



**Biathlon Courcelette Club**  
**invites you to participate in the**  
**Quebec Cup #3**  
**In Valcartier**  
**February 8<sup>th</sup> and 9<sup>th</sup>, 2025**

**Categories for the Quebec Cup:** Men, Women, Jr Men and Jr Women, Youth Men, Youth Women, Master Men, Master Women, U17 Standing Boys and Girls, U17 Prone Boys and Girls, U15 (.22 Cal) Boys and Girls, Jr Boys and Girls, Juveniles Boys and Girls, Beginners Boys and Girls, Initiation Boys and Girls

**According to the rules of the IBU 2024 and the organizing policy of the Quebec Cups version Nov. 2019**

**Organized by**



**Myriam Bédard Center, USS Valcartier**

The Courcelette Biathlon Club welcomes you to the Myriam Bédard Center from February 8 to 9<sup>th</sup> 2025 for the Quebec Cup 3. The organizing committee is looking forward to hosting an excellent competition and athletes from across Canada are encouraged to attend this event.

The event fees include the trail and range passes for the athletes when they complete the registration online. Please fill out all the questions on the registration form so we can provide you with 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.

## **ORGANIZING COMMITTEE**

Chair	François Leclerc
Competition Chief	Normand Gonthier (International referee)
Competition Secretary	Donald Villeneuve (Canadian TD)
Timing Chief	Marie-Pier Gonthier (Advance official)
Chief of Course	Lise Le Guellec (Leader)
Chief of Stadium	Denis Huot (Advance official)
Chief of Range	Michel Gasseau (Canadian TD)
Volunteer Coordinator	TBC
Technical Delegate	TBC

### **Contact point:**

Normand Gonthier – email: [normandgonthier@gmail.com](mailto:normandgonthier@gmail.com) - Telephone: 581-998-1142

Donald Villeneuve – email: [donville@videotron.ca](mailto:donville@videotron.ca) – Telephone: 418-933-8175

## LOCATION

### **Myriam Bédard Center– Garrison Valcartier**

The Myriam Bédard 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:**

Competitors from all Biathlon Canada divisions member will be eligible to participate in Jr/Youth Championship Trials. Competitors must be prepared to show a membership card or otherwise prove proof of their membership for the current year as part of the event registration process. For Canadian Citizens, it is mandatory that all athletes have in their possession and be able to show upon request their (PAL) or their Minor's Permit, which are firearms licenses issued by the Government of Canada.

All competitors must be a member in good standing of Biathlon Canada.

### **Competition Ability:**

Any Division or Region registering a competitor for an event tacitly guarantees that the Competitor is fully able to compete at the international level.

## REGISTRATION:

Online registration on Zone4 will open January 11<sup>th</sup>, **2025**, and closes on Wednesday February 5<sup>th</sup>, **2023 at 23:59 MST**.

<https://zone4.ca/register.asp?id=37710>

No registration will be taken on site.

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
















All competitors **MUST** have a 2024/2025 membership for their division. Proof of membership is required to compete.

All competitors **MUST** be a member of their division or state/nation for the 2024-25 season. Proof of membership is required to participate. Enter the membership number in the membership field (USBA competitors can enter "USBA" in the membership field).

Fees for Quebec Cup 3 competition include passes to the shooting range and ski slopes for February 7<sup>th</sup> to 9<sup>th</sup>, 2025.

Categories	1 Competition	2 Competitions
Seniors (Men/ Women)	50.00\$	80.00\$
Juniors (Men/Women)	50.00\$	80.00\$
Youth (Men/ Women)	50.00\$	80.00\$
Masters (Men/ Women)	50.00\$	80.00\$
U17 (Sr Boys / Sr Girls)	45.00\$	70.00\$
U15 (Jr Boys / Jr Girls)	45.00\$	70.00\$
Junior 13-14 (Boys/Girls) AR	30.00\$	45.00\$
Juvenile 11-12 (Boys/Girls) AR	30.00\$	45.00\$
Beginner 9-10 (Boys / Girls) AR	30.00\$	45.00\$

Categories of competitors and events. The full event schedule will be confirmed on Thursday, February 6, 2025.

