



**Canadian Biathlon Championship  
Canmore Alberta  
March 1-7, 2010**

**hosted by Alberta Event Hosting Society for  
Biathlon  
Sanctioned by Biathlon Canada, Biathlon Alberta**



Alberta Event Hosting Society for Biathlon  
Suite 1749 246 Stewart Green S. W.  
Calgary AB T3H 3C8

On behalf of the Alberta Event Hosting Society for Biathlon, I would like to take this opportunity to welcome athletes, coaches and team members from across Canada to the 2010 Canadian National Biathlon championships and to Canmore, Alberta.

Canmore has hosted many major events at the Canmore Nordic Centre, and we are especially excited to be holding our National Championships right after the 2010 Olympic Winter Games in Whistler. Hopefully the general public will share the enthusiasm sparked by the Olympics, and will come out to watch some of Canada's best biathletes compete at the site of the 1988 Winter Olympics.

This is the first opportunity many of the athletes attending the Nationals will have to see the upgrades and improvements that have gone into the Nordic Centre. Some of you were here last season for the IBU Youth Junior World Championships, and I am sure you will recognize many of the volunteers and officials who helped out at that event.

This will be a busy week of competitions, and we hope you will take the time to attend the various ceremonies, receptions and other activities we plan to hold during the Championships.

Good luck to all the athletes, we hope you all get a chance to perform at your best, and represent your division here.

Regards,

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Noel Charchuk  
President  
AEHSB



### **THE HOST COMMUNITY**

Canmore is ideally located between Banff National Park and Kananaskis Country 112 Km from the Calgary International Airport on a four lane well maintained highway. The Town of Canmore has many hotels, restaurants and amenities available for your visit. The many residents of Canmore and Calgary will be providing their volunteer time to ensure your positive experience while at the Canadian Biathlon Championship.

<http://www.canmore.ca>

### **THE VENUE**

The venue has 30 Kurvinen targets, with covered canopy and lights. The trails have natural snow enhanced with man-made snow. Twenty-four permanent wax cabins, a wax testing area next to the wax cabins, trails and range within 200 meters of the wax cabins and lights for night skiing and shooting are all in the biathlon area. The visitor center has a café and many seats for enjoying the view. Check their website

at [http://www.tprc.alberta.ca/parks/kananaskis/parks\\_canmore.asp](http://www.tprc.alberta.ca/parks/kananaskis/parks_canmore.asp) for more information about the venue.

### **EVENT SCHEDULE**

#### **Canadian Championships (program with four competitions)**

Monday: Arrival/Unofficial Training

Tuesday: Official Training

Wednesday: Individual Competitions

Thursday: Sprint Competitions

Friday: Official Training

Saturday: Pursuit Competitions

Sunday: Mixed Relay Competitions

09:00 hrs - zeroing: morning classes

10:00 hrs – competition: morning classes

12:00 hrs – zeroing afternoon classes

13:00 hrs – competition afternoon classes

The competitor classes included in the morning and afternoon classes will be determined in consultation between the Biathlon Canada TD and the event Organizing Committee based on the circumstances.

### **RANGE**

Use of the range before March 1 MUST be booked through CNC by using the range booking form attached to this document. Teams MUST be under the supervision of a CNC approved Range Safety officer while on the range.

CNC Range Rules attached to this document must be followed.

### **REGISTRATION**

Deadline for registration by Number is February 1, 2010. Wax room request is part of this form.

Deadline for registration by Name is February 15, 2010.

Both forms are attached to this document and have instructions.

Application to ski out of age class for Canadians is attached to this document and must be filed with the national office as outlined in the attachment.

