

Methow Valley Summer Biathlon Race

June 30-July 1, 2023



Event Home Page: <https://methowvalleynordic.com/events/mvb-summer-biathlon/>

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

Registration: <https://www.webscorer.com/register?pid=1&raceid=315758> **Preregistration only, deadline is 10 pm Thursday, June 29.**

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.

Official Training: The range will be open and courses will be marked for optional training 2-4 pm Friday 6/30.

Race Format: Running race followed by a mountain bike race. Entrants may do either or both events. Both races will be interval start and will have penalty laps for misses. No extra rounds.

Run						
Registration Category	Total distance	Loop distance	Laps	Course color	Shooting protocol	Penalty Loop
Youth Novice	2.6 km	650 m	4	blue	Prone (PPP) with rest on large targets	50 m
Youth Dev 1	3.3 km	650 m	5	blue	Prone (PPPP) with rest on small targets	50 m
Youth Dev 2	3.3 km	650 m	5	blue	Prone (PPPP) with cuff on small targets	50 m
Adult Novice	5 km	1 km	5	purple	Prone (PPPP) with rest on large targets	50 m
Youth, Women, MM4	5 km	1 km	5	purple	Prone & standing (PPSS)	50 m
Men up to MM3	6 km	1.2 km	5	red	Prone & standing (PPSS)	50 m
Mountain bike						
Registration Category	Total distance	Loop distance	Laps	Course color	Shooting protocol	Penalty Loop
Youth Novice	6 km	1.5 km	4	blue	Prone (PPP) with rest on large targets	130 m
Youth Dev 1	7.5 km	1.5 km	5	blue	Prone (PPPP) with rest on small targets	130 m
Youth Dev 2	7.5 km	1.5 km	5	blue	Prone (PPPP) with cuff on small targets	130 m
Adult Novice	9 km	1.8 km	5	purple	Prone (PPPP) with rest on large targets	150 m
Youth, Women, MM4	9 km	1.8 km	5	purple	Prone & standing (PPSS)	130 m
Men up to MM3	11 km	2.2 km	5	red	Prone & standing (PPSS)	130 m

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. Portable toilets will be available. The venue has cellular service. The range currently has 17 shooting lanes. The competition trails roll and flow through open Ponderosa pine forest and meadows. The running courses will use a section of the LBHS cross-country race course as well as ski trails. The mountain biking courses will mostly be an intermediate-difficulty section of the Meadowhawk competition trail. Racers doing the mountain bike event are encouraged to ride their course beforehand. Course maps are available in a separate PDF which 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

Friday: 2:00-4:00 pm official training--range and courses open

Saturday:

8:00-8:30 am Check-in

8:30-9:00 am Final range and course preparation

9:00-9:45 am Zero

10:00 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](#)

More Info

Contact Race Director Scott Waichler, scott@methownet.com; 509-341-4051 (cell)

Volunteer Jobs

Managing, timing, and scoring a biathlon race requires sufficient manpower. MVB will try to compile shooting scores and penalty lap data throughout the race so that final results will be ready shortly after racing ends. Parents and athletes are expected to stay for the entire competition and help when they are not racing. Multiple heats and shifts will be used to spread out the work load. 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 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.

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

Course Assistant -- 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.

Range Lead – Leads range setup and takedown, watches for safety violations in range, directs setting of lanes for prone or standing.

Timing Lead – 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.

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.

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.