

SPORT INFORMATION PACKAGE

BIATHLON

2011 Canada Games
Halifax, NS

SPORT INFORMATION PACKAGE BIATHLON

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A. HISTORY OF SPORT

Definition

Biathlon is an Olympic winter sport, which combines competitive, free-technique cross-country skiing and small-bore rifle marksmanship. The word competition is used in Biathlon instead of race because it is not only a race, but a combination of two different disciplines.

Cross-country racing requires intense, full-out physical exertion over an extended period of time, while shooting demands extremely fine control and stability. When athletes arrive at the shooting range, they have to shoot at a very small target, with a racing heartbeat and heaving chest because the clock is running even while they are shooting.

History

Biathlon is classed as a life sport because it has had, and still has, an application in everyday living. Cave drawings found in Norway, dating back some 5000 years, give us the earliest record of skiing and carrying a weapon for hunting or fighting. Historical records from Asia also tell of "winged horses" on the feet of hunters in pursuit of game animals over snow. The first historically recorded Biathlon competition took place near the Swedish-Norwegian border in 1767, between companies of border guards from the two countries. Generally, development of Biathlon continued through hunting and warfare until it became a demonstration sport in the first Olympic Winter Games in 1924 in Chamonix, France under the name of Military Patrol. Since then, Biathlon has undergone many dramatic changes, including admission into the Olympic Games as Biathlon in 1960 in Squaw Valley and a change to small-bore rifles (.22 in) in 1978. Although women competed in Biathlon for many years, women's competitions did not become part of the Olympic Winter Games until the 1992 Games in Albertville. Modern day highlights of Biathlon history are presented as follows:

- 1948 – Union Internationale de Pentathlon Modern (UIPM) founded
- 1953 – Biathlon becomes an activity in UIPM
- 1954 – IOC accepts Biathlon
- 1956 – Rules for Biathlon competitions are approved and UIPM recognizes member federations for both sports.
- 1958 – First Biathlon World Championships
- 1960 – Men's 20 km Individual competition held in Olympic Winter Games, Squaw Valley
- 1968 – Relay competition in Olympic Winter Games, Grenoble, added to UIPMB
- 1978 – Change to small bore (.22 inch caliber) rifles
- 1980 – Sprint competition in Olympic Winter Games,
- 1984 – First Women's World Championships, Chamonix, FRA
- 1989 – Joint World Championships for Men and Women, and separately for Junior Men and Junior Women, in Feistritz, AUT and Voss, NOR respectively
- 1991 – Biathlon added to the Canada Games Program in Charlottetown, PEI
- 1992 – Women in Olympic Winter Games, Albertville
- 1993 - International Biathlon Union (IBU) founded in London, GBR
- 1996 - First Summer Biathlon World Championships, Feistritz, AUT
- 1997 - Pursuit competition in World Championships and World Cup events
- 1998 - IBU final separation from UIPMB in Salzburg, AUT; recognition of IBU as an International Federation by the IOC, Mass Start becomes an official competition.
- 1999 - Pursuit competition accepted in the Olympic program, Team competition removed from World Championships.

2002 - The Pursuit would be first added to the Olympic Program in 2002 (Salt Lake City, USA)

2006 - The Mass Start was first seen at the Olympic Games in 2006 (Torino, ITA).

From a Canadian perspective, the most significant highlights began with the participation of a Canadian Biathlon team at the 1968 Olympic Winter Games in Grenoble, France. The next time Canadians competed in Biathlon in the Olympics was at the Calgary Games in 1988 – twenty years later. In notable performances, **Myriam Bédard** put Canada on the world map when she won a bronze medal at the Albertville Games in 1992, which was also the first time women competed in Biathlon in the Olympics. Myriam became a Canadian and world heroine when she astoundingly won two gold medals, in both the individual and sprint competitions, at the 1994 Lillehammer Olympic Winter Games, and became the first woman ever to do so.

For the period between Lillehammer and Nagano Biathlon Canada went through a rebuilding phase, sending a team of 4 women and 3 men to the 1998 Olympic Games. In 2002 the sole athlete to attend the Olympic Games was male athlete Robin Clegg who was able to capitalize on the opportunity by posting the best Olympic result in 8 years with his 28th position in the 20km Individual event.

