



Aiming for Excellence

CALFOREX CUP CATEGORIES – 2010/11

<u>Category</u>	<u>Age Range</u>	<u>Shooting Regulations</u>
Air Rifle 1	U15	-athletes shoot on big targets at 10m + rest
Air Rifle 2	U15	-athletes shoot on small targets at 10m + rest
Dev 1	U17	-athletes shoot prone, 50m, rest permitted
Dev 2	U17	-athletes shoot prone, 50m, no rest
Senior Boys	U17	-athletes shoot prone + standing, rifle drill
Senior Girls	U17	-athletes shoot prone + standing, rifle drill
Sport Men	17+	-athletes shoot prone + standing, full carry
Sport Women	17+	-athletes shoot prone + standing, full carry
Youth Men	17 – 18	-as per IBU regulations
Youth Women	17 – 18	-as per IBU regulations
Junior Men	19 – 20	-as per IBU regulations
Junior Women	19 – 20	-as per IBU regulations
Men	21+	-as per IBU regulations
Women	21+	-as per IBU regulations
Master Men	35+	-as per BiCan regulations
Master Women	35+	-as per BiCan regulations

See *Choosing Your Category* and *Classes, Formats and Distances* (below)

Notes:

- **Under 17:** Any person under the age of 17 may compete in these categories
- **Under 15:** Any person under the age of 15 may compete in these categories
(Age, for all categories, as of December 31st, 2010)
- Boys and girls compete together in Air Rifle and Dev categories, but are awarded separate medals and Alberta Cup Points.

Development and Sport Athletes:

The above classes are designed to provide a series of biathlon challenges with increasing difficulty. As recommended in the Long Term Athlete Development Model, and Sport-4-Life programs, the Air Rifle and Development classes are keyed more to the athlete's level of physical, mental and technical development than to birthdates.

Athletes are encouraged to choose a level of difficulty which is close to their best performance possibility – one that is challenging to their physical and technical abilities and the amount of training they have received. Athletes are expected to consult their coaches and parents about this choice.

Persons who compete in the Air Rifle, Development or Sport categories may choose which category they compete in when they register for a competition.

Choosing your first category

- Talk to your coach and ask his or her advice, and consult with your parents

Choosing your next category

- Racing against people that are slightly better than you or almost as good as you is fun. Trying hard to beat them will make you better at Biathlon.

Category Upgrading and Downgrading, Mandatory Promotion rule

- Athletes in the Air Rifle 1, Development 1, and Development 2 categories will be upgraded to the next Alberta Cup category upon achieving the following results over the course of one season: 2 wins; 1 win plus 2 second-place finishes; or any combination of 5 podium placings.
- Athletes in the lower 25% of their category may move down a category while improving their skills.

Classes, Formats and Distances

CLASS	AGE	IND	SPR	PS	MS	SS
IBU Classes						
Men	21+	20 km PSPS	10 km PS	12.5 km PPSS	15 km PPSS	3.75 km PS
Women	21+	15 km PSPS	7.5 km PS	10 km PPSS	12.5 km PPSS	3 km PS
Junior Men	Under 21	15 km PSPS	10 km PS	12.5 km PPSS	12.5 km PPSS	3.75 km PS
Junior Women	Under 21	12.5 km PSPS	7.5 km PS	10 km PPSS	10 km PPSS	3 km PS
Youth Men	Under 19	12.5 km PSPS	7.5 km PS	10 km PPSS	10 km PPSS	3.75 km PS
Youth Women	Under 19	10 km PSPS	6 km PS	7.5 km PPSS	7.5 km PPSS	3 km PS
Masters Men	35+ [45+]	10 km PSPS	6 km PS	7.5 km PPSS	7.5 km PPSS	3 km PS
Masters Women	35+ [45+]	7.5 km PSPS	6 km PS	7.5 km PPSS	7.5 km PPSS	3 km PS
Alberta Classes						
Sport Men	17+	7.5 km PSPS	6 km PS	7.5 km PPSS	7.5 km PPSS	3 km PS
Sport Women	17+	7.5 km PSPS	6 km PS	7.5 km PPSS	7.5 km PPSS	3 km PS
Senior Boys	Under 17	7.5 km PSPS	6 km PS	7.5 km PPSS	7.5 km PPSS	1.5 km PS
Senior Girls	Under 17	7.5 km PSPS	6 km PS	7.5 km PPSS	7.5 km PPSS	1.5 km PS
DEV – 2 Male/Female	Under 17	6.25 km PPPP	4 km PP	6.25 km PPPP	5 km PPP	1.5 km PP
DEV – 1 Male/Female	Under 17	5 km PPP	3 km PP	4 km PPP	4 km PPP	1 km PP
Air Rifle 2 Male/Female	Under 15	5 km PPP	3 km PP	4 km PPP	4 km PP	0.5 km PP
Air Rifle 1 Male/Female	Under 15	4 km PPP	2.25 km PP	3 km PPP	3 km PPP	0.5 km PP

IND = Individual; SPR = Sprint; PS = Pursuit; MS = Mass Start; SS = Super Sprint; Relay use SPR+ 6 spare rounds for each leg.