



Bi-The-Way

~The Newsletter of Biathlon Ontario~

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FROM THE PRESIDENT

Welcome to a New Year of biathlon. With the Ontario Winter Games and Canada Winter Games behind us this will prove to be an interesting year. Although there is not a special National or Provincial Competition for the youth classes this year the opportunity exist to both fine tune skills and recruit for the next set of major races. Motivation may be low after the scarce snow covering we had last season but we must continue to keep the enthusiasm going.

So far this year we have held summer biathlon competitions in new locations. With this expansion we will be able to expand our membership to more areas within Ontario. Sudbury held their first summer competition and RMC held a small ex-cadet competition.

With the new firearms restriction a few ranges have been shut down, specifically the range in Duntroon. The targets have been reallocated to assist in the growth of Biathlon in the Sudbury area. Also with this firearms legislation the Biathlon Ontario Executive

have come to a decision to sell off all the rifles that we currently own. The actual sale will be coordinated by Grant Clark. In order to provide guidance for the conduct of the sale, to help further the sport of Biathlon in Ontario and to respect previous grants to Biathlon Ontario, the Executive laid out rules which will govern the sale of the rifles. These rules are:

- The purchaser must be a resident of Ontario.
- The purchaser must be a member-in-good-standing of Biathlon Ontario.
- The purchaser cannot already own a biathlon rifle.
- No one can purchase more than one rifle.
- The purchaser must have a valid Acquisition License or valid FAC. In the case of a minor, the parent or guardian must meet this requirement and must acquire on behalf of the minor.
- A first right of refusal to purchase will be offered to those members who were members-in-good-standing last year (the 1999 – 2000 season) and who had formally borrowed a Biathlon Ontario rifle. After the borrowers have been offered the chance to purchase, then those rifles remaining will be offered to those members who otherwise meet all the other requirements.

The Executive set the price of the rifles as follows, with the proceeds of the sales to be used to further the air rifle programs.

- Any model of Anschutz rifle -- \$450.
- Any Lakefield rifle -- \$150.

This year we expect to see a larger than normal influx of athletes and leaders from Cadet Corps joining in on our races and training camps. This is an excellent venue to help expand the sport.

This year Biathlon Ontario has purchased timing and communications equipment which will enable us to host better competitions and to allow others holding the competitions to use the resources that we have.

Remember that, although there are no Games scheduled this year, opportunities still exist to expand our membership and begin recruiting and working for the next events. This year the Canadian Championships will be held in Canmore, Alberta, and the selection criteria are included later in this Newsletter.

More information will be forthcoming about the Sault Ste. Marie race at a later date. In order to encourage participation the Executive will consider arranging for transportation similar to that used for the Ontario Winter Games. Anyone interested in using a chartered bus to get there needs to make their wishes known. There would be a usage fee to be determined at a later date

If you are interested in using the chartered bus please send a message to Bob Woods (bacwoods@sympatico.ca) regarding this.

Thank you in advance to all the coaches, volunteers and athletes in ensuring that we maintain growth and a challenge for this year. Let's have great snow and have fun.

-- JM

THE BIATHLON ONTARIO EXECUTIVE

President	Justine Mumford	jbmumford@sympatico.ca	(613) 687-0492
Vice President– Administration	Bob Woods	bacwoods@sympatico.ca	(613) 729-2842
Vice President – High Performance	Michael Percy	michael.percy@sympatico.ca	(613) 565-6916
Treasurer	Bradley Snider	snidbra@statcan.ca	(613) 729-8425
Membership Chairman	Graham Lindsay	grahamlindsay@home.com	(613) 592-9492
Past President	Bob Woods	bacwoods@sympatico.ca	(613) 729-2842
Athlete Representative	Chris Lindsay	cjl@jungle.ottawa.on.ca	(613) 592-9492

(Please note that Bob Woods volunteered to perform the duties of VP-Administration since no one was elected to that position. The Executive gladly accepted Bob's generous offer, and that is why he is shown as above.)

BIATHLON POSTERS

Biathlon Posters were purchased by Biathlon Ontario last year and copies are still available. If you want some with which to help advertise our sport, contact Graham Lindsay or Bob Woods.

