



The Fédération Québécoise de Biathlon

**invites you to attend the Quebec Cup Apogee 4
at the biathlon Myriam Bédard Center in Valcartier**

January 29 and 30, 2022

Sprint and Pursuit Events

Categories for the Quebec Cup: Men, Women, Men Jr and Women Jr, Men Youth, Women Youth, Men Masters, Women Masters, Boys and Girls Sr.

Medals will be awarded in each of the competitions

**According to the rules of the IBU 2021 and the organizational policy
of the Quebec Cups version Nov. 2019**

Organized by:



Biathlon Center, USS Valcartier



The *Fédération Québécoise de Biathlon* welcomes you to the biathlon Myriam Bédard Center in Valcartier for the Quebec Cup 4 on January 29 and 30, 2022.

The organizing committee is preparing an excellent competition and athletes from all over the province are encouraged to participate in this event.

Event fees include access to the tracks and shooting range for athletes when they register online. Please answer all the questions on the registration form so that we can offer you a quality experience at our event.

Only Range Safety Officers registered with the FQB are authorized to act as RSO. You must have a Range Safety Officer on site during your practice time and that can be arranged through contact with our organizing committee.

Normand Gonthier, Competition Chief

ORGANIZING COMMITTEE

Chair	Arlène Fafard
Competition Chief	Normand Gonthier (International referee)
Assistant	Serge Donaldson
Competition Secretary	Donald Villeneuve (Canadian TD)
Timing Chief	TBC
Chief of Course	Paul Morency
Chief of Stadium	Denis Huot (Advance official)
Chief of Range	Pascal Morcet (International TD)
Volunteer Coordinator	Laurianne Noël
Technical Delegate	Jean-Pierre Turcotte

Questions are to be directed to:

Normand Gonthier – email: normandgonthier@gmail.com - Telephone: 581-998-1142

Donald Villeneuve – email: donville@videotron.ca – Telephone: 418-933-8175

LOCATION

Biathlon Center– Garrison Valcartier

The Biathlon Center is located within the recreational area of the Valcartier military garrison. Only 29 km separates downtown Quebec City from the garrison. The course map to be used for the competitions will be available upon competitors' arrival at the venue. See attached map at the end of this document.

Eligibility to compete:

Apogee Quebec Cup: To participate in the Apogee Quebec Cup, any competitor from Québec must be a member of Biathlon Canada or have registered using a day permit. He must also be in good standing with respect to the application of the Firearms Act if he uses a small calibre rifle (.22).

Competitors who are members of the FQB will be able to receive points for their ranking during this round of the Quebec Cup.

For Canadian citizens, it is mandatory that all athletes have in their possession and can show on request their firearms possession and carrying licence or minor's licence, issued by the Government of Canada.

Non-resident firearms reporting process:

Teams and individual competitors from outside Canada must declare their rifles at the Canadian border, complete documentation and pay the fees required to import firearms and ammunition into Canada.

All athletes must register their own rifles and pay the applicable fee of \$25 CAD.

For further guidance, please refer to the government website [Firearms | Royal Canadian Mounted Police \(rcmp-grc.gc.ca\)](https://www.rcmp-grc.gc.ca).

REGISTRATION:

Online registration on Zone4 will open January 25, 2022 at noon. Go to the Federation Quebecoise de Biathlon website at <http://fqbiathlon.ca/> to get the link or to <https://zone4.ca/> or on <https://zone4.ca/reg.asp?id=28265>

Payment **must be made** using a credit card (Visa or Master Card). **Online charge will apply.**

Online registration closes on Thursday January 27, 2022 at 19:00 MST. No registration will be taken on site.

All competitors **MUST** have a 2021/2022 membership for their division. Proof of membership is required to compete.

Enter the membership number in the membership field (USBA competitors can enter "USBA" in the membership field).

Fees for Quebec Cup No. 4 competitions include passes to the shooting range and ski slopes for the days of January 29 and 30, 2022.

ENTRY FEES		
Categories	1 competition	2 competitions
Seniors (Men/Women)	\$45	\$65
Juniors (Men/Women)	\$45	\$65
Masters (Men/Women)	\$45	\$65
Youth (Men/Women)	\$45	\$65
Seniors (Boy/Girl)	\$40	\$55
One-day permit (non-member of a club recognized by Biathlon Canada)	\$5	\$10

The deadline to register is **Thursday, January 27, 2022, at 7 p.m. MST.**

Sequence of Start for each event

The start sequence for each category will vary in function of the number of participants and the trails conditions. The competition committee with the TD will determine the sequence of start for each category. The clubs will be informed by the organizing committee on January 27, 2022. If the competition site is unable to hold the event, the clubs will be informed by the organizing committee on Friday, January 28, 2022.