Any question may be directed to Carol Henley at <mailto:henleyfa@nucleus.com>

## EVENT SCHEDULE

Black-meetings. **Red - Competition.**

DATE	TIMINGS	ACTIVITY
SUN, 28 Feb	1800	Arrival of Teams <b>Early weekend arrival is not recommended. Access to the facility will be limited by other sports events taking place on this weekend. Plan accordingly.</b>
MON, 1 Mar	<b>0800</b> 0900-1130 1230-1430 1530- 1730 <b>1900</b>	Arrival of Teams during day <b>Office Open Biathlon Building, pick up wax room keys, trail passes</b> Unofficial Training Unofficial Training Unofficial Training if requested <b>Team Captains Meeting (Bill Warren Training Centre)</b>
TUES, 2 Mar	<b>0800</b> 0900-1130 1200- 1430 <b>1630</b>	<b>Office open, Bib pick up by team manager</b> Official Training, morning classes Official training, afternoon classes <b>Team Captain's Meeting (Individual, Bill Warren Training Centre)</b>
WED, 3 Mar	<b>0800</b> 0900-0950 1000  1230-1320 1330  <b>1630</b>	<b>Office open, Bib pick up by team manager</b> <b>Zeroing, morning classes</b> <b>Individual Competition, morning classes</b> Flower Ceremony at Stadium Directly Following Competitions <b>Zeroing, afternoon classes</b> <b>Individual Competition, afternoon classes</b> Flower Ceremony at Stadium Directly Following Competitions <b>Team Captain's Meeting (Sprint, Bill Warren Training Centre)</b>
THURS, 4 Mar	<b>0800</b> 0900-0950 1000  1200-1250 1300  <b>TBD</b>	<b>Office opens, bib pick up by team manager</b> <b>Zeroing, morning classes</b> <b>Sprint Competition,</b> Flower Ceremony at Stadium Directly Following Competitions <b>Zeroing,</b> <b>Sprint Competition, afternoon classes</b> Flower Ceremony at Stadium Directly Following Competitions <b>Receptions and medal presentations Location TBD</b>
FRI, 5 Mar	<b>0800</b> 0900-1130 1200-1430 <b>1630</b>	<b>Office open</b> <b>Official Training, morning classes</b> <b>Official Training, afternoon classes</b> <b>Team Captain's Meeting (Pursuit and Relay, Bill Warren Training Center)</b>
SAT, 6 Mar	<b>0800</b> 0900-0950  1230-1320 1330  <b>TBD</b>	<b>Office opens, bib pick up by team manager</b> <b>Zeroing, morning classes</b> <b>Pursuit Competition, morning classes</b> Flower Ceremony at Stadium Directly Following Competition <b>Zeroing, Afternoon classes</b> <b>Pursuit Competition, Afternoon classes</b> Flower Ceremony at Stadium Directly Following Competition <b>Reception and medal presentations Location TBD</b>
SUN, 7 Mar	<b>0800</b> 0900-0945 1000  1200 – 1245 1300	<b>Office opens, bib pick up by team manager</b> <b>Zeroing, Relay group one</b> <b>Relay Competition start group one</b> Flower & Medal Ceremony at Stadium Directly Following Competition <b>Zeroing, Relay group two</b> <b>Relay start group two</b> Flower & Medal Ceremony at Stadium Directly Following Competition
MON, 8 Mar	<b>0800</b>	<b>Office opens for return of wax room keys</b> <b>Team departures</b>

## CLASSES OF COMPETITORS AND TYPES OF COMPETITIONS

June 2009

**TABLE 1: Classes and Types of Competitions for Canadian Championships**

The classes below carry rifles in competitions except for the Senior Boys and Girls classes (partial carry – range only).  
The missed shot penalty is 1 minute for Individual competitions and 150 m penalty loop for all other competitions.

<b>CLASS</b>	<b>AGE</b>	<b>INDIVIDUAL</b>	<b>SPRINT</b>	<b>PURSUIT</b>	<b>RELAY</b>
MEN	21+	20KM PSPS	10 KM PS	12.5 KM PPSS	3 X 6 KM PS
WOMEN	21+	15 KM PSPS	7.5 KM PS	10 KM PPSS	
JR. MEN	19/20	15 KM PSPS	10 KM PS	12.5 KM PPSS	3 X 6 KM PS
JR. WOMEN	19/20	12.5 KM PSPS	7.5 KM PS	10 KM PPSS	
YOUTH MEN	17/18	12.5 KM	7.5 KM PS	10 KM PPSS	3 X 6 KM PS
YOUTH WOMEN	17/18	10 KM PSPS	6 KM PS	7.5 KM PPSS	
SENIOR BOYS/GIRLS	15/16	7.5 KM PSPS	6 KM PS	7.5 KM PPSS	3 X 4.5 KM PS
MASTER MEN	35+	10 KM PSPS	6 KM PS	7.5 KM PPSS	3 X 4.5 KM PS
MASTER WOMEN	35+	7.5 KM PSPS	6 KM PS	7.5 KM PPSS	

### **NOTES:**

1. The IBU Rules definition of age classes shall be used specifically for the IBU classes and in principle for the other classes
2. Medals will be awarded if there are four or more competitors entered in a competition.