WEB SITES OF INTEREST

Biathlon Ontario	www.biathlonontario.on.ca
Biathlon Canada	www.biathloncanada.ca
Biathlon Alberta	www.biathlonwesthost.com
International Biathlon Union	www.ibu.at
United States Biathlon Association	www.usbiathlon.org
National Capital Biathlon Club	homepage.mac.com/nbc/home.htm
Canadian Firearms Center	www.cfc-ccaf.gc.ca

AGE CLASSES FOR THE 2000-2001 SEASON

<u>Class</u>	<u>Age</u>	<u>Year of Birth</u>
Boys 1 / Girls 1	13-14	1986-1987
Boys 2 / Girls 2	15-16	1984-1985
Junior Men / Junior Women	17-19	1981-1983
Men / Women	Open	Open
Masters Men / Masters Women	30 +	1900-1970

The transition of the competitor from one Class to another occurs on Nov 1, 2000.

Examples:

You become 17 in 2000. Your birthday is the 13th of August. In any competition which occurs before the 1st of November 2000 you compete as a Boy 2/Girl 2. In any competition after the 1st of November, you compete with the Junior Men/Junior Women.

If you become 20 during calendar year 2000, whether on the 2nd of January 1999, or the 6th of December, 1999, you would have competed as Junior Women/Men in all competitions that took place before the 1st of November 2000 and, in any competition on or after that date, you will compete as Women/Men .

MEMBERSHIP RENEWAL TIME

Please note that your membership is due now! Individual and Club Membership forms are attached to this newsletter. If you have WWW access, then you can download the forms from the Biathlon Ontario Web Site, at www.biathlonontario.on.ca. The Application form for Club Membership is available on our website for downloading, as is the Individual Membership Application form. Please renew as soon as possible so that there are no problems with race registration, training courses, etc.

Note that our membership year is from 1 September until 31 August.

What does your membership bring you, and what happens to the money?

Club Membership (cost \$50 of which \$50 goes directly to Biathlon Canada)

Benefits include:

- Officers and Directors Liability Insurance
- Liability Insurance for Biathlon Club Competitions
- Liability Certificates of Insurance provided (if requested)
- Access to Biathlon Canada information and services (ie., Coaching / Officials Certification Programs, Biathlon Bears Program)
- Newsletter
- Club “hotlink” to the Biathlon Ontario Web Site. *NOTE: If your Club does not have a separate web site, Biathlon Ontario will provide, at no charge, space with its service provider so that you can create and manage your own club web site, but you will have to create the material.*
- listing on Biathlon Canada Web Site and a hotlink if you have a separate web site
- being represented by Biathlon Ontario at Biathlon Canada executive and Annual General Meetings

Supporting Member (cost \$25 of which \$10 goes directly to Biathlon Canada)

Benefits include:

- Membership card
- Liability Insurance
- Eligible to access Biathlon Ontario and Biathlon Canada information and services (ie., Coaching and Officials Certification Programs)

- Newsletter
- Registered on the Biathlon Ontario E-mail communication system
- Subsidized training on certain coaches and officials courses
- Voting privileges within Biathlon Ontario.

Regular (Junior) (cost \$25 of which \$25 goes directly to Biathlon Canada)

Benefits include:

- Membership card
- The right to participate in all Biathlon Ontario sanctioned competitions and events and in Biathlon Canada sanctioned competitions and events including the Canada Cup Series, and in Internationally sanctioned competitions, such as the North American Cup Series, and in other international competitions if specifically designated by Biathlon Canada
- Liability Insurance
- Access to Biathlon Ontario and Biathlon Canada information and services (ie., Coaching and Officials Certification Programs)
- Newsletter
- Registered on the Biathlon Ontario E-mail communication system
- Subsidized training on certain coaches and officials courses
- Voting privileges within Biathlon Ontario.