Cancellation Policy in Effect: If the event is cancelled due to severe cold weather, a 75% refund of registration fees will be refunded by the FQB.

If the event is cancelled during the competition dates due to severe cold weather or force majeure, no refund of the registration fee will be made.

If an athlete withdraws before the registration deadline, then a \$10 processing fee will apply before a refund is sent.

COMPETITIONS:

Saturday 29 Jan. 2022: Sprint (IBU Rules 2021)

Sunday 30 Jan. 2022: Pursuit (IBU Rules 2021)

Biathlon Competition Protocol during Pandemic:

- Keep a two-meter distancing between each person.
- The surgical mask is mandatory at the following locations:
 - o Officials' cottage (restricted to staff only when travelling);
 - o Firing range (coaches and officials);
 - o Waxing cubicle.
- No escort or spectator will be allowed on site during competitions.
- Waxing cubicle: A maximum of 4 people is allowed per waxing cubicle.
- The vaccination passport with the QR code and identification is required for all participants.
- Outdoor sports and recreation activities are permitted. However, limiting contacts and ensuring the stability of gaming partners remain good practices.
- Competitions are permitted in accordance with the protocol developed by the FQB and approved by the MSSS
- Access to facilities allowing participants to prepare for the activity (putting on skates, waxing skis, etc.) or to warm up is allowed, in strict compliance with the health rules in force. Locker rooms are open 50% of their capacity. Where possible, participants are invited to arrive ready to carry out their activity. In outdoor controlled access locations, traffic management must be conducted.

Event schedule for January 29 and 30, 2022

Saturday, 29 Jan. 2022		
08:00	Office opens in Timing Building	Pick-up of waxing cubicle keys (\$100 deposit)
08:30	Bib distribution in office in Timing Building	Bib pick-up by team representative
09:45	Equipment checks opens	.22 caliber rifles checked for trigger & number; leg numbers applied and electronic chips
11:00 to 11:45	Zeroing	Men, Women, Junior Men, Junior Women, Youth Men, Youth Women, Senior Boys, Senior Girls, Masters Men, Masters Women
12:00	Start of the Sprint Competition	
13:30	End of competition	
13:30	Medal ceremony after official results are published	Near timing building
15:00	Office closes in Timing Building	
Sunday, 30 Jan. 2022		
08:00	Office opens in Timing Building	Pick-up of waxing cubicle keys (\$100 deposit)
08:30	Bib distribution in office in Timing Building	Bib pick-up by team representative
08:45	Equipment checks opens	.22 caliber rifles checked for trigger & number; leg numbers applied and electronic chips
09:00 to 09:45	Zeroing (cal .22)	Men, Women, Junior Men, Junior Women, Youth Men, Youth Women, Senior Boys, Senior Girls, Masters Men, Masters Women
10:00	Start of the Sprint Competition	
11:30	End of competition	
12:00	Medal ceremony after official results are published	Near timing building
12:00	Remittance of waxing cubicle keys to the competition office	Cubicles must be cleaned before returning keys.

*Schedule and classes may change due to weather conditions and number of competitors.

The Organizing committee reserves the right to change the event schedule as needed. Every effort will be made to alert participants of changes through the Federation Quebecoise de Biathlon website or Club Biathlon Courcellette website and social media pages. All notices will be posted on the timing building outside upper-level notice board.

The Remind application is free and does use text message will be used to send information about the competition like coaching package, provisional results, final results, jury decisions, schedule change, etc.

You can join the group by following the information below or by using the following link:

<https://www.remind.com/classes/cqjan2022/messages/stream/69185dba-a3ef-403b-ba25-1a5fc83641ab>

Inscrivez-vous pour recevoir des mises à jour importantes de N. Gonthier.

Obtenez des informations sur **CQ jan 2022** directement sur votre smartphone, et non plus sur papier.

Choisissez une méthode de réception des messages pour **CQ jan 2022** :

A Si vous possédez un smartphone, obtenez des notifications push.

