



**The Fédération Québécoise de Biathlon
invites you to attend the
Quebec Cup Apogee – Selection races
Youth, Senior Girls and Senior Boys**

Myriam Bédard Center at Valcartier

**February 5 and 6, 2022
Sprint and Pursuit Events**

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

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

Organized by:



Biathlon Center, USS Valcartier



The *Fédération Québécoise de Biathlon* welcomes you to the biathlon Myriam Bédard Center at Valcartier for the Quebec Cup Apogée - Selection races for Youth, Senior girls and boys from February 5 to 6, 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	Francis Asselin (Advance official)
Chief of Course	Félix Tremblay
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/firearms).

REGISTRATION:

Online registration on Zone4 will open January 31st, 2022 at 17:00. 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=28332>

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

Online registration closes on Thursday February 3rd 2022 at 12:00 p.m. 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 Apogée competitions include passes to the shooting range and ski slopes for the days of February 5 and 6, 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, February 3rd, 2022, at 12:00 p.m. MST**. After this date, penalties will be required for each day of delay according to the following table:

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. If the site is not in good condition to host the event, the clubs will be informed by the organizing committee on February 3rd, 2022. If the competition site is unable to hold the event, the clubs will be informed by the organizing committee on Friday, February 4th, 2022.

Cancellation Policy in Effect: If the event is cancelled due to severe cold weather, three days before the event then 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 5 Feb. 2022: Sprint (IBU Rules 2021)

Sunday 6 Feb. 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 from FEBRUARY 3rd TO 6th, 2022

Thursday, 3 February 2022		
19:30 Online meeting with coaches. Link will be sent via "Remind"		
Friday, 4 February 2022		
09:00	Office opens in Timing Building	Pick-up of waxing cubicle keys (\$100 deposit)
13:00 to 15:00	Free Training (You must have your RCO)	
Saturday, 5 February 2022		
08:00	Office opens in Timing Building	Pick-up of waxing cubicle keys (\$100 deposit)
08:00 to 10:30	QR check Bib distribution in office in Timing Building	Bib pick-up by team representative
10:45	Equipment checks opens	.22 caliber rifles checked for trigger & number; leg numbers applied and electronic chips
11:00 to 11:45	Zeroing (.22 caliber rifles)	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	Official results published	
15:00	Office closes in Timing Building	
Sunday, 6 February 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
10:00 to 10:45	Zeroing (.22 caliber)	Men, Women, Junior Men, Junior Women, Youth Men, Youth Women, Senior Boys, Senior Girls, Masters Men, Masters Women
11:00	Start of the Sprint Competition	
13:00	End of competition	
13:30	Official results published	Near timing building
14:00	Return of the cubicle keys at the Timing Building	Cubicles must be cleaned prior to returning the 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 Courcelette 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

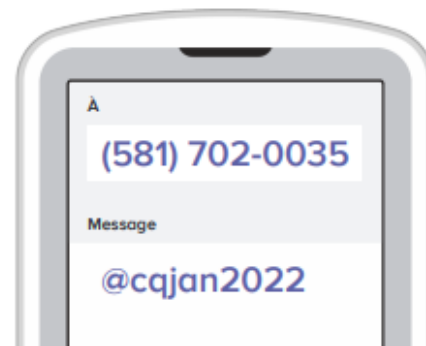
Suivez les instructions pour vous inscrire sur Remind. Vous serez ensuite invité à télécharger l'appli.



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 for the event will be confirmed on Thursday, February 3rd, 2022

CATEGORIES OF COMPETITORS				
Caliber .22	SPRINT Saturday 5 Feb. 2022		Pursuit Sunday 6 Feb. 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
Senior Girls 15-16	6 km	PS	7.5 km	PPSS

CARRYING A RIFLE

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.