CATÉGORIES OF COCOMPETITORS				
Caliber .22	SPRINT - Saturday 8 February 2025		Pursuit- Sunday 9 February 2025	
	Distance	Tir	Distance	Tir
		 		   
Men 22 and +	10 km	PS	12.5 km	PPSS
Women 22 and +	7.5 km	PS	10 km	PPSS
Junior Men 19-21	10 km	PS	12.5 km	PPSS
Junior Women 19-21	7.5 km	PS	10 km	PPSS
Youth Men 17-18	7.5 km	PS	10 km	PPSS
Youth Women 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
U17 Standing - Sr Boys 15-16	6 km	PS	7.5 km	PPSS
U17 Standing - Sr Girls 15-16	6 km	PS	7.5 km	PPSS
U17 Prone - Boys 15-16	6 km	PP	8 km	PPP
U17 Prone Girls 15-16	6 km	PP	8 km	PPP
U15 Prone Boys 13-14	4.5 km	PP	4 km	PPP
U15 Prone Girls 13-14	4.5 km	PP	4 km	PPP
Air Rifle (.177)	SPRINT - Saturday 8 February 2025		Pursuit- Sunday 9 February 2025	
	Distance	Tir	Distance	Tir
		 		  
Junior Boys and Girls 13-14	4.5 km	PP	4 km	PPP
Juvenile Boys and Girls 11 - 12	4.5 km	PP	4 km	PPP
Beginners Boys 9 - 10	3.0 km	PP	4 km	PPP
Beginners Girls 9 - 10	3.0 km	PP	3 km	PPP
Boys and Girls 8 (20 secs per missed target)	2.25 km	PP	3 km	PPP

## **Rifle procedure**

Competitors who are carrying their rifles during competition or who are using the “rack to rack” procedure, as well as coaches/staff who are handling rifles, must have in their possession and be able to show upon request their PAL or Minor’s License and comply with Canadian firearms laws.

Athletes competing in the U17 or U15 **Prone** class will not require a Minor’s License. After skiing a course loop, their rifle will be brought to their shooting mat by a coach for each shooting bout. While following this procedure, the rifles shall be positioned on the mat by a coach with the barrel pointing toward the targets or handed directly to the athlete once they have settled onto the mat. Unless lanes are assigned to specific athletes, the rifles must not be placed on a mat before the athlete is in sight of the coach on the range. The competitor shall carry out the entire loading and firing procedure without assistance. After firing the last shot of each bout, the competitor must open the action, place the rifle on the mat with the barrel pointing toward the targets, and then exit the mat and the range in the normal manner.

## **Rifle carry**

Athletes in the U17 Standing (senior boy and senior girl 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) and will shoot in the prone and standing position.

**Compressed air category:** Trainers in the compressed air categories will place the rifles on the mat and competitors will only shoot in the prone position.

**Participatory:** The participatory category with the caliber rifles.22 and AC. The rifles will be placed on the firing range by the coaches. Points earned in this category do not count towards the Quebec Cup standings.

## **Sequence of Start for each event**

The starting order of the different categories will vary depending on the distances to be covered, the number of competitors registered and the conditions of the tracks. The competition committee of the event will set with the DT the starting order of the categories. The starting time of the categories will be sent to the clubs on Thursday Feb 6<sup>th</sup> 2025.

If the competition site is unable to hold the event, the clubs will be informed by the organizing committee on Wednesday, Feb 5. 2025.

## **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 may be applied before a refund is sent.

## COMPETITIONS:


Saturday, 2025, February 8<sup>th</sup>: **Sprint** (Hosting Policy Biathlon Canada June 2024)

Sunday, 2025, February 9<sup>th</sup>: **Pursuit** (Hosting Policy Biathlon Canada June 2024)

### Sanction

Competitions in the 2024-2025 season are sanctioned by Biathlon Canada and the FQB and are covered by their insurance.