Fortunes began to rise going into the 2006 Torino Olympics. Canada qualified a full women's team and sent three men. Veterans Robin Clegg (ON) and David Leoni (AB) were joined by then junior Jean Philippe Le Guellec (QC) who had just won a third place at the 2006 World Junior Championships. The women's team was lead by Zina Kocher (AB) with a 27th in the 15km Individual, plus Sandra Keith (AB), Martine Albert (QC), and Marie-Pierre Parent (QC).

Following the 2006 season Canadian Biathletes began flexing their muscle on the international stage. Zina picked up a third place and multiple top 10 finishes on the World Cup. Sandra, Robin, and Jean-Philippe all posted their own top 10 results. At the 2010 OWG in Vancouver, Jean Philippe was able to produce the best ever male results at a OWG with a 6th place in the Sprint and two more results in the top 12. He was joined by Robin Clegg (ON), Brendan Green (NT), and Marc-André Bédard (QC) for a Canadian best-ever 10th place relay result. On the women's side Zina was joined by Megan Tandy (BC), Sandra Keith (AB), and Rosanna Crawford (AB).

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Biathlon was first contested at the 1991 Canada Winter Games in Charlottetown, PEI. Below are the ranking of the Provinces/Territories since the inaugural games:

	1991		1995		1999		2003		2007	
	<i>M</i>	<i>F</i>	<i>M</i>	<i>M</i>	<i>F</i>	<i>F</i>	<i>M</i>	<i>F</i>	<i>M</i>	<i>F</i>
AB	1	2	1	1	2	1	2	1	1	1
BC	7	6	5	2	1	6	4	5	4	6
MB	10	9	6	7	6	7	5	3	5	3
NB	12	11	12	10	9	10	6	7	8	7

NL	6	7	7	6	7	8	8	8	9	8
NWT	5	8	8	8	8	4	9	9	7	9
NS	11	5	9	-	-	9	-	-	-	-
NU	-	-	-	-	-	-	-	-	-	-
ON	4	1	2	3	4	3	-	6	6	4
PEI	9	10	11	-	-	9	-	-	-	-
QC	3	4	3	4	3	2	1	2	2	2
SK	2	3	4	5	5	5	3	4	3	5
YK	8	-	10	9	10	-	10	-	10	10

C. NUMBER OF ATHLETES PER TEAM

Competitors: 4 male & 4 female

D. EVENT FORMAT AND RULES OF PLAY

International Biathlon Union (IBU) Event and Competition Rules in force at the time of the Games in question will be used for all competitions, including the changes normally made by the International Biathlon Union the summer prior to the Games (subject to review by Biathlon Canada), except those points which are specifically modified by the Technical Package.

Junior Men:

10 km Sprint
15 km Individual
12.5 km Pursuit
3 x 7.5 km Relay

Junior Women:

7.5km Sprint
12.5km Individual
10 km Pursuit
3 x 6 km Relay

Four Junior Men and four Junior Women members compete in each of the personal (Individual, Sprint and Pursuit) competitions, which are held separately for both genders. Three members compete in the Relay competitions, which are held separately for both genders.

In a biathlon competition, the biathlete skis distances varying from 7.5 to 20 kilometres, and stops at the shooting range to shoot two or four times, with both the distance and number of shooting bouts depending on the type of competition in question. The shooting distance is always 50 metres and five rounds are fired in each bout at five targets, except in the relay competition in which the competitor has three spare rounds for each bout. There are two shooting positions, prone and standing, which are done in a sequence depending on the competition.

Target diameters are 115 millimetres for standing and 45 millimetres for prone. During the entire competition, the clock is running for each competitor - there is no time-out for shooting.

Penalties for missed targets are imposed either as one minute of added time per target for the individual competition, or as a 150 metre penalty loop - done immediately after each bout of shooting - for all other competitions.

