

Methow Valley Fall Biathlon Race Info

October 1-2, 2022



Event Home Page: <https://methowvalleynordic.com/events/methow-valley-fall-biathlon/>

Location: Liberty Bell High School/McCabe Trails, 18 Twin Lakes Road, Winthrop, WA

Registration: <https://www.webscorer.com/register?pid=1&raceid=288084> **Preregistration only, deadline is 8 pm Friday, Sept 30.**

Eligibility: Biathlon is open to athletes age 9 and over who have completed a US Biathlon certified safety clinic. For youth under 14 years old additional shooting training is required—contact the Race Director. Youth may participate in this race weekend, but please note this will not be an official MVB junior event. MVB team practices start in November.

Official Training: The range will be open and courses will be marked for optional training 1-3 pm Saturday 10/1. Those wishing to use the range on Saturday should notify the Race Director in advance if they are going to arrive after 1 pm.

Race Format: Running race followed by a mountain bike race. Entrants may do either or both events. Both races will be interval start. The running race will have up to 3 spare rounds per bout and a penalty loop for each miss. The mountain bike race will have no spare rounds and a time penalty for each miss.

Running						
Registration Category	Total distance	Loop distance	Laps	Course color	Shooting protocol (3 spare rounds per bout)	Penalty Loop
Adult Novice	5 km	1 km	5	purple	Prone (PPPP) with rest on large targets	70 m
Youth Dev 1	3.3 km	650 m	5	blue	Prone (PPPP) with rest on large targets	70 m
Youth Dev 2	3.3 km	650 m	5	blue	Prone (PPPP) with rest or cuff on small targets	70 m
Youth, Women, MM4	5 km	1 km	5	purple	Prone & standing (PPSS)	70 m
Men up to MM3	6 km	1.2 km	5	red	Prone & standing (PPSS)	70 m
Mountain bike						
Registration Category	Total distance	Loop distance	Laps	Course color	Shooting protocol (no spare rounds)	Penalty
Adult Novice	9 km	1.8 km	5	purple	Prone (PPPP) with rest on large targets	30 sec
Youth Dev 1	7.5	1.5 km	5	blue	Prone (PPPP) with rest on large targets	30 sec
Youth Dev 2	7.5	1.5 km	5	blue	Prone (PPPP) with rest or cuff on small targets	30 sec
Youth, Women, MM4	9 km	1.8 km	5	purple	Prone & standing (PPSS)	30 sec
Men up to MM3	11 km	2.2 km	5	red	Prone & standing (PPSS)	30 sec

Adult novices are welcome but must have taken a biathlon safety clinic and provide their own rifle or borrow one in advance. Contact the Race Director if you need to borrow a rifle.

Categories for age and gender will be designated in the final results. There will be an awards ceremony at the range after races and cleanup are complete.

Venue: The range and McCabe Trails are adjacent to Liberty Bell High School. Park in the LBHS parking lot and walk 100m over flat ground to the range and start/finish area. There are no indoor facilities available, but there will be porta-potties. The venue has cellular service. The range currently has 12 shooting lanes. The competition trails roll and flow through open Ponderosa pine forest and meadows. The running course will use a section of the LBHS cross-country race course as well as ski trails. The mountain biking course will mostly be a section of the intermediate-level Meadowhawk Trail. Racers doing the mountain bike event are encouraged to ride the course beforehand. Course maps are available in a separate PDF that can be downloaded from the [race home page](#).

Rifles: All rifles must have a carrying harness and the athlete must carry the rifle on their back between rack and shooting point, not moving from either rack or mat until the rifle is on their back. An adequate number of rifle racks will be distributed along the firing line. For Youth Dev 1, the rifle is placed on the mat and taken off the mat by their parent.

All rifles must be in soft or hard cases unless they are on the range. Any unattended rifles must be in locked vehicles. There will be a limited supply of ammunition on hand for sale (2 box limit per person).