### **Special Canadian Rules for Mixed Relay and Pursuit Competitions**

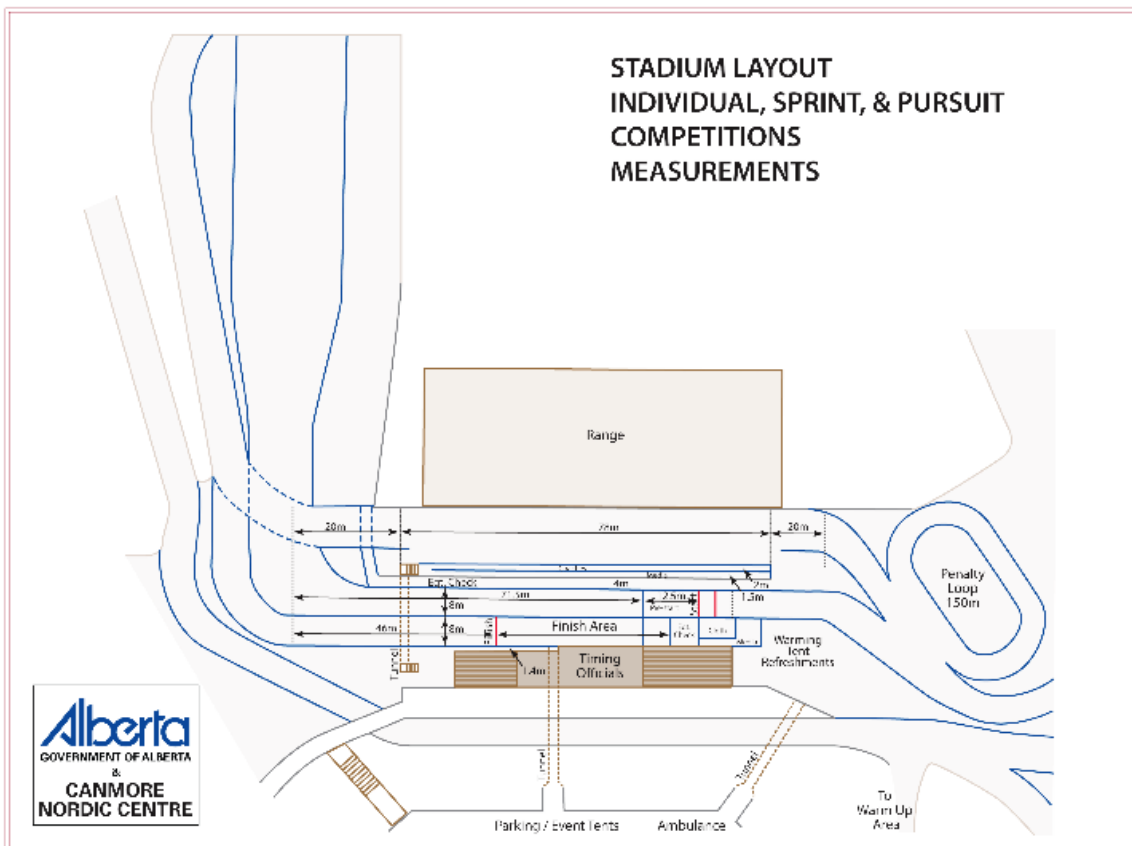
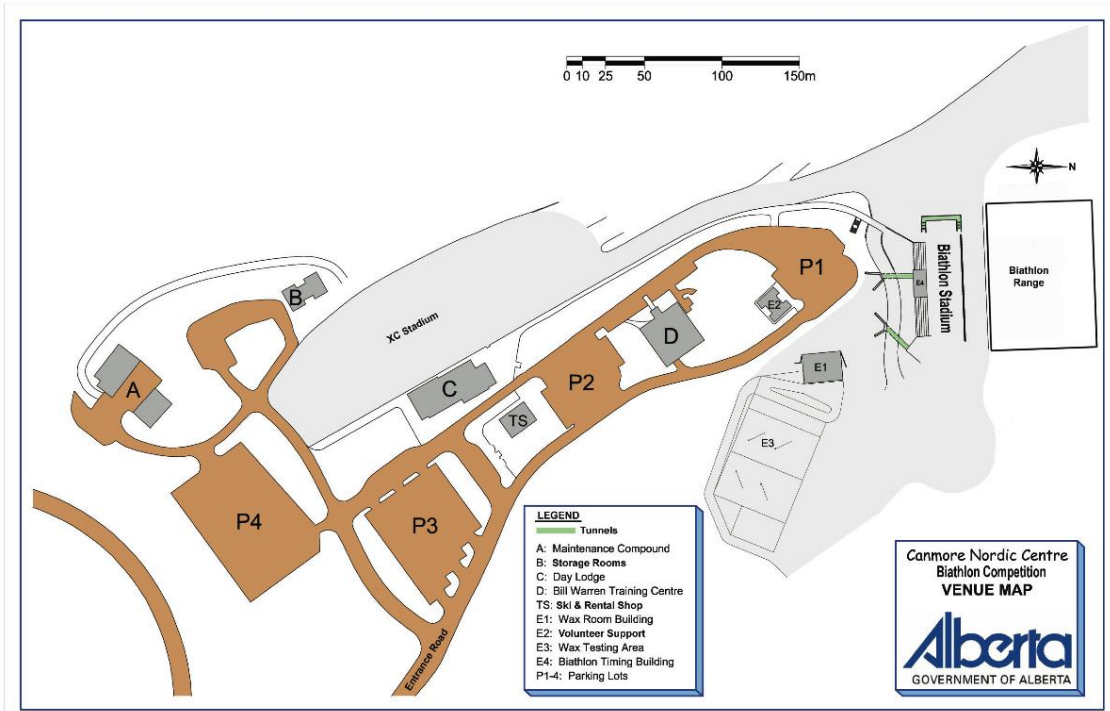
The rules for the Mixed Relay and Pursuit Competitions for use in Canada are different from the IBU rules. The following are the rules to be used at the Canadian Championships and Eastern and Western Canadian Championships for the two competitions:

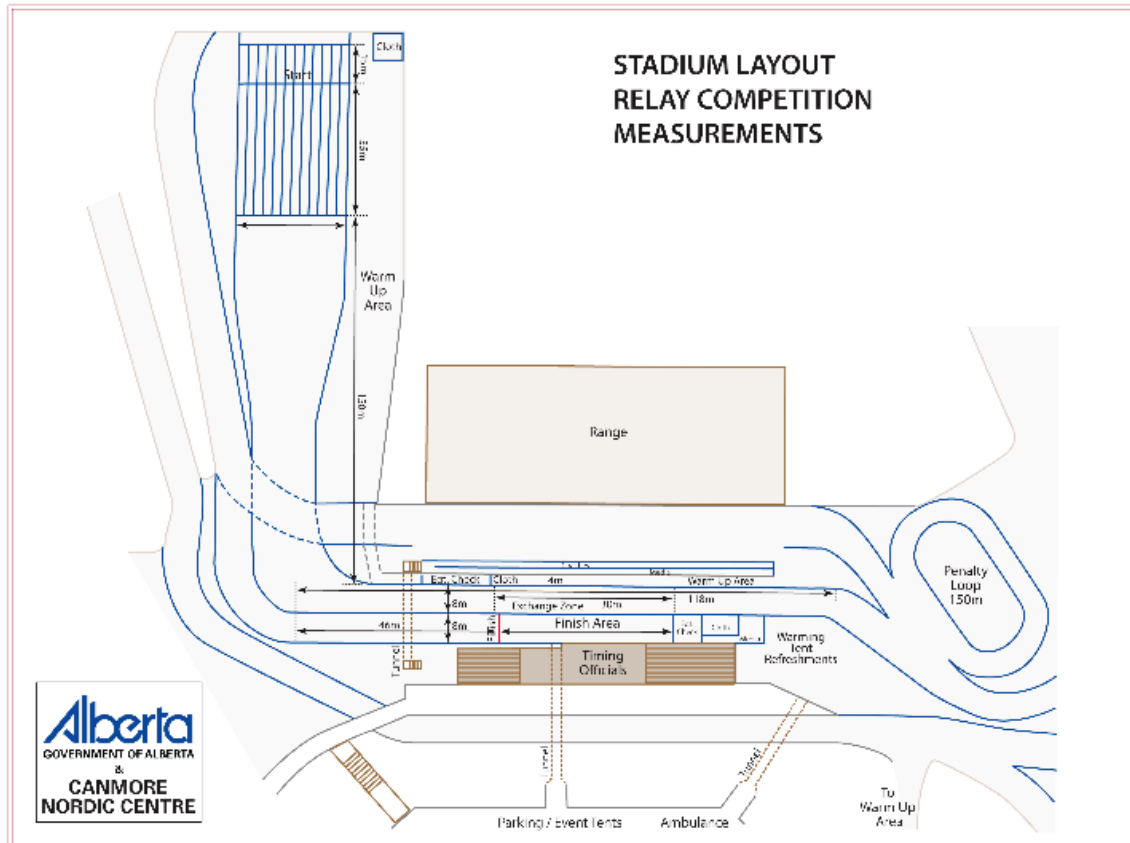
#### **Mixed Relay Rules**

The Mixed Relay will be conducted as follows: three individual athletes will comprise teams from the following composite classes Men/Women, Junior Men/Women, Youth Men/Women, and Senior Boys/Girls. Each team must consist of a minimum of one male and one female athlete. Any combination of the two genders is allowed. Each team member will ski 6 km except for Senior Boys/Girls class who will ski 4.5 Km. The first leg of the relay must be skied by a male athlete. One team per division and per composite class will be eligible for medals.

#### **Pursuit Competition Rules**

The Pursuit competition will be conducted with a pre-determined and fixed five-second interval between competitors with the start order based on the designated qualifying competition from the same event. The cumulative five-second gaps between competitors in a given class are the handicap that must be overcome in order to win the competition. Athletes who have not taken part in, or did not complete the qualifying competition, will be drawn randomly to determine a start order, with the same fixed five second interval, and will start after the last qualified competitor in a given class.