In essence, the competitor begins at the start line, skis one trail loop (length depending on the competition), arrives at the range and shoots, skis another loop, shoots, and so on, and then finishes with a ski loop to the finish line after the last bout of shooting. For the individual and sprint competitions, starts are done with one competitor at a time with a 30 second or one minute interval. In a pursuit competition, starts are based on time intervals from the qualifying competition, and for the mass start all competitors' start together simultaneously. In the relay competition, the first members of all teams start simultaneously in a mass start, and after completing their part, tag the next member to start them on their way.

There are five different competitions in biathlon which include:

i.) Individual Competition

This is the traditional biathlon competition, which was established before the invention of the mechanical target in which hits and misses can be seen from the firing point. Shooting is more important in the individual competition, with its one-minute penalty, than the other disciplines, which have a penalty loop of 150 metres - which takes about 25 to 30 seconds to ski.

The individual is the longest in skiing distance of all biathlon competitions, and has four bouts of shooting for all classes of competitors. The Individual competition takes about 45 minutes to one hour to complete for each competitor. Men will start by skiing four kilometres and then arrive at the shooting station, continuing the sequence until they have shot four times, with a four kilometre ski loop between bouts. Women will follow the same procedure, with slightly shorter ski loops for the 15 kilometre competition.

ii.) Sprint Competition

The sprint is a speeded-up, shortened version of the individual in which skiing speed is more important than shooting. Instead of the one-minute penalty for missed targets, the competitor must ski a 150 metre penalty loop immediately after shooting. With shorter distances and only two bouts of shooting for all classes, the skiing times are around 30 minutes. The men will ski three loops of three, four and three kilometres interspersed with two bouts of shooting. Women will ski three 2.5-kilometre loops in the same format.

iii.) Pursuit Competition

The basic concept of the pursuit is the winner of the qualifying competition starts first and the remainder follows in the order and time they finished behind the winner in the qualifying competition. The pursuit is highly exciting and spectator friendly as the leader is identifiable at all times throughout the event. The first competitor to cross the finish line is the winner, subject to any penalties or time adjustments. If competitors are lapped in the competition, they must withdraw immediately. Competitors shoot four bouts and will ski 150 metre penalty loops for missed shots.

iv.) Mass Start Competition

With a simultaneous start by all of the competitors, the mass start offers the ultimate in excitement and suspense for spectators. The format of the mass start is similar to the individual except the distances are shorter and shooting follows the sequence of prone, prone, standing, standing.

v.) Relay Competition

Relay competitions for men consist of four team members skiing 7.5 kilometres with two bouts of shooting while the women ski 6 kilometres with two bouts of shooting. The first starter of each team will begin in a simultaneous mass start, ski 2-2.5 kilometres, shoot prone, ski 2-2.5 kilometres, shoot standing and then continue with the last 2-2.5 kilometres before tagging the next team member, or in the case of the last competitor - ski to the finish line. The first competitor to physically cross the finish line is the winner, subject to any penalties for rule violations or other time adjustments.

The Relay is very exciting because spectators can see who is leading at all times. Additionally, each competitor in a relay competition carries three spare rounds. If all five targets are not knocked down with the first five rounds, the spares may be used. The concept is that because of the intense pressure in the relay, the competitor may wish to shoot extremely fast and of course then be able to get away quickly if all five targets are hit. However, if all five targets are not hit with the five rounds in the magazine, the spare rounds must be loaded individually by hand, which takes much more time and is very difficult under pressure.

E. EQUIPMENT & TERMINOLOGY

In a competition, biathletes wear a one-piece racing suit. Skis, poles and boots are standard competition type and are very light in weight. The rifle is designed for biathlon with an action, which is a variation of bolt or lever action, 22 inch in calibre, with a minimum weight of 3.5 kilograms. The magazines for the rifle may only hold five rounds of ammunition, and the maximum muzzle velocity for a bullet is 380 m/s. The rifle is carried on the back with a carrying harness, vertically - barrel up. Advertising on clothing and equipment is strictly controlled to prevent gross commercialism in the sport.

Clean Shooting: Hitting all five targets in one shooting bout.

Clicks: Sight adjustments for wind direction and intensity are made by moving the rear apertures in different directions. The degree of change is measured by the number of clicks turned.

Declared Rounds: In relay events 8 bullets are carried in each clip. Upon entering the range, the biathlete must deposit the extra three rounds in a cup at the shooting point before commencing the bout of shooting. If more than 5 rounds are needed to hit the 5 targets, the extra "declared" rounds may then be hand loaded and used.