Regular (Senior) (cost \$50 of which \$45 goes directly to Biathlon Canada)

Benefits include:

- Membership card
- The right to participate in all Biathlon Ontario sanctioned competitions and events and in Biathlon Canada sanctioned competitions and events including the Canada Cup Series, and in Internationally sanctioned competitions, such as the North American Cup Series, and in other international competitions if specifically designated by Biathlon Canada
- Liability Insurance
- Access to Biathlon Ontario and Biathlon Canada information and services (ie., Coaching and Officials Certification Programs)
- Newsletter
- Registered on the Biathlon Ontario E-mail communication system
- Subsidized training on certain coaches and officials courses
- Voting privileges within Biathlon Ontario.

Day Membership (cost \$5/day, of which \$2 goes directly to Biathlon Canada) (Good only for a single event any membership year.)

Benefits include:

- Day membership in Biathlon Ontario for participation in a single competition
- Newsletter

Notes on Membership Categories:

- You must be a member of Biathlon Ontario to participate in any Biathlon Ontario sanctioned activity. The Day Membership category exists to allow participation, on a trial basis, in Biathlon Ontario sanctioned competitions and athlete training events. Day Members **are not eligible** to participate in non-athletic Training Programs (eg: for Coaches and Officials) **AND** have no voting privileges **AND** cannot be named to any Biathlon Ontario team. Furthermore Day Memberships can only be used to participate in one event per membership year. A multi-day event can be covered by several day memberships covering the full period of the event, but only one event per year per person can be entered on that basis.
- Biathlon Canada changed its fee structure after the Biathlon Ontario AGM, and after the Biathlon Ontario Executive had set and announced the fee structure for the year. As a result of this, the Executive decided to keep the fee structure that it had previously announced, and not to increase the membership fee for a number of membership categories for this year. However, there will be changes to the fee structure for next year.

As you can see from the above, Biathlon Ontario is totally dependant upon the grant funding received from the province. We are not even covering basic expenses from the membership fees.

Competition Categories for the 2000/2001 Season

For this season we will try to use the following categories in all winter competitions sanctioned by Biathlon Ontario. The changes from previous years are the creation of two different “Boys/Girls” categories and the use of air rifles, either mandatory or optional for some competition categories. (Note that we want to use the air rifles as much as possible, especially to introduce more athletes to our sport.) The categories may need some minor adjustment after we have some experience with them.

Category	Competition Type	Distance	Shooting	Rifle
Boys 1** (13-14)	Individual Sprint	6 km 4 km	P, P P, P	Air Rifle not carried
Girls 1** (13-14)	Individual Sprint	5 km 4 km	P, P P, P	Air Rifle not carried
Boys 2** (15-16)	Individual Sprint	8 km 6 km	P, S, P P, S	Air Rifle not carried or .22 rimfire not carried
Girls 2** (15-16)	Individual Sprint	6 km 5 km	P, S, P P, S	Air Rifle not carried or .22 rimfire not carried
Masters I Male (30-39) ²	Individual Sprint	15 km 7.5 km	P, S, P	.22 rimfire carried or Air Rifle not carried
Masters I	Individual	10 km	P, S, P	.22 rimfire not carried or

Category	Competition Type	Distance	Shooting	Rifle
Female (30-39) ²	Sprint	6 km		Air Rifle not carried
Masters II Male (40+) ²	Individual Sprint	10 km 6 km	P, S, P	.22 rimfire carried or Air Rifle not carried
Masters II Female (40+) ²	Individual Sprint	8 km 5 km	P, S, P	.22 rimfire not carried or Air Rifle not carried

Notes:

1. Jr Men and Jr Women and the Men and Women are as described in the Biathlon Canada Officials Handbook/IBU Rule Book.
2. ** The names of these categories can also be expressed as Youth 1 (Male) or Youth 1 (Female) and Youth 2 (Male) or Youth 2 (Female). If you have a preference for either of the names please let Justine Mumford know so she can pursue the issue with the remainder of Biathlon Canada as the opportunity arises.

*** There is both an individual membership and a club membership application form included in this newsletter.

NEW BIATHLON DEVELOPMENTS IN ONTARIO

As a pilot program the Boys 1/ Girls 1 and Boys 2 / Girls 2 classes of competitors will be competing using air rifles this season. A limited number of air rifles has been purchased by Biathlon Ontario, as indicated at the AGM, and will be distributed to qualifying member clubs. Further information will be forthcoming on this new initiative.

