

Vancouver to Canmore is 9 to 11 hours,

Edmonton to Canmore is 4.5 hours.

**PARKING:**

Please park only in designated areas. Parking will be at a premium during this event. We ask that the biathlon area be used as a drop off area for athletes and equipment only. Parking is available at the main lot by the Day Lodge and in the overflow lot. Teams with trailers may request a pass for the biathlon area if the trailer is going to be unhitched.

**ACCOMMODATIONS:**

Canmore offers a wide variety of hotels, condos, suites, vacation rentals and B&Bs.

Visit [www.canmorealberta.com](http://www.canmorealberta.com), <http://www.tourismcanmore.com>, or [www.canmorehotels.com](http://www.canmorehotels.com) to see the local hotels and amenities available.

**Rocky Mountain Ski Lodge** <http://www.rockyski.ca> Toll Free: 1-800-665-6111 Phone: 1-403-678-5445.

**The Drake Inn** <http://www.drakeinn.com/> Toll Free: 1-800-461-8730 Phone: 1-403-678-5131 downtown

**Best Western Pocaterra Inn** <http://www.pocaterrainn.com/> Toll free: 1-888-678-6786 Phone: 1-403-678-4334

**Canmore Mountain Lodge** <http://www.canmoremountainlodge.com/> Toll Free: 1-800-661-2133 Phone: 1-403-678-5488

**Coast Hotel & Conference Center Canmore** <http://www.coasthotels.com/hotels/ab/canmore/coast-canmore-hotel-and-conference-centre/> Toll Free: 1-800-716-6199 Phone: 1-403-678-3625



## APPENDIX 1: BIATHLON CANADA TRIALS INFORMATION

Biathlon Canada  
Youth Olympic Games and Youth World Championships Trials  
Competition information for Tuesday, December 3

**NOTE: THIS IS THE COMPETITION INFORMATION FOR TUESDAY, DECEMBER 3 ONLY. Competition information for trials for Saturday, November 30 and Sunday, December 1 can be found in the pages above.**

1. Organizing Committee

Competition Chief	Karin Kaarsoo TBC
Chief of Timing	Biathlon Alberta
Chief of Course	Kirsten Kaarsoo
Chief of Range	Carol Henley
TD	Gail Niinimaa

2. Registration – As per the above.

3. Eligibility to compete – Any athlete born in 2004 and older is eligible to compete. Although this competition is for Youth Trials, Junior and Senior men and women are welcome and encouraged to take part.

4. Competition Program

Monday, December 2

9:00am – 11:00am Training  
11:00am – 11:30am Hand in skis for wax protocol

Tuesday, December 3

9:00am – 9:45am Zero  
9:45am Skis brought to start area  
10:00am **Sprint Women**  
11:15am **Sprint Men**

5. Race Format - Sprint: Men 7.5km; Women 6km.

6. Course - TBD using available snow

7. Selection for Youth Olympic Games and Youth World Championships – Athletes will be selected as per the [National Team Program](#) and [Youth Olympic Games Selection Criteria](#). Selection decisions will be made as soon as possible after the competition.