Harness: Backpack-like shoulder straps used for carrying the rifle on the back.

Magazine or Clip: Used to hold five .22 calibre rifle cartridges. Up to four clips can be stored in the rifle stock while the biathlete is skiing the course. At the range, a clip is taken from the stock and inserted into the rifle as needed.

Prone: A lying down position used for shooting.

Penalty loop: A 150m ski loop located near the range which must be skied once for every missed shot in a sprint, pursuit, relay or mass start competition.

Skating technique: The group of skiing skills most often used while skiing in a biathlon event. The movement is much like that of an ice-skater.

Sling: A belt or webbing used to stabilize the rifle in prone shooting. It is attached to the stock of the rifle and hooks into a band on the biathletes upper arm.

Snow Flaps: The caps covering the rifle muzzle and rear sights to prevent snow from entering the rifle. The snow flaps must be lifted before the participant shoots.

Zeroing: The time spent before a competition (usually 45 minutes) when the participants shoot at paper targets and adjust their rifle sights in order to align their shots with the centre of the bull's eye.

F. ELIGIBILITY

All athletes in the Biathlon must be born in 1990 to 1993 inclusive.

G. JUDGING/SCORING SYSTEM

Individual, Sprint and Pursuit Competitions (Personal):

The winner in each competition will be the competitor with the best competition time in that competition. The province or territory's three best times will count towards the provincial/territorial ranking point total.

If there is a tie, points will be shared equally between competitors (i.e. if tied for first then each competitor would receive 98.5 points $(100+97)/2$). If an athlete does not finish or is disqualified, the athlete does not receive any points.

Position	PTS	Position	PTS	Position	PTS
1 st	100	19 th	67	37 th	49
2 nd	97	20 th	66	38 th	48
3 rd	94	21 st	65	39 th	47
4 th	91	22 nd	64	40 th	46
5 th	88	23 rd	63	41 st	45
6 th	85	24 th	62	42 nd	44
7 th	83	25 th	61	43 rd	43
8 th	81	26 th	60	44 th	42
9 th	79	27 th	59	45 th	41
10 th	77	28 th	58	46 th	40

11 th	75	29 th	57	47 th	39
12 th	74	30 th	56	48 th	38
13 th	73	31 st	55	49 th	37
14 th	72	32 nd	54	50 th	36
15 th	71	33 rd	53	51 st	35
16 th	70	34 th	52	52 nd	34
17 th	69	35 th	51	53 rd	33
18 th	68	36 th	50	54 th	32

Relay Event:

In the relay events there are 13 scoring positions, with points allocated for 1st through 13th as follows:

Position	PTS	Position	PTS	Position	PTS
1 st	150	6 th	100	11 th	50
2 nd	140	7 th	90	12 th	40
3 rd	130	8 th	80	13 th	30
4 th	120	9 th	70		
5 th	110	10 th	60		

Points for the Games Flag:

Individual (3 best), Sprint (3 best), Pursuit (3 best) and Relay points will be added together to give an overall rank of teams within Biathlon. Following ranking of teams from first to last, points for the Games Flag will be as follows:

(Note: Junior Men and Junior Women will be ranked separately)

Position	PTS	Position	PTS	Position	PTS
1 st	10	6 th	5	11 th	1.5
2 nd	9	7 th	4	12 th	1
3 rd	8	8 th	3	13 th	0.5
4 th	7	9 th	2.5		
5 th	6	10 th	2		

H. PLAYOFF AND TIE-BREAKING FORMAT

Competition:

In all competitions, if two or more competitors or relay teams have the same time, they shall have the same placing on the final list and the next place will be skipped. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

Provincial/Territorial Ranking:

1. If a tie occurs in the final provincial/territorial team standing, the province/territory with the greater number of event team first places will be assigned the higher rank.
2. If the tie persists, the procedure is repeated for event team second places.
3. If necessary, the procedure is repeated for event team, third place, then fourth places, etc.
4. If the tie persists, the province/territory with the higher standing in the last event completed will be assigned the higher rank.