The Sudbury Biathlon Club held its first sanctioned competition on 28 October 2000. This was a summer biathlon competition with 23 competitors. The results are posted on the Biathlon Ontario Web Site (<http://www.biathlonontario.on.ca/>). The Sudbury Biathlon Club plans to host its first winter competition this season.

Although details are still being worked out and trails are being constructed as this is being typed, Sault Ste Marie plans to host both Cadet and Ontario Cup competitions this year.

Biathlon-in-a-Box, the software for planning and conducting biathlon competitions, is available at no charge to any member club of Biathlon Ontario. See our Web Site for more details.

BIATHLON ONTARIO'S NEW AIR RIFLE PROGRAM

The passing of the recent Federal Firearm Act has created many problems for us in Biathlon. In particular, it has created problems with introducing our sport to individuals, especially to younger athletes. Problems include the need for kids to pass the new

Firearms test to have a minor's permit, the need for parents to have valid Firearms license to have a rifle and the fact that the new Act does not permit the lending of rifles by Biathlon Ontario.

In order to provide more effective ways of introducing and retaining new recruits to the sport, Biathlon Ontario has developed an air rifle program. The program works in two areas. First, we have changed the competition rules and second we have worked with Daisy Air Rifle Company to develop and purchase new air rifles for competition biathlon.

Given the direction that is being taken by the firearms Act, air rifles are the way to go for younger and new athletes. Once the athlete is committed, then the purchase of a 22-biathlon rifle is always possible. Using air rifles, we can take our sport out of current ranges and demonstrate it in large population centers because there is no need for a certified air rifle range. With these air rifles, ranges for them can be established at every skiing facility in the province.

The use of air rifles allows parents who are reluctant to have their children participate in a sport with firearms, become accustomed to our sport and as their children develop, are likely to drop objections to their participation.

COMPETITIONS

At the 2000 AGM, it was passed that the Boys and Girls categories would be split by age, the older 15-16 would remain the same rules as before. That is they would shoot using a 22 cal rifle. **Competitors 14 years and younger will now only shoot air rifles during competition, and ski shorter distances than the 15-16 age group.** Those competitors 14 years and younger who want to use a 22, and have the proper license will have to move up to the 15-16 age category and race there. Air rifles will **not** be carried during skiing sections.

We will also be encouraging individuals in the 15-16 age and Masters categories to also use air rifles during competitions, especially those who are just starting out in our sport. Therefore, we will run parallel races, air and 22 rifle races for these categories.

RIFLES

Any air rifle may be used for training and competition for this younger category, as long as the biathlete is legally able to use the rifle. That is the new Firearms Act states that if an air rifle shoots at over 500 feet per second, the rifle is treated as if it was a regular rifle and the user and or owner must have proper license for it. Less than 500 feet per second (fps), the air rifle can be used by any one without the need for a Firearms Acquisition Certificate (FAC) or the new possession or acquisition licenses. Therefore, younger biathletes can use those air rifles under 500fps without all of the hindrances of the new Act, but adhering to all the proper safety measures.

How do you know if your air rifle is under 500fps? You will have to check with the manufacturer. In general, the better the air rifle, the faster they go and more likely to be faster than 500fps.

The air rifle that Biathlon Ontario has designed with the Daisy Company combines the features of a few of their models. First, it shoots under 500 fps (490fps), it has a **five shot** rubber clip that allows firing without having to reload pellets, the pellets used are standard 177 size, the sights are good quality with “click” (micro) adjustments, the rifles can be used by right or left handed shooters, the stock is made of hard wood and is excellent quality. The purchase price of this rifle is approximately \$450 delivered, taxes included. This should be within the budget of the entry-level biathlete.

Biathlon Ontario has purchased 8 of these rifles to ship to clubs for the purpose of using them to introduce the sport to potential biathletes. We have requested funds from the province to purchase 16 more of these air rifles to be used at competitions.