Sur votre iPhone ou smartphone Android, ouvrez votre navigateur Web et accédez au lien suivant :

rmd.at/cqjan2022

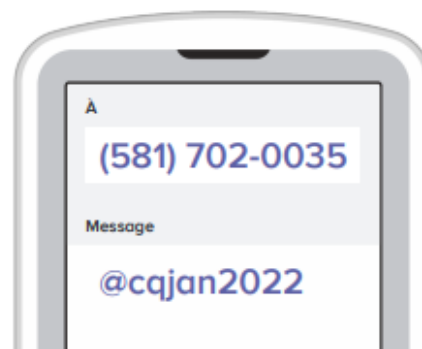
Suivez les instructions pour vous inscrire sur Remind. Vous serez ensuite invité à télécharger l'appli.



B Pas de smartphone ? Optez pour les notifications par SMS.

Envoyez le message @cqjan2022 par SMS au numéro (581) 702-0035.

** Les frais d'envoi de SMS standard s'appliquent.*



Vous n'avez pas de téléphone portable ? Accédez à rmd.at/cqjan2022 sur un ordinateur de bureau pour vous inscrire aux notifications par courriel.

Event and Competitors categories

The full schedule of events will be confirmed on Thursday, January 27, 2022.

CATEGORIES OF COMPETITORS				
Caliber .22	SPRINT Saturday 29 Jan. 2022		Pursuit Sunday 30 Jan. 2022	
	Distance	Position	Distance	Position
Men 21 and +	7.5 km	PS	10 km	PPSS
Women 21 and +	7.5 km	PS	10 km	PPSS
Men Juniors 19-21	7.5 km	PS	10 km	PPSS
Women Juniors 19-21	7.5 km	PS	10 km	PPSS
Men Youth 17-18	7.5 km	PS	10 km	PPSS
Women Youth 17-18	6 km	PS	7.5 km	PPSS
Master Men 35 and +	6 km	PS	7.5 km	PPSS
Master Women 35 and +	6 km	PS	7.5 km	PPSS
Senior Boys 15-16	6 km	PS	7.5 km	PPSS
Seniors Girls 15-16	6 km	PS	7.5 km	PPSS

CARRYING A RIFLE

For the Sprint, athletes in the senior boys and senior girls categories will only carry their rifles at the shooting range (see the procedure for not carrying a rifle in Annex A-3 of the Canadian Hospitality Policy) (<http://biathloncanada.ca/wp-content/uploads/2016/06/Canadian-Hosting-Policy-2016-17.pdf>) and will shoot in the prone and standing position.

LOGISTIC

Accommodations

- ❑ **Hôtels Jaro:** 6 hôtels à Québec. www.hotelsjaro.com
- ❑ **Best Western Premier – Hôtel l'Aristocrate:** 3100 chemin Saint-Louis, Québec, QC G1W 1R8, 418 653-2841
- ❑ **Grand Times Hôtel:** 6515, boulevard Wilfrid-Hamel, Québec, QC, G2E 5W3
<http://www.timeshotel.ca/fr/contact.htm> reservation@timeshotel.ca
- ❑ **Hôtels et Suites Normandin:** 2 hôtels à Québec. www.hotelnormandin.com
Information : info@hotelnormandin.com

- ❑ **Auberge La Seigneurie de la Valcartier** : 53, 5e Avenue, St-Gabriel-de-Valcartier, G0A 4S0. <http://www.laseigneurie.com>, 418 844 3166, 1 877 264 3166
- ❑ **Office du tourisme de Québec** : <http://www.quebecregion.com/fr/hotels/>

Meals

Available at the troop kitchen (Building 505) of the USS Valcartier. Tickets sold at the entrance of the kitchen. Appropriate attire at all times (no competition attire).

Quebec area does have several different restaurants near the hotels or the base Valcartier.

WAX ROOMS:

The wax room building is situated next to the wax testing area and the biathlon stadium. There is a deposit of \$100 for the key(s) to the wax room and the difference will be given at the return of the key. The daily fee of \$25 for a maximum of \$100. Athlete numbers will determine room assignment. If you wish to book a wax room for use prior to the event, please contact the secretary of competition. From Friday to Sunday the total is \$75.

Reservation of wax room

Send an email to Donald Villeneuve at donville@videotron.ca with your request indicating the number of athletes, personal and timing and date of arrival. We will do our best to support you.

TIMING:

Transponders and Summit systems will be used during this event to provide the results. A fee of \$60 will be charge for a transponder missing.