### EVENT SCHEDULE from FEBRUARY 6<sup>TH</sup> TO 9<sup>TH</sup>, 2025

<b>Thursday, February 6<sup>th</sup>, 2025</b>		
19:30 Meeting of coaches in virtual mode the link will be communicated to you via "Remind" <a href="https://teams.microsoft.com//meetup-join/19%3ameeting_MWE5ZGFkM2UtOGQzZC00OWU5LWFkYWUtMGNhYmlyZDhiZWly%40thread.v2/0?context=%7b%22id%22%3a%22ab126afb-e60c-4e2f-b6cf-c7350c76dc84%22%2c%22oid%22%3a%22da575e17-e21c-4ee6-b44e-75ec7c2cb989%22%7d">https://teams.microsoft.com//meetup-join/19%3ameeting_MWE5ZGFkM2UtOGQzZC00OWU5LWFkYWUtMGNhYmlyZDhiZWly%40thread.v2/0?context=%7b%22id%22%3a%22ab126afb-e60c-4e2f-b6cf-c7350c76dc84%22%2c%22oid%22%3a%22da575e17-e21c-4ee6-b44e-75ec7c2cb989%22%7d</a>		
<b>Friday, February 7<sup>th</sup>, 2025</b>		
10:00	Office opens in Timing Building	Pick-up of waxing cubicle keys (\$100 deposit in cash)
13:00 to 15:00	Non-official training	<b>RSO not provided by the organization</b>
16:00	Office closes	
<b>Saturday, February 8<sup>th</sup>, 2025</b>		
08:00	Office opens in Timing Building	Pick-up of waxing cubicle keys (\$100 deposit in cash)
08:00 to 10:30	Bib distribution in office in Timing Building	Bib pick up by team representative
10:45	Equipment checks opens	.22 caliber rifles checked for trigger pressure and bib number.
11:00 to 11:45	Zeroing	22 and air rifle categories
12:00	Sprint Start	
14:30	End of competition	
15:00	Posting of final results	On Remind
15:30	Awards presentation	
16:00	Office closes in Timing Building	
<b>Sunday, February 9<sup>th</sup>, 2025</b>		
08:00	Office opens in Timing Building	Pick-up of waxing cubicle keys (\$100 deposit in cash)
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 pressure and bib number.
10:00 to 10:45	Zeroing	22 and air rifle categories
11:00	Pursuit Start	
13:30	End of competition	With Remind
14:00	Posting of Results	
14:30	Awards Presentations	Cubicles must be cleaned before returning the keys
16:00	Office closes in Timing Building	

\*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:**



## Sign up for important updates from D. Villeneuve and N. Gonthier.

Get information for CQ2024-2025 right on your phone—not on handouts.


Pick a way to receive messages for CQ2024-2025:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/cq2425](https://rmd.at/cq2425)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message @cq2425 to the number (514) 613-2161.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/cq2425](https://rmd.at/cq2425) on a desktop computer to sign up for email notifications.

## LOGISTIC:

### Accommodations

A few suggestions of hotels in the vicinity of Quebec City:

- ❑ **Hotels Jaro:** 6 hôtels à Québec. [www.hotelsjaro.com](http://www.hotelsjaro.com)
- ❑ **Best Western Premier – Hôtel l'Aristocrate:** 3100 chemin Saint-Louis, Québec, QC G1W 1R8, 418 653-2841 <http://www.hotelaristocrate.com>
- ❑ **Grand Times Hotel:** 5100, boulevard des Galeries, Québec, QC, G2K 2M1  
<http://www.timeshotel.ca>    [reservation@timeshotel.ca](mailto:reservation@timeshotel.ca)
- ❑ **Hôtels et Suites Normandin: 2 hôtels à Québec.** [www.hotelnormandin.com](http://www.hotelnormandin.com)  
Information : [info@hotelnormandin.com](mailto: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
- ❑ **Hotel Cofortel:** 6500, boulevard Wilfrid-Hamel, Québec, QC, G2E 2S1 1-800-363-7440  
<http://www.cofortel.com>
- ❑ **Hotel Universel:** 2300, chemin Ste-Foy, Québec, QC, G1V 1S5 418-653-5250 // 1-800-463-4495 <http://hoteluniversel.qc.ca>
- ❑ **Office du tourisme de Québec:** <http://www.quebecregion.com/fr/hotels/>

### Meals

Please note that the kitchen on the base (Building 510) Garrison Valcartier will be closed between December 17 until January 4<sup>th</sup> inclusively. Tickets will be available at the entrance after this date.