However, any air rifle can be used in competition, but generally these will be single shot rifles. Air rifles can be purchased for as little as \$100. The expensive air rifles, in addition to shooting over 500fps, can cost in the \$2,000 (Cdn) range but are generally high quality and are either compressed air or CO2.

We are in discussions with Daisy Air Rifle Company to help them design a 5 shot compressed air rifle for biathlon. That means that the biathlete will not have to pump/compress the air themselves in order to shoot. It will be essentially just like firing a 22.

We expect that our new air rifle program will help our sport grow in the province. We are looking forward to using these air rifles in our Ontario Cup races.

RACE AND COURSES SCHEDULE FOR 2000-2001 SEASON

3-5 Nov 00	Level 1 and 2 Coaching and Basic Officials Trg	Petawawa
16-17 Dec 00	Quebec Cup	Chicoutimi
2-5 Jan 01	Noram #2	Lake Placid
6-7 Jan 01	Ontario Cup #1	Petawawa
11-13 Jan 01	Eastern Ontario Cadet Competition	Petawawa
13-14 Jan 01	Noram #4 & University #4	Valcartier
20-21 Jan 01	Quebec Cup	La Patrie
26-28 Jan 01	Central Ontario Cadet Competition	Petawawa
3-4 (or 11-12) Feb 01	Ontario Cup #2	Ottawa
9-11 Feb 01	Ontario Cadet Provincials	Petawawa
10-11 Feb 01	Noram #5	Chicoutimi
16-18 Feb 01	Junior Selection	Falcon Lake
17-18 Feb 01	Ontario Cup #3	Sault SteMarie
19-24 Feb 01	Canadian Forces Finals	Valcartier
26 Feb – 1 Mar 01	US Junior Nationals	Fort Kent

4-11 Mar 01	Cadet Nationals	Valcartier
3-4 Mar 01	Ontario Cup #4	Petawawa
14-18 Mar 01	Canadian Nationals	Canmore

Dates missing: Land Forces Central Area Championship
University Cup #3

ONTARIO PROVINCIAL TEAM SELECTION CRITERIA 2000/2001

1. The following selection criteria will apply to the Biathlon Ontario teams for the 00/01 Canadian National Championships. These criteria are for selection of sanctioning only; funding will be determined and advised separately.
2. An athlete attempting to become a member of one of the Biathlon Ontario teams must be a Regular (Jnr) or a Regular (Snr) Member, in good standing with Biathlon Ontario and with Biathlon Canada for the 00/01 season.
3. An athlete may try for only one team for whose Class (age and gender category) the member is eligible. Classes of competitor, that is age, and gender eligibility, are as per the Biathlon Canada rule book. Athletes who wish to race up a category (Boy/Girl into Junior, Junior into Men/Women, Masters into Men/Women) must seek permission to do so, from the Executive, at least one week before the first selection race. Racing up will be only permitted in special circumstances, and once started, must continue for the whole of the selection process.
4. Athletes who are selected to a Canadian Senior Biathlon Team will automatically have a position on the Ontario Senior team. Athletes who are selected to a Canadian National Junior Biathlon Team will automatically have a position on the Ontario Junior Team.
5. There will be a maximum number of athletes selected to each team:

Boys and Girls Team	3 male,	3 female
Junior Men's and Junior Women's team	3 male,	3 female
Men's and Women's team	3 male,	3 female
6. Selection Races are:

Ontario Cup #1	Petawawa,	6/7 January	Individual and Sprint
Ontario Cup #2	Ottawa,	3/4 or 10/11 February	Individual and Sprint
Ontario Cup #3	Sault Ste Marie,	17/18 February	Individual and Sprint
Ontario Cup #4	Petawawa,	3/4 March	Individual and Sprint
7. As a minimum, athletes must complete 3 selection races; one must be a Sprint, one must be an Individual, and the other can be either a Sprint or an Individual.
8. Athletes who race more than the minimum number of races will have their best minimum number of races used in the calculation. These races will be known as the athletes "best minimum races".