5. If necessary, the procedure will be repeated for the second place last event completed and the third last, etc.

NOTE: When a triple tie occurs and is only partially resolved, the remaining ties will be resolved by returning to priority #1 and proceeding through the order again.

I. TECHNOLOGY OF SPORT

The newest designs of biathlon rifles use "straight pull" bolt actions (Fortner action on the Anschutz rifles). This means that instead of requiring the bolt to be moved up, back, forward, and down to load the rifle, it is simply moved forward and back. This minimizes disruption while reloading and is faster than conventional bolt action.

Ski equipment is made of the lightest materials for the poles, skis and boots. The ski bases are stone ground to provide some structure in the base of the ski which helps make the ski glide better for different snow conditions. Once the grind has been put into the ski, the skier must select the pair of skis that best meets the conditions for the particular day and then apply the appropriate glide wax for the temperature of the air and the snow.

J. ROLE OF OFFICIALS IN SPORT

The role of officials in the sport of biathlon is to ensure that the competition is run both fairly and safely. Officials are found in the main areas of timing and results, stadium, shooting range, penalty loop, and the course. Each team of officials is responsible for their area of officiating.

Those officials on the shooting range are responsible to record the shooting scores of the athletes as they come into shoot and to relay this information to the timing team. These range officials are also responsible to ensure the safe handing of the firearms by the athletes.

The officials in the penalty loop are set up in teams around the 150m loop and are responsible to record the number of loops that each athlete does. These officials are not aware of the shooting score of the athlete and so maintain an objective position while counting the laps done so that they can be compared to the shooting penalties by the timing and results team.

Officials on the course are responsible for marking down the bib number of the athletes as they ski the course. This ensures that each athletes skis the appropriate loops and distances in the correct order. Failure to do so by the athlete may result in a time penalty or disqualification from the competition.

Officials in the stadium ensure that the course is set up properly for the appropriate flow of athletes through the shooting range, the lap loop and the start finish area. These officials are also responsible to perform the starts for the athletes whether it is individual starts or mass starts.

Officials in timing and results are responsible to collect and amalgamate all data coming from the shooting range, the penalty loop and the ski trails to ensure that the results are correct and include all of the pertinent information. They are also responsible to collect the ski times of the athletes as they cross the finish line.

K. FACILITY DESCRIPTION

All biathlon events will take place at Ski Martock. Ski Martock is located approximately 75km from the Athletes Village on Ski Martock Rd. There are a variety of trails ranging from 1 km to 5 km long.

L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

Background

Biathlon Canada, the governing body for biathlon in Canada, was founded in 1985 to provide national programs for the continuous development of biathlon athletes from the grassroots to elite level, for participants of all ages, while fostering the principles of ethical conduct and fair play. The sport of biathlon combines the sports of cross-country skiing and rifle marksmanship together in an exciting display of pure athleticism alongside the skill of extreme precision.

Biathlon Canada, serves over 5,000 members and participants across the country. Members participate in the sport through local clubs and provincial/territorial associations. For detailed information on our athletes, our programs and our association, visit www.biathloncanada.ca

M. ATHLETES TO WATCH FOR

Junior Men:

It is very difficult to predict the successors in this class, given the number of extremely competitive athletes in the Youth / Junior age group. Many of the athletes competing at the 2011 Games will be just returning from the World Youth and Junior Championships in Nove Mesto, CZE.

Men to watch for include **Scott Gow** from AB who will have competed at the 2009, 2010 and 2011 Youth-Junior World Championships and was part of a medal winning relay team in 2009. Scott is currently the top junior in Canada and has started the season with some excellent results at the Senior IBU Cup level. Quebec's **David Grégoire** is also coming off his second year at the Junior World Championships. Up and coming athletes also include **Christian Gow** from AB and **Vincent Blais** from QC.

Athletes from most of the provinces and territories will compete at Games and Nova Scotia, as the host province will field a team for the first time since 1995. From NS watch for **Cole McDonnell** and **Patrick Hennessey** on the men's side.

Junior Women:

This class is also very difficult to predict the successors. Many of the female athletes competing at the 2011 Games have also just returned from the World Youth and Junior Championships.