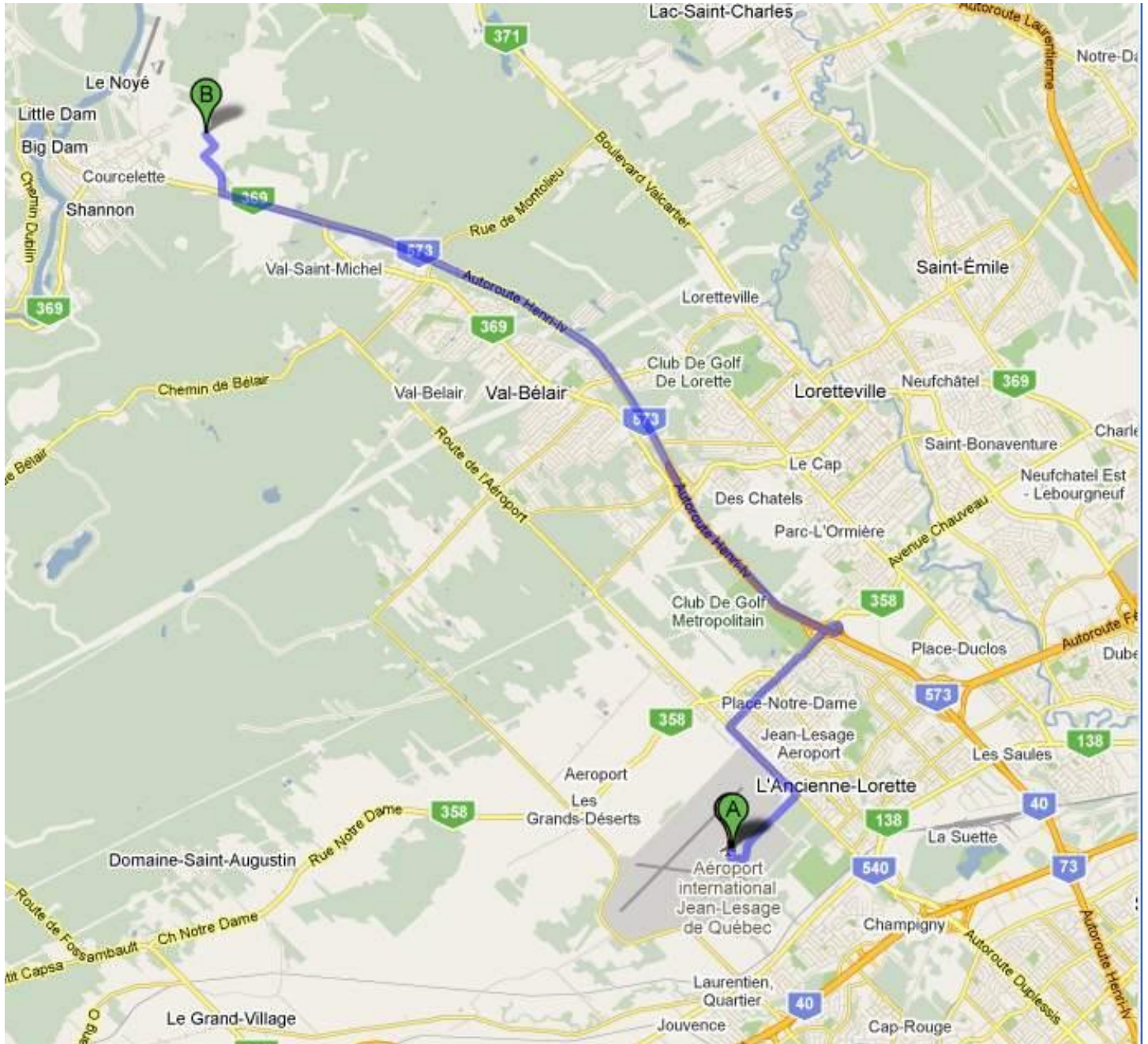
COURSE MAPS:

Course Maps will be provided upon arrival and are available at the end of the document.

ACCES TO GARRISON Valcartier

To access the Valcartier Garrison, from the Trans-Canada (Highway 20), the Pierre-Laporte Bridge must be taken, followed by highways 73 North, 573 North and 369 North. From the Jean-Lesage International Airport, the attached map provides directions to Valcartier.