## WEATHER

Annual Snowfall  
February Average 18.58 cm  
March Average 28.1cm

Annual Temperatures  
February Maximum 0.7C    Minimum        -10.9C  
March Maximum 4.5C     Minimum        -7.3C

Average Wind Speed  
February 10.3 km/h from SW  
March 8.0 km/h from SW

## ORGANIZING COMMITTEE

Carol Henley/ Ken Davies Co Chairs  
TBD, Competition Chief  
Karin Kaarsoo and Sherry Thompson, Competition Secretaries  
Greg MacCullough, Chief of Timing  
Rick Green, Chief of Range  
Rob Vanderlee, Chief of Stadium  
TBD, Chief of Course

## NATIONAL TD & REFEREES

Bruno St-Onge, Technical Delegate  
Veli Niinimaa, NR Course  
Donald Villeneuve NR Range  
Bruce Jarvis, NR Finish/Results  
TBD, NR Start/Equipment

## CAR RENTAL FIRMS

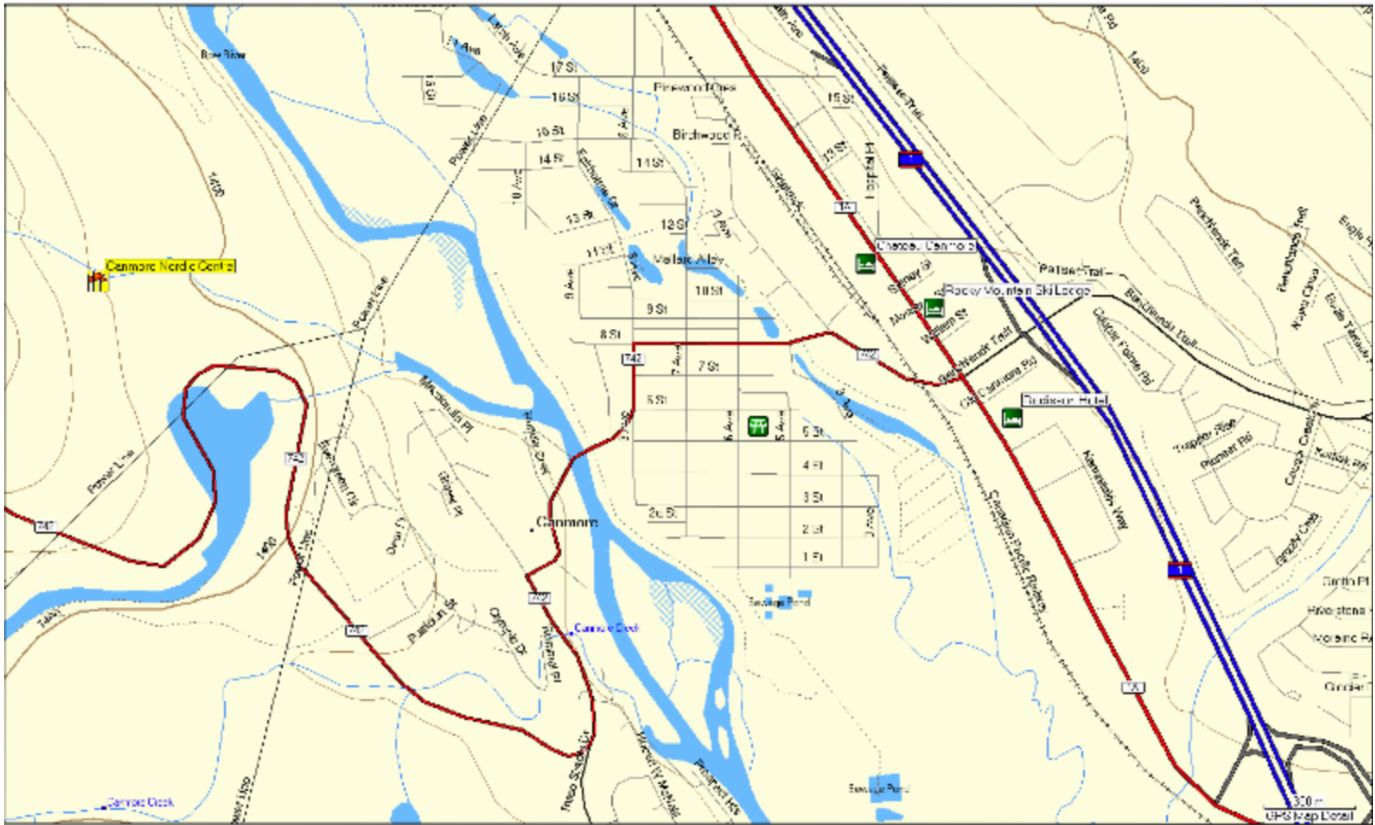
There are rental car and truck agencies at the airport arrival level. Advanced booking is recommended through the car agencies website. All agencies take credit card bookings.

