



# WASHINGTON BIATHLON ASSOCIATION

PRESENTS

## Races #6 & #7

in the

### 2007-2008

#### Winter Biathlon

# WASHINGTON CUP Series

**Saturday:** (Shortened) Individual    **Sunday:** Modified Super Sprint

**March 8 & 9, 2008**

## **Stevens Pass Nordic Center**

Washington Biathlon Association  
Winter Biathlon Race Entry Form

March 8-9, 2008

(Please print clearly)

NAME \_\_\_\_\_ DOB/AGE \_\_\_\_\_ / \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-MAIL \_\_\_\_\_

Due to insurance coverage regulations, membership in the United States Biathlon Association is required for all participants. Annual (\$50) and day (\$10) membership will be available at the site. If this is your first ever biathlon event, please contact the WBA: Bob Vallor at (425)427-8841, [bob.vallor@wabiathlon.org](mailto:bob.vallor@wabiathlon.org) or Jay Bender at (509)763-3849, [jay.bender@wabiathlon.org](mailto:jay.bender@wabiathlon.org)

ENTRY FEE (\$30 for one day, \$50 for both days) \$ \_\_\_\_\_

SPNC Season Pass Holders subtract \$14 for 1 day, \$25 for both - \$ \_\_\_\_\_

WBA Members \$5/day Discount (Join the WBA... it pays!) - \$ \_\_\_\_\_

WBA Membership (Optional - \$25/year Nov.1 to Oct. 31) \$ \_\_\_\_\_

USBA Membership Fee (see above), or provide your USBA Member# \$ \_\_\_\_\_

Must **show** season pass!

(To join WBA, please fill out an application form.)

USBA# \_\_\_\_\_

(Must **show** USBA card!)

**TOTAL ENCLOSED** \$ \_\_\_\_\_

Please make checks payable to:

(Note: We are not able/equipped to take credit or debit cards.)

**Washington Biathlon Association**

PO Box 1716

Issaquah, WA 98027-0069

**Please Circle:** Male Female

**Race Cancellation:** Biathlon races are almost NEVER cancelled. We race in ALL types of weather... dress for it and you'll be fine.

**Season Points**

For the 2007 – 2008 Winter Biathlon Season, the International Biathlon Union race points system will be in effect. Points a racer receives from each of the seven races will be totaled at the end of the March 9<sup>th</sup> race and the male and female biathletes with the most points will be named **WASHINGTON CUP 2008** Champions. There will be one "throw-out" allowed, so points will be totaled from any 6 of the 7 races in the series. Race dates are: Dec. 30, at Mazama; Jan. 12-13; Feb. 23-24; and March 8-9, all at Stevens Pass Nordic Center. See [www.wabiathlon.org](http://www.wabiathlon.org) for Race Announcements, entry forms and all particulars for these races.

**WASHINGTON BIATHLON ASSOCIATION 2007-2008 Season Release of Liability**

I recognize that biathlon, cross country skiing, running and rifle marksmanship can be hazardous sports. I acknowledge there are risks and hazards associated with involvement in the Washington Biathlon Association. The risks can include, but are not limited to, damage to property, physical injury and death. I state that I am, and those minors that I sign for are in proper physical condition to participate in strenuous activity. I acknowledge and accept the risks associated with shooting, skiing and running and I agree to release and hold harmless all members, organizers, sponsors and officers of the Washington Biathlon Association, New Stevens LLC, The Stevens Pass Nordic Center and the U.S. Forest Service and all members of the staff of any venue sites involved in biathlon training, practice, or competition from any liability for any and all accidents or injuries of whatever nature, connected to or arising from or coming to or from any association function, workout or other event. I recognize that Biathlon involves the use of firearms and I certify that I am not disabled or barred from using or possessing firearms by any state or federal law or by ruling of any court.

A parent or legal guardian must sign the release of liability for all participants under the age of eighteen.

Signature \_\_\_\_\_ Date \_\_\_\_\_

For (minor under eighteen) name \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## **RACE PARTICULARS:**

**Race Site:** The Stevens Pass Nordic Center is located 5 miles east of Stevens Pass on US Highway 2 East of Seattle, Washington. See [www.stevenspass.com/nordic/](http://www.stevenspass.com/nordic/) for Nordic Center Information.

**Eligibility:** WBA races are open to all members of the United States Biathlon Association, age 7 and older, who have completed a USBA Rifle Safety Certification Course. One-day USBA memberships are available at the site.