Directions – Aéroport international Jean-Lesage à la Garnison Valcartier

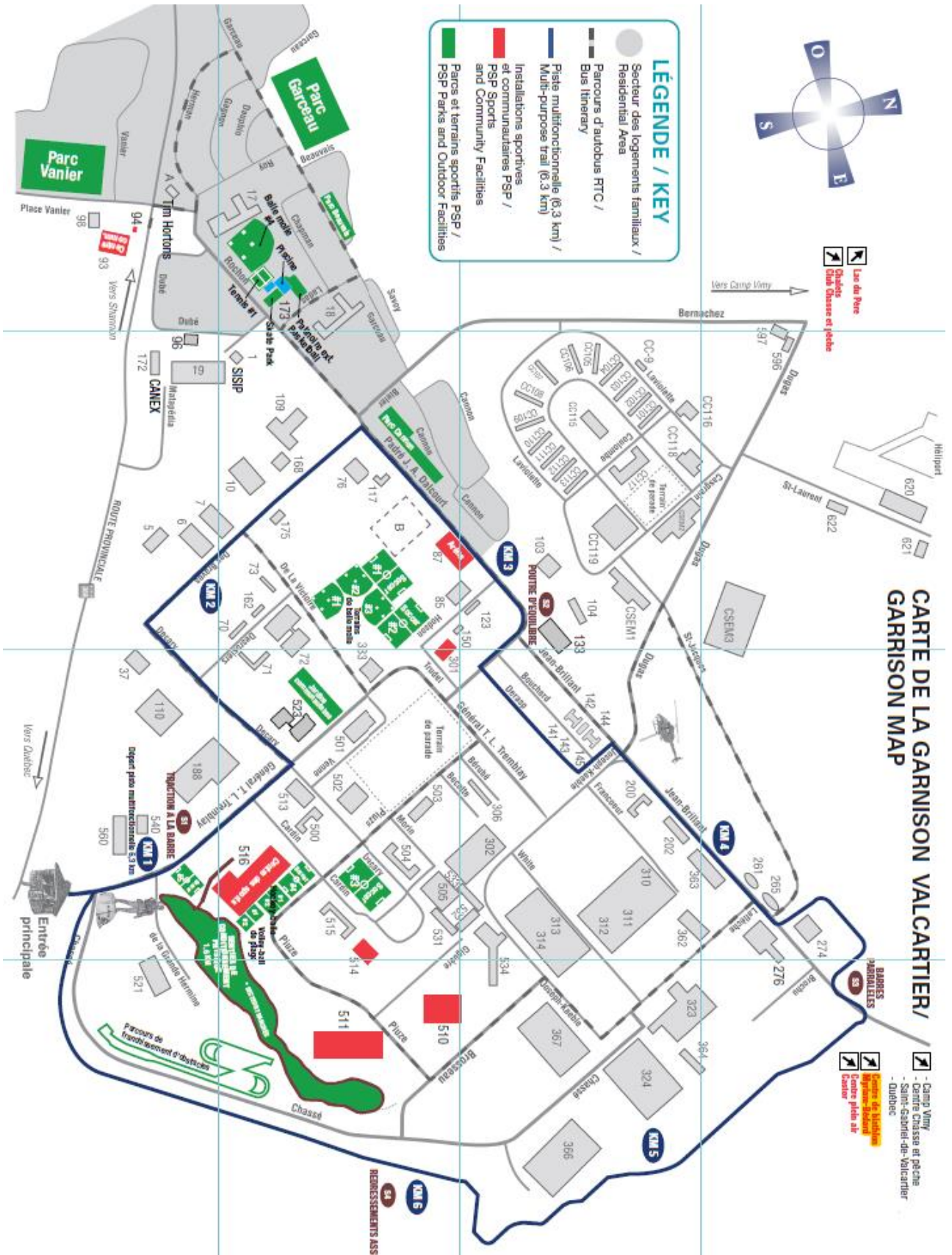


CARTE DE LA GARRISON VALCARTIER/ GARRISON MAP



LÉGENDE / KEY

- Secteur des logements familiaux / Residential Area
- Parcours d'autobus RTC / Bus Itinerary
- Piste multifonctionnelle (0,3 km) / Multi-purpose trail (0.3 km)
- Installations sportives et communautaires PSP / PSP Sports and Community Facilities
- Parcs et terrains sportifs PSP / PSP Parks and Outdoor Facilities



Lac du Parc
 Guérite dans Chasse et pêche

Centre Vinty
 Centre Classe et pêche
 Québec
 Entrée de l'usine
 Entrée principale
 Entrée piste de ski

KILOMÈTRES ASSI