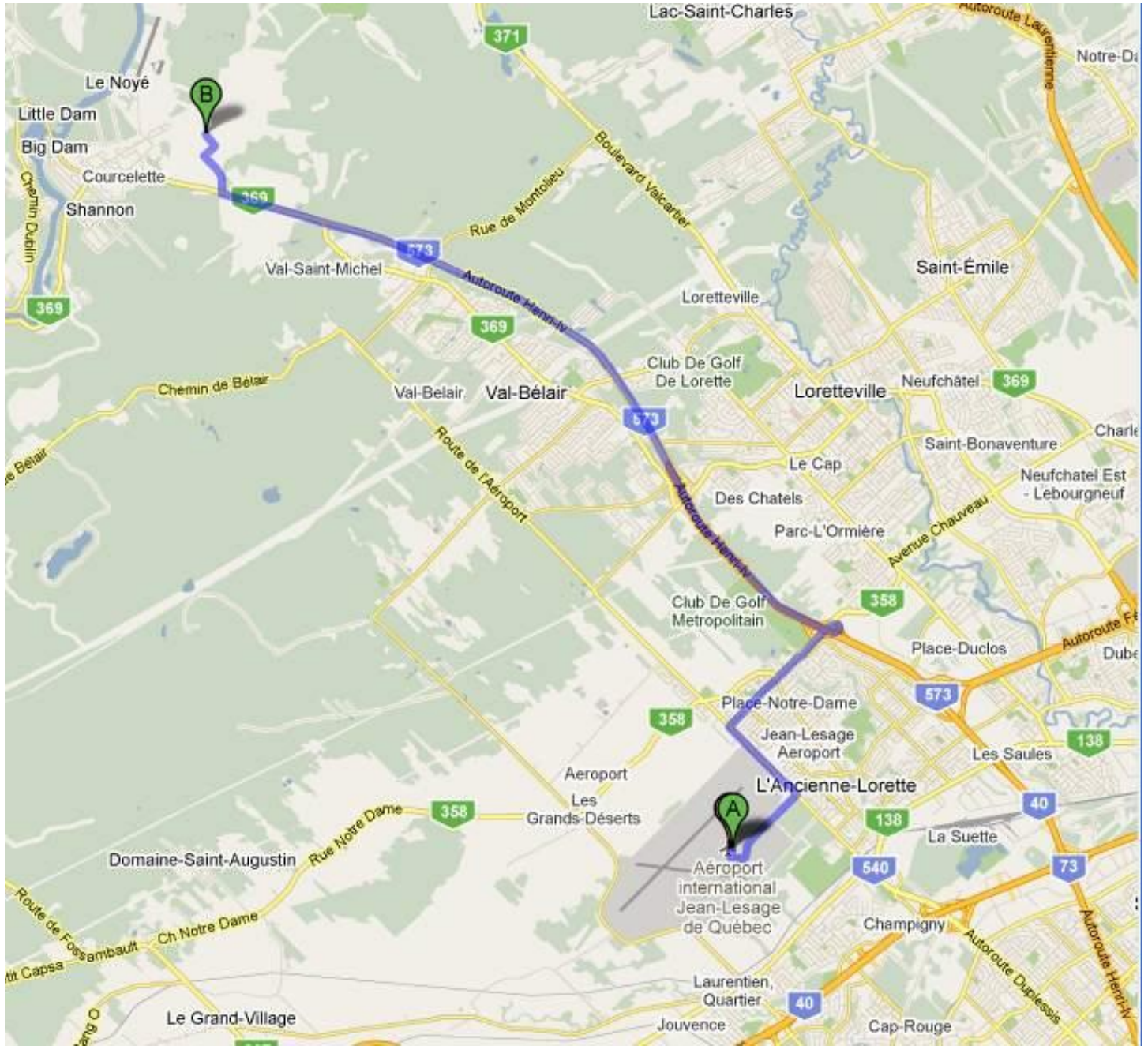
COURSE MAPS:

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 – International Airport Jean-Lesage to Garrison Valcartier