Not all agencies have a large group of mini vans. A class four driver license is required for renting 15 passenger vans.  
<http://www.avis.ca>, <http://www.budget.ca>, <http://www.dollarrentacar.ca>, <http://www.EnterpriseRentACar.ca>,  
<http://www.hertz.com> and <http://www.nationalcar.ca>

## Map of Calgary to Canmore



## The Town of Canmore Host Hotels noted



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Start address: Quality Resort Chateau Canmore 1720 Bow Valley Trail, Canmore, AB T1W 2X3, Canada  
End address: 1988 Olympic Way Alberta, AB, Canada

Start at: Quality Resort Chateau Canmore 1720 Bow Valley Trail, Canmore, AB T1W 2X3, Canada

1. Head southeast on Bow Valley Trail/HWY-1A toward Railway Ave - 0.1 km
2. Turn right at Railway Ave - 0.8 km
3. Turn right at 10 St - 0.5 km
4. Turn left at 8 Ave - 0.4 km
5. Slight right at Bridge Rd - 0.3 km
6. Continue on Rundle Dr - 0.5 km
7. Turn left at Three Sisters Dr - 0.6 km
8. Turn right at HWY-742/Spray Lakes Rd - 2.0 km
9. Turn right at Olympic Way - 0.3 km

Arrive at: 1988 Olympic Way Alberta, AB, Canada

## **OFFICIAL HOTELS**

The official Hotels for all Competitors, Team Leaders, Coaches, and Team Staff are the

- **The Rocky Mountain Ski Lodge**
- **Quality Resort Chateau Canmore**
- **Radisson Hotel & Conference Center Canmore**

**These Hotels are offering team rates; some include meal plans or rooms with kitchens.**

Team accommodation rates and meal plans are available from

- **March 1 to March 7, 2010**
- **Team managers must make hotel reservations DIRECTLY to the hotel.**
- All rooms must be booked by **February 18, 2010** to ensure team rates and meal plans
- Please see information packages listed in the below documents with appropriate contact information included for each location.
- Other hotels in the area can be located at <http://www.tourismcanmore.com> under accommodations.



## BIATHLON RATES

Per Person Daily Rates Include: Room, Breakfast, Lunch, Dinner and Gratuity. Subject to Taxes.