**Volunteers:** Volunteers are always needed. Please contact Race Director Bob Vallor (425) 427-8841 or [bob.vallor@wabiathlon.org](mailto:bob.vallor@wabiathlon.org) if you can help. Volunteering is a great way to get to see the race up close and to get to know the sport. If you would like to become a certified USBA Official, please email [jay.bender@wabiathlon.org](mailto:jay.bender@wabiathlon.org)

**Safety Certification:** There will be a safety certification course given Saturday morning at 8:00 am at the Stevens Pass Nordic Center lodge. Please contact WBA or the race director **in advance** if you need take this required course.

### **Saturday Race Day Format and Schedule**

Saturday will be a modified (shortened) **INDIVIDUAL** format race: men's 15 km and women's 12.5 km with four shooting bouts and a one minute penalty for each missed target.

- 9:00 to 9:30 am: On site registration at the Nordic Center (pre-registering by mail is also available and encouraged) We do not accept credit or debit cards. Make checks out to **Washington Biathlon Association**
- 10:45 to 11:45 am: Equipment Check – all competitors must go through equipment check
- 11:00 to 11:45 am: Zero - Rifle sight in at the Biathlon Range
- 12:00 noon: Race time – Individual Interval Starts (See Start List posted at Guthrie Loop for your start time)

### **Sunday Race Day Schedule:**

Sunday will be a modified **SUPER SPRINT** format race: men's and women's 5 km with four shooting bouts. Racers will have eight shots to hit five targets at each bout, with a a penalty loop for each missed target.

- 9:00 to 9:30 am: On site registration at the Nordic Center (pre-registering by mail is also available and encouraged) We do not accept credit or debit cards. Make checks out to **Washington Biathlon Association**
- 10:45 to 11:45 am: Equipment Check – all competitors must go through equipment check
- 11:00 to 11:45 am: Zero - Rifle sight in at the Biathlon Range
- 12:00 noon: Race time - Individual interval starts (See Start List posted at Guthrie Loop for your start time)
- After racing: Range breakdown (All competitors are expected to assist with range break down)
- 3:30 pm – Awards Ceremony and prize raffle at the SPNC Lodge.

**When to Arrive at the Range:** Early arrival at the range is encouraged as help with range and course set-up will be needed prior to zero. Please do your part and help with set-up each morning **and break-down** after the races on Sunday. Awards and prize raffles take place at the Nordic Center Lodge after breakdown is completed on Sunday afternoon. We generally do not get done until 2:30 to 3:00 pm Saturday, and 4:00 to 4:30 pm on Sunday.

**Equipment:** Each racer must get his/her own equipment to the race site, which is at Guthrie Loop, approximately 3 km from the lodge. By agreement with the Nordic Center, biathletes skiing to and from the range must cover their rifles. We will have a few extra rifle covers available at registration. Layered, technical fabric type clothing is also recommended.

**Rifles:** Pool rifles will be available for novices and those without their own. These are either Mossberg 44 biathlon compatible rifles or Izhmash Bi 7-4 biathlon rifles available for use on a first come-first served basis. We only have three of the Izhmash rifles to loan. Contact the race director well in advance of the event if you need to borrow a club rifle: [bob.vallor@wabiathlon.org](mailto:bob.vallor@wabiathlon.org) (425)427-8841.

**Lodging:** The nearest lodging is located in Leavenworth. There are also a few B&B style lodges in the Lake Wenatchee area. See [www.leavenworth.org](http://www.leavenworth.org) for more information.

**WASHINGTON CUP Series Points:** These are the 6<sup>th</sup> and 7<sup>th</sup> races of the 2007-2008 Winter Biathlon Race Series. Points are awarded based on finish position. After the March 9<sup>th</sup> Race, points will be totaled and the senior male, senior female, junior male and junior female biathletes with the most points will be named **Washington Cup 2008** Champions. The IBU International Point System will be used. (1<sup>st</sup> place=50 pts, 2<sup>nd</sup>=46, 3<sup>rd</sup>=43, 4<sup>th</sup>=40, 5<sup>th</sup>=37, 6<sup>th</sup>=34, 7<sup>th</sup> thru 15<sup>th</sup> decreases by two from 32, 16<sup>th</sup> thru 30<sup>th</sup> decreases by one). One race "throw-out" will be allowed, so 6 of the 7 races will count for points.

## Biathlon Etiquette

### Course and Racing

When on the course during a race, warming up or cooling down, always use courtesy and follow the rules of competition. When someone calls "track" or "on your left" move to the side and let them by. You are not required to get completely off the trail, just give them room to get by. In some areas it is not required that you yield track (the finish and relay handover zone), but if you are not moving quickly and/or not in competition with the person calling "track", it is appropriate to yield even in those areas that do not require it. If you do not audibly call "track", do not expect someone to move aside simply because you are behind them.