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



**WAX ROOMS:**

The waxing room building is located next to the fart test area and the biathlon stadium.

The rate is \$30 per day per cubicle. The required deposit is \$100 (cash) to obtain the key and the difference will be given to you upon return of the key. The number of athletes will determine the allocation of the room. From Friday to Sunday the total is \$90.

**Reservation of wax room**

Send an email to Donald Villeneuve at [donville@videotron.ca](mailto:donville@videotron.ca) with your request indicating the number of athletes, staff and time 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 lost transponder.

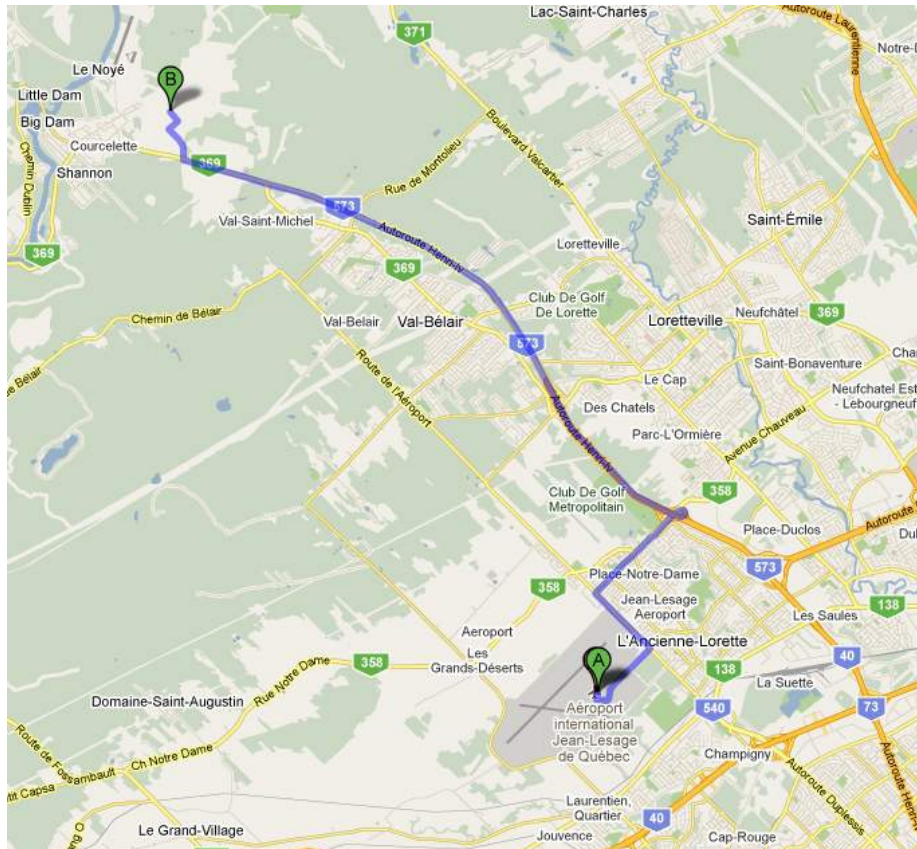
**COURSE MAPS:**

Course Maps will be provided upon arrival and are available here under

## ACCES TO GARRISON Valcartier

### Directions – Aéroport international Jean-Lesage à la Garnison 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.



# VALCARTIER GARRISON ACCESS AND BIATHLON CENTRE ROUTE 369 NORTH

Centre Biathlon / Biathlon Center