Schedule

Saturday: 1:00-3:00 pm official training--range and courses open

Sunday:

8:30-9:00 am Check-in

9:00-9:30 am Final range and course preparation

9:30-10:15 am Zero

10:30 Racing begins (running first, then mountain bike)

All participants must plan to stay after races and help with cleanup until it is completed—exceptions only by prior arrangement with Race Director. The range is permanent and setup and cleanup do not take long.

Miscellaneous

Start list and results, including live results during the event, will be available online at [Webscorer.com](#). Links will also be provided to the start list and final results from the [race home page](#). For further information on this event, contact the Race Director.

[Weather forecast for venue](#)

Volunteer Jobs

MVB is trying out a new system for doing the tasks needed to put on a quality biathlon race. More people will be utilized in the scoring process so that data are tabulated and compiled throughout the race. This will help us get the job done better and faster, and with less stress, with final results ready shortly after racing ends. We are also going to have signing up for these jobs in advance, so that everyone knows what to expect on race day. Shifts will be used to accommodate the multiple heats. After registration closes on Friday evening (9/30) and the start list is ready, a Google sheet for filling jobs will be opened. Interested parents, spouses, and community members who aren't racing are welcome to

volunteer for jobs before the online list is posted—contact the Race Director. As always, everyone is expected to help with setup before the race and takedown afterwards.

The following brief descriptions give the gist of each job. More detailed instructions and possibly short how-to videos will be available closer to the event.

Bib Manager – Gets bibs from MVNSEF, launders them after race, reorders and returns them.

Check In – Checks in arriving racers, hands out bibs, issues one-day USBA memberships.

Chief of Course – Leads setup and takedown of start/finish area and courses.

Chief of Range – Leads range setup and takedown, manages range during race.

Chief of Timing – Operates Webscorer or other timing system; starts racers and taps finishers. During lulls, enters shooting scores for finishers brought to the timing table by the Runner.

Course Setup -- Marks start/finish area, race courses, and penalty loop with V-boards, spray chalk, colored arrows, and signs, and makes any needed changes between heats.

Penalty Lap Spotter – Calls out bib number each time a racer goes around the penalty loop

Penalty Lap Writer – Records each penalty lap done by a bib number.

Photographer – Takes pictures of racing for MVB promotion and news.

Race Director – Responsible for overall planning and coordination, and publication of race invitation, registration, start list, and final results.

Range Safety Officer – Watches for safety violations in range, directs setting of lanes for prone or standing.

Results Assistant -- Prepares awards, including podium and clean shooter awards. Looks at Live Results running on their own device so that they don't have to constantly interact with the Lead Timer or Timing Assistant. Interacts with anyone coming forward with a complaint or suggestion of a possible error.

Runner – Delivers paper records from Scorers and Penalty Lap Writer to Scoring Assistant, and from Scoring Assistant to Chief of Timing as the race progresses.

Scorer – Records the shooting score of a bout as it unfolds. Each Scorer is responsible for 2 lanes. Writes bib number and range time very clearly, checks off shots and spare rounds as they are fired, and records number of misses. Paired up with Scorer next to them; scorers in a pair double-check each other's scoring on paper at frequent intervals to confirm each record is clear and complete.

Scoring Assistant -- Records shooting score and penalty laps on a tally sheet in the correct race order, and notes any failure to complete penalty laps. After the scores for all four bouts for a competitor are in and cross-checked against the penalty laps, fills out a slip of paper for that bib number that the Runner takes to Chief of Timing.

Timing Assistant – Lines up racers in start area, records bib numbers in finish order on a clipboard and tells it to Chief of Timing; checks the Live Results at Webscorer.com regularly on their phone or tablet to verify that nothing is obviously off.

Race Director	Scott Waichler	scott@methownet.com	509-341-4051 (cell)
Chief of Range	Bob Vallor ; RSOs by shift		
Chief of Timing	Bob Vallor	bob.vallor@wabiathlon.org	509-699-6144
Chief of Course	Scott Waichler		