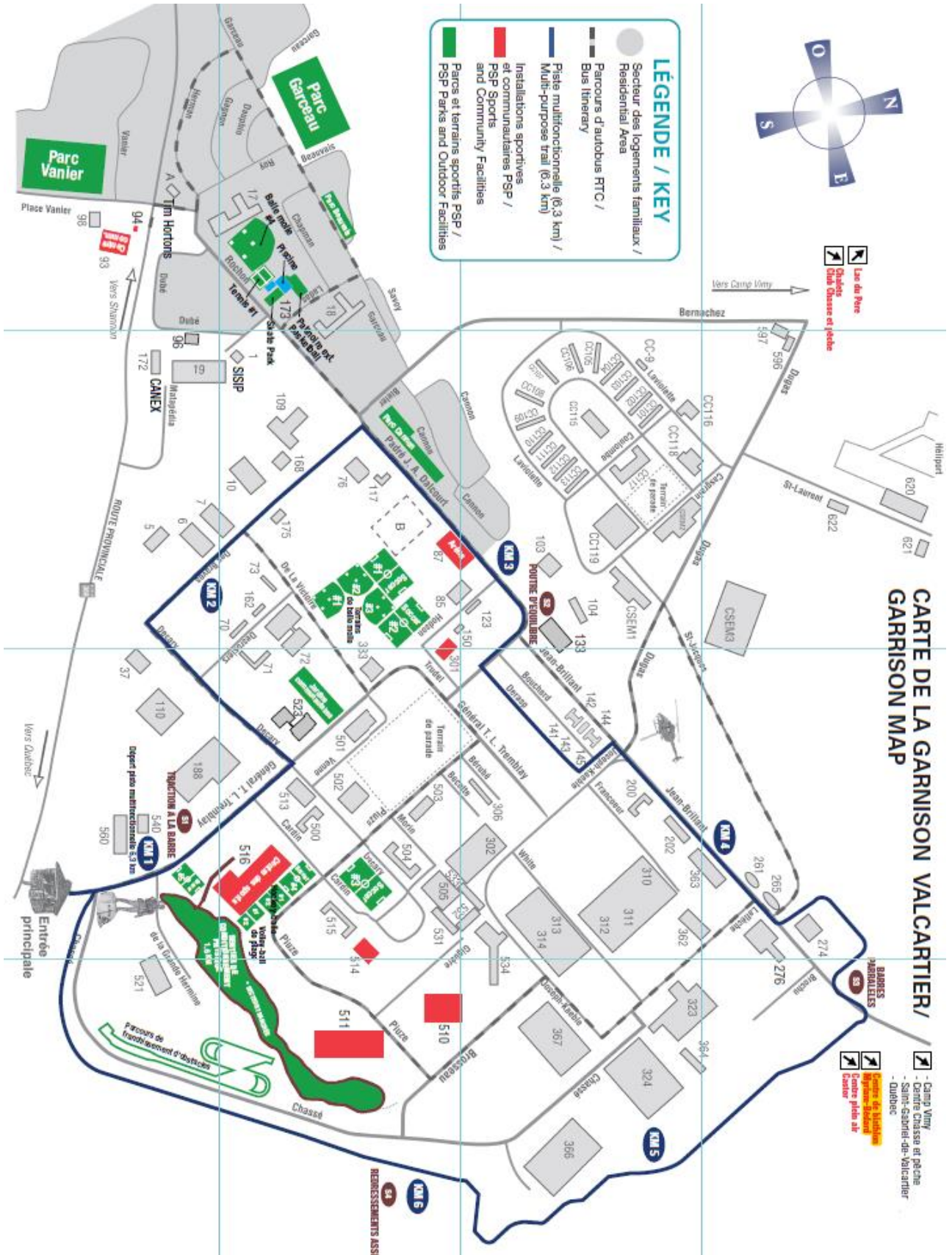


CARTE DE LA GARRISON VALCARTIER/ GARRISON MAP



LÉGENDE / KEY

- Secteur des logements familiaux / Residential Area
- ▬ Parcours d'autobus RTC / Bus Itinerary
- ▬ Plate multifonctionnelle (6,3 km) / Multi-purpose trail (6.3 km)
- ▬ Installations sportives et communautaires PSP / PSP Sports and Community Facilities
- ▬ Parcs et terrains sportifs PSP / PSP Parks and Outdoor Facilities



Lac du Pneu
 Québec
 Club Chasse et pêche

Camp Vimy
 Centre Chasse et pêche
 Saint-Étienne-de-Valcartier
 Québec
 Centre de la pêche
 Centre de chasse et pêche
 Club Chasse et pêche