	Single P/P	Double P/P	Triple P/P	Quad P/P
<b>1 Queen Bed</b>	130	95		
<b>1 Queen Bed &amp; Kitchen</b>	140	100		
<b>2 Double Beds</b> (non smoking only)	140	100	86	80
<b>2 Double Beds &amp; Kitchen</b>	150	105	90	82
<b>One Bedroom Apartment</b> Kitchen and Gas Fireplace 1 Queen Bed & 1 Sofa Bed	160	110	93	85
<b>One Bedroom Apartment with Loft</b> Kitchen and Gas Fireplace 1 Queen Bed & 1 Sofa Bed 2 Double Beds in Loft	190	125	103	92
<b>Two Bedroom Apt. #109</b> 1 Bedroom with 1 Queen Bed 1 Bedroom with 2 Double Beds Living room with 1 Sofa Bed and Kitchen	205	132	108	96
<b>Two Bedroom Apt. #151</b> 2 Bedrooms with 1 Queen Bed Living room with 1 Sofa Bed Gas Fireplace and Kitchen 1½ Bathrooms	205	132	108	96
<b>The Guides Room</b> Meeting room for 20 - 25 people				

**Package Includes:**

The package prices quoted above are per person, based on single, double, triple or quad occupancy and include: room, breakfast, lunch, dinner as well as food and beverage gratuities and are quoted daily net, non-commissionable in Canadian funds.

These rates are subject to 3% DMF, 4% Alberta Tourism Levy AND 5% GST.

1711 Bow Valley Trail, P.O. Box 8070, Canmore, Alberta, Canada, T1W 2T8  
 phone: (403) 678-5445 fax: (403) 678-6484 reservations: 1-800-665-6111  
 email: [info@rockyski.ca](mailto:info@rockyski.ca) web: [www.rockyski.ca](http://www.rockyski.ca)

***RMSL - Addendum 2 Biathlon Rates March 1-7, 2010***

Meal times are 7-9, 12-2, 5-7, and the teams arrange with the restaurant bag lunches and any special requirements. The meal plan requires that a minimum 30 people sign up before Feb 19 to confirm the plan.

**Chez Francois**

Sample Menu

**Breakfast buffet sample**

Assorted bread  
Assorted cereals & homemade granola  
Muesli  
Yogurt  
Scrambled Eggs  
Pancakes  
French toast  
Sausages  
Tea/coffee/juice

**Lunches buffet sample**

Assorted salad  
Assorted soup  
Rice, pasta, mixed greens, cabbage....  
Make your own sandwich buffet  
Chicken or beef stir-fried  
Chili con carne...  
Assorted bread  
Fresh fruits

**Dinner Buffet Sample**

**2 choices every night**

Assorted salad  
Assorted soup  
Pasta dinner  
Stir-fried dinner  
Roast beef dinner  
Pork chops dinner  
Chicken dinner  
Fresh fish dinner  
...  
Fresh medley of vegetables  
Rice & potatoes  
Fresh fruits  
Assorted sweets

Meals to be served at Chez Francois Restaurant.

If you have any questions about the **meals** please contact Sylvie from Chez Francois restaurant at 403-678-2723

*RMSL Addendum 3*

BIATHLON RATES Per Person Daily Rates Include: Room only and are subject to Taxes.

## **BIATHLON 'Room Only' Rates**

<b>1 Queen Bed</b>	<b>65</b>
<b>1 Queen Bed &amp; Kitchen</b>	<b>75</b>
<b>2 Double Beds</b>	<b>75</b>
<b>2 Double Beds &amp; Kitchen</b>	<b>85</b>
<b>One Bedroom Apartment</b>	<b>85</b>
Kitchen and Gas Fireplace 1 Queen Bed & 1 Sofa Bed	
<b>One Bedroom Apartment with Loft115</b>	
Kitchen and Gas Fireplace 1 Queen Bed & 1 Sofa Bed 2 Double Beds in Loft	
<b>One Bed. Studio #153</b>	<b>85</b>
Fridge and Gas Fireplace 1 Queen Bed & 1 Sofa Bed	
<b>Two Bedroom Apt. #109</b>	<b>125</b>
1 Bedroom with 1 Queen Bed 1 Bedroom with 2 Double Beds Living room with 1 Sofa Bed and Kitchen	
<b>Two Bedroom Apt. #151</b>	<b>125</b>
2 Bedrooms with 1 Queen Bed Living room with 1 Sofa Bed Gas Fireplace and Kitchen 1 1/2 Bathrooms	
<b>The Guides Room</b>	<b>45</b>
Meeting room for 20 - 25 people	

Rates are in Canadian funds, subject to 3% Destination Marketing Fee (DMF), 5% G.S.T. and 4% Tourism Levy (12.27% in total). Rates are subject to change without notice.

**Confirmation and Cancellation Policy** A credit card number is required at the time of booking.  
01/06/2010

**Quality Resort Chateau Canmore**

1720 Bow Valley Trail, Canmore, AB T1W 2X3, Canada

The Chateau is offering a room and Board plan:

Chateau rates are \$62/person for board, and \$64/room (Double, \$15 dollars for each person over 2).