9. The top three Ontario athlete finishers in each category will be averaged to determine the “bench mark time” for each category. When there are only two competitors in a category, then the two finishing times will be averaged for the bench mark. When there is only one competitor in a category, that competitor’s time will be the bench mark. The finish times will be converted to whole seconds for the calculation.
10. Only athletes with a final time will receive points for that race. Athletes who did not start (DNS), did not finish (DNF), or who have been disqualified (DSQ) will receive zero (0) points for that race.
11. Should a race be cancelled by the Technical Delegate (or Chief of Competition if there is no named TD) while the race is occurring, then no points will be awarded to any athletes to maintain fairness to all participants.
12. The points from the athlete’s best minimum races will be added together to produce the athlete’s total points.
13. The athlete’s total points will be ranked by race category with the larger points totals being ranked higher.
14. In event of a total points tie the athlete with the better shooting percentage over the best 3 minimum races will be ranked higher.
15. In the event of a total points tie and a shooting percentage tie, the athlete with the greater number of first places over the three best minimum races will be ranked higher. If there is still a tie, then the athlete with the greater number of second places will be ranked higher, and so on.
16. No “bye” for selection will be given for medical or compassionate reasons. The only “bye” is clause (4).
17. An athlete must have a minimum average of 85% of the top three finishers’ time in the three mandatory races.
18. An athlete must achieve a minimum shooting average of 70% in the mandatory individual race and minimum shooting average of 70% in one of the other 2 mandatory races.
19. Athletes who are selected for the team, and accept the selection, must sign a contract indicating commitment and availability to attend the 2000 Canadian National Biathlon Championships.

COACHING OPPORTUNITIES - CANADIAN NATIONAL CHAMPIONSHIPS

POSITIONS:

1 Head Coach

2 Assistant Coaches

DATES: 14-18 March, 2001

APPLICATION DEADLINE: 5 January, 2001

SELECTION ANNOUNCEMENT: No Later Than 15 January, 2001

HEAD COACH: The head coach will function as the leader of the Ontario Team and it's coaching staff at the 2001 Canadian National Championships in Canmore, Alberta. The head coach will coordinate the activities of the team with the VP High Performance. As point of contact for all matters relating to the trip, the head coach will be responsible for the overall conduct of the team. It is expected that the head coach will be a good motivator and capable of positively influencing performance of both athletes and coaches.

HEAD COACH SPECIFIC DUTIES:

- Trip administration, including coordination of travel schedules, ground transport to the event and daily to the venue, meals, accommodation, race entries and finances for the trip.
- Provide race and training support at the site by attending captains meetings, zeroing, waxing, and splits.
- Provide a final accounting of funds used, and each coach is to provide an event report after the event.

QUALIFICATIONS AND EXPERIENCE

The head coach must be NCCP Level 3 – biathlon.

ASSISTANT COACHES: The assistant coaches will assist the head coach as leaders of the Ontario Team at the 2001 Canadian National Championships in Canmore, Alberta. It is expected that the assistant coaches will be a good motivators and capable of positively influencing performance of athletes.

ASSISTANT COACH SPECIFIC DUTIES:

- Assist the Head Coach with trip administration, including coordination of travel schedules, ground transport to the event and daily to the venue, meals, accommodation, race entries and finances for the trip.
- Provide race and training support at the site by zeroing, waxing, and splits.
- Each coach will provide an event report after the event.

QUALIFICATIONS AND EXPERIENCE

The assistant coaches must be NCCP Level 1 – biathlon. Preference will be given to coaches with higher coaching qualifications.

FINANCIAL COMPENSATION

The coaches chosen for these positions will be paid honoraria in accordance with current Biathlon Ontario guidelines. Biathlon Ontario will cover travel expenses, meals and accommodation.

OTHER REQUIREMENTS

There will be a minimum of one coach of each gender.

APPLICATIONS

Applications are to be sent to Michael Percy, VP High Performance.

Address: 279 1/2 Elgin St., Apt 3, Ottawa, ON, K2P 1M1

E-Mail: michael.percy@sympatico.ca

Final Notes

If anyone has any questions or comments regarding this newsletter or information to add to the next one please send it to me, Jacqui Clark at bubbly24@hotmail.com Thanks a lot. Happy skiing to all!!