It is your responsibility to know the course. Make sure you get your questions answered at pre-race meetings. Know what laps you must ski (or run) and what order they are in. Do not ask course, penalty loop or range officials where you go next. It is not likely they will know what lap you're on or where you need to go. You must know this before you begin to race. If you go off course, you must ski back to where you went off course and continue. You cannot ask for, or receive, special dispensation for having skied the wrong, or longer loops. Even though you might have skied the correct distance, you can not ski loops in the wrong order.

Do not discard items in the trail and do not ask the Course Officials to take or be responsible for any equipment you discard off the trail or loop. If you must discard something, try to do so as you enter the range near your pile of gear so you can find it later.

### Range

The Chief of Range is in charge of safety and function. Their primary job is to observe and immediately correct any and all safety violations on the range. Some safety violations are grounds for disqualification. Under the rules and terms of insurance there isn't room for giving you "a break". It is not appropriate to ask for one or to argue with the Chief of Range at any time.

The Range falls in the official 'silent zone' (From 10 meters before the entry to 10 meters past the exit). During a race it is a rules violation for anyone to give you assistance or advice in that zone. Do not ask other racers, spectators or officials for information on your shooting, how you're doing, where you go next, etc.

It is your responsibility to select a lane with a target that has been reset and has its reset bar flag visible below the target. Only when you are held up by an official, or directed to a lane that is not ready for use, are you allowed a time credit. You must call "Alibi" to get a clock put on your delay. It is your responsibility to note how many targets you have left standing as you leave the shooting point. As racers are coming into the range, targets must be reset quickly. Range officials cannot be asked or expected to wait to reset your target until after you've left the range area. There just isn't time with new racers coming in to shoot.

### Penalty Loop

The penalty loop is a fairly condensed and narrow lane of travel. Before the race, make sure you are familiar with how to enter and exit the loop. The Controllers cannot tell you how many loops you owe and are preoccupied with keeping track of the movement of many other racers. Do not block the trail, yield when you hear someone call "track" or "on your left". Do not discard items in the penalty loop and do not ask the Controllers to take or be responsible for any equipment you discard off of the loop.

### Pre Race Zero

Zero lanes will be assigned immediately prior to zero and posted on the bulletin boards near the range. Unless you are assigned an *individual* lane, assume that you are sharing a lane to zero with others. Get in, get your shots off and then get off the mat and let someone else use the lane. You can get some running/skiing in and come back when the other competitor gets their time in. Alternate. Be sure to confer with those zeroing on the same lane as to which paper targets each of you will use.

Move through the range at zeroing just as you would during a race. One 5 shot magazine only, then get off the mat to make way for the next person. One way traffic only. Do not linger in the skiing/running lane; do not leave equipment in the way. Competitors will be coming in with elevated heart rates, ready to shoot. If you are on the mat, they cannot get their shots in while their heart rate is still up, giving them a less effective zero. Skis must be worn any time you are at the shooting mat, or on the skiing lane.

No zeroing scopes are allowed at the shooting point, on the mat or in the skiing/running lane behind it. Coordinate with another racer to assist you at the scope, or simply go to the scope after firing your 5 rounds. (Note that it is ineffective to have someone "call" your shots... that just makes you "shade" and will negatively impact your zero.) If using a club scope, understand that it is there to be shared. **Do not use a privately owned scope without clear permission from the owner.** This is common courtesy. ASK before using. Do not ask a range official to give you permission to use someone's personal scope, or any other personal equipment.

### Equipment

This may be one of the most significant areas of etiquette. Do not touch, pick up, or use the personal equipment of another biathlete, especially a rifle. This can lead to a sharp rebuke, as many biathletes are very particular about their equipment, since they have made a significant investment in it. Rifles in particular have many personalized adjustments that can be moved out of alignment. If you are using club equipment, obtain permission to use it and do not modify it in any way without permission of the Chief of Range or the Chief of Competition. This goes double if you are borrowing someone else's personal rifle.

If you borrow equipment and make adjustments to it (only with permission) do your best to return it to the condition it was in when you got it. This is especially significant when it comes to stock length spacers, weights and magazines.

### Set-Up and Break-Down

Biathlon Races are organized and staged by volunteers. You are not bound by any laws to help set up the range, course, rifle racks and all the other necessary items to have a race, or to stay after to help take it all down. But, if you don't, more work is put on others. You may not think others notice your failure to pitch in, but they do. Common courtesy dictates that all who participate in races should plan to arrive early enough to help with set-up, and arrange their schedules to make it possible to stick around at the end to help break-down. No one wants to set-up and break down for those who always have a "good excuse" and do not help. This behavior will cause the workhorse volunteers to get fed up and quit, and then no one will get to race.