Women to watch for include – The Quebec women's team is extremely strong with **Rose-Marie Côté**, **Yolaine Oddou** and **Audrey Vaillancourt**, all former individual medalists at the Youth/Junior World Championship level, and all with medals at the past Canadian Championships. From Alberta, watch for **Emma Lunder**, who is a multiple medalist at the 2010 Canadian Championships. **Julia Ransom** from BC is a young up and coming

athlete who will attend the Youth World Championships and medaled in her age group in the 2010 Canadian Championships. Local athletes from NS will also compete, including **Rebecca Rigby** and **Francis Castein**.

N. NOTABLE PAST ATHLETES/ALUMNI

ATHLETE	PROVINCE	CANADA GAMES	OLYMPICS
Kevin Quintilio	Alberta	1991	1998 – Nagano, JPN
Tuppy Collard	British Columbia	1991	1998 – Nagano, JPN
Nikki Keddie	Ontario	1991	1998 – Nagano, JPN
Martine Albert	Quebec	1991	2006 – Torino, ITA
Robin Clegg	Ontario	1993	2002 – Salt Lake City, USA 2006 – Torino, ITA 2010 – Vancouver, CAN
Sandra Keith	Alberta	1999	2006 – Torino, ITA
David Leoni	Alberta	1999	2006 – Torino, ITA
Marie-Pierre Parent	Quebec	1999	2006 – Torino, ITA
Jean-Philippe Le Guellec	Quebec	2003	2006 – Torino, ITA 2010 – Vancouver, CAN
Brendan Green	Northwest Territories	2003, 2007	2010 – Vancouver, CAN
Marc-André Bédard	Quebec	2003, 2007	2010 – Vancouver, CAN
Megan Imrie	Manitoba	2003, 2007	2010 – Vancouver, CAN
Rosanna Crawford	Alberta	2007	2010 – Vancouver
Megan Tandy	British Columbia	2007	2010 – Vancouver

O. NOTABLE CANADIAN RECORDS

International Medals:

Myriam Bédard:	2 Gold medals at 1994 Olympic Winter Games Bronze medal at 1992 Olympic Winter Games
Marc-André Bédard:	Gold at 2008 European Cup in San Sicario, ITA
Robin Clegg:	Silver at 2003 European Cup in Forni Avoltri, ITA
Rose-Marie Côté:	Bronze Individual 2010 Youth World Championships
Brendan Green:	Gold at 2010 IBU Cup in Martell, ITA
Sandra Keith:	Gold at 2003 European Cup
Zina Kocher:	Bronze at 2006 World Cup in Ostersund, SWE
Jean-Philippe Le Guellec:	Gold Sprint 2004 Youth World Championships Silver Pursuit 2004 Youth World Championships Silver Relay 2004 Youth World Championships Bronze Sprint 2006 Junior World Championships
Yolaine Oddou:	Bronze Individual 2009 Youth World Championships
Jaime Robb:	Bronze at 2009 IBU Cup in Ridnaun, ITA
Audrey Vaillancourt:	Bronze Sprint 2009 Youth World Championships
Kurtis Wenzel:	Gold Sprint 2009 Youth World Championships

Bronze Pursuit 2009 Youth World Championships

Teams:

Silver: Relay 2004 Youth World Championships (Le Guellec, Bédard, Leboeuf F.)

Bronze: Relay 2005 Junior World Championships (Le Guellec, Robb, Smith, Côté)

Silver: Relay 2005 Youth World Championships (Leboeuf M., Green, Bédard)

Bronze: Relay 2007 Junior World Championships (Bédard, Letaille, Leboeuf M., Green)

Silver: Relay 2009 Youth World Championships (Wenzel, Gillmor, Gow)

P. ATHLETE/TEAM MATCH-UPS (RIVALRIES)

Junior Men's Relay:

Without a question, **Alberta** and **Quebec** have the experience and talent to create a great head to head battle in this event at the Canada Games. Traditionally these two provinces are the strongest on the men's side and each have won respective relays in the recent Games.

Junior Women's Relay:

Again, **Alberta** and **Quebec** dominate in the women's field in terms of overall team strength but provinces such as **BC** may provide some tight competition in this event.