Meal times are Breakfast 0700-1000, Lunch 1100-1300 (teams are to request bag lunches ahead of time if they want them), Dinner 1700-1900.

Booking is done through **Laura 403-678-6699 (ext. 505)**.

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**Radisson Hotel & Conference Center Canmore ( Information Updated January 15, 2010)**

511 Bow Valley Trail Canmore, AB T1W 1N7, Canada

- From March 1-7<sup>th</sup>, 2010

Rocky Mountain Room, 2 Queens \$89

\*All rates based on double occupancy, \$15 additional per person per night plus taxes. Children Under 17 stay free.

All guestrooms include complimentary high-speed Internet access and free parking.

\*Meal Plan \$13.75/day for breakfast only plan  
\$71.43/day for full plan including snacks

Meal Times: Breakfast 7am – 9am  
Boxed Lunch pick up starts at 7am  
Dinner is 5pm -7pm

\*Gratuities included in meal plan costs, 5% GST is not included.  
Guest must confirm meal plans no later than 72 hours prior to their date of arrival. There will be no credits provided for missed meals.

-For these rates contact 403-609-5431, mention you are attending the Canadian National Biathlon Championships.

Food package: Offered in Vics located in the lobby of the hotel

Radisson Meal Times:

**CANADIAN NATIONAL BIATHLON CHAMPIONSHIP**

**MARCH 1 – 7, 2010**

<b>Date</b>	<b>Start Time</b>	<b>End Time</b>	<b>Function</b>	<b>Room</b>
<b>February 27, 2009</b>	5:00 PM	7:00 PM	Dinner Buffet	Vic's Restaurant
<b>February 28, 2010</b>	7:00 AM	9:00 AM	Breakfast Buffet	Vic's Restaurant
	7:00 AM	9:00 AM	Lunch Boxed	Vic's Concourse
	9:00 AM	5:00 PM	Snacks	TBA
	5:00 PM	7:00 PM	Dinner Buffet	Vic's Restaurant
<b>March 1, 2010</b>	7:00 AM	9:00 AM	Breakfast Buffet	Vic's Restaurant
	7:00 AM	9:00 AM	Lunch Boxed	Vic's Concourse
	9:00 AM	5:00 PM	Snacks	TBA
	5:00 PM	7:00 PM	Dinner Buffet	Vic's Restaurant
<b>March 2, 2010</b>	7:00 AM	9:00 AM	Breakfast Buffet	Vic's Restaurant
	7:00 AM	9:00 AM	Lunch Boxed	Vic's Concourse
	9:00 AM	5:00 PM	Snacks	TBA
	5:00 PM	7:00 PM	Dinner Buffet	Vic's Restaurant
<b>March 3, 2010</b>	7:00 AM	9:00 AM	Lunch Boxed	Vic's Concourse
	7:00 AM	9:00 AM	Breakfast Buffet	Vic's Restaurant
	9:00 AM	5:00 PM	Snacks	TBA
	5:00 PM	7:00 PM	Dinner Buffet	Vic's Restaurant
<b>March 4, 2010</b>	7:00 AM	9:00 AM	Lunch Boxed	Vic's Concourse
	7:00 AM	9:00 AM	Breakfast Buffet	Vic's Restaurant
	9:00 AM	5:00 PM	Snacks	TBA
	5:00 PM	7:00 PM	Dinner Buffet	Vic's Restaurant
<b>March 5, 2010</b>	7:00 AM	9:00 AM	Lunch Boxed	Vic's Concourse
	7:00 AM	9:00 AM	Breakfast Buffet	Vic's Restaurant
	9:00 AM	5:00 PM	Snacks	TBA
	5:00 PM	7:00 PM	Dinner Buffet	Vic's Restaurant
<b>March 6, 2010</b>	7:00 AM	9:00 AM	Breakfast Buffet	Vic's Restaurant
	7:00 AM	9:00 AM	Lunch Boxed	Vic's Concourse
	9:00 AM	5:00 PM	Snacks	TBA
	5:00 PM	7:00 PM	Dinner Buffet	Vic's Restaurant
<b>March 7, 2010</b>	7:00 AM	9:00 AM	Lunch Boxed	Vic's Concourse
	7:00 AM	9:00 AM	Breakfast Buffet	Vic's Restaurant
	9:00 AM	5:00 PM	Snacks	TBA