



## INVITATION



IBU Regional Event  
North American and Canadian  
Biathlon Championships



**13 to 19 March 2023**

**Valcartier Biathlon Centre  
Québec, QC**



Éducation  
et Enseignement  
supérieur  
Québec 



## 2023 North American and Canadian Biathlon Championships

Dear Biathlon Friends,

On behalf of Biathlon Canada and the Quebec Biathlon Federation, it is my renewed honour and genuine pleasure to invite you to the 2023 IBU Regional Event, North American and Canadian Biathlon Championships in Quebec City.

The event is scheduled to take place from 13 to 19 March 2023 at the biathlon venue located on the Valcartier military garrison. The detailed schedule of the event is provided further in this document.

It will be a distinct privilege to be the host to teams from across Canada and the United States here in the Quebec winter wonderland where snow and our particular *joie de vivre* are constantly abundant.

We are currently working very hard and with overflowing enthusiasm to prepare the facilities to welcome all the athletes in the best possible conditions. Since the 2016 edition of the Canadian Championship held at the Myriam-Bédard Centre, many improvements have been made to the various data-taking systems allowing for faster and more accurate publication of results. We hope to offer each of you national-level competitions that will remain etched in your memory for a long time.

On behalf of our Organizing Committee, I wish all of you good luck at these Championships, and I look forward to meeting you during the event.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'JG Levesque', with a long horizontal flourish extending to the right.

LCol (ret'd) Jean-Guy Levesque, CD  
Organizing Committee Chair

# **1. General Information**

## **Competition venue location and description**

The biathlon facility to be used for the event is located on Valcartier military garrison. Located 29 km northwest of downtown Quebec City, this Base comprises close to 6000 Canadian Armed Forces service personnel. The biathlon venue was established at its actual location, into the base recreational area, in 1980. Between 1995 and 1997, it went through a major construction project to host the World Military Ski Championships in March 1997. Named the same year after Canada's best athlete, the Myriam-Bédard Biathlon Centre was awarded an IBU B-License in June 1997 and hosted the World Junior Biathlon Championships in 1998, a Biathlon World Cup in 1999, numerous Canadian and North American Biathlon Championships, the World Masters Games in 2015, as well as the 54<sup>th</sup> edition of the Quebec Games in 2019.

## **Venue access**

To access the biathlon venue, all participants are requested to use the garrison North Gate. To get there from the Trans-Canada (Highway 20), the Pierre-Laporte bridge must be taken, followed by highways 73 North, 573 North and 369 North to the Léo-Major Road located on the right, at the traffic lights. At the end of this street, you must turn left on Route 371 North. The entrance is located on the left side of this road. From the Jean-Lesage International Airport, the attached map provides directions to Valcartier. Once on the base, signposts placed on the side of the road will lead you directly to the site.

## **Available facilities at the venue:**

- Technical building: Competition Office, Timing, Jury Room, VIP lounge.
- Wax cabins (3 m x 6 m, heated).
- Heated Tent with food and beverages.
- Toilets.
- Free parking space.

## **Wax Cabins**

Wax Cabins will be available at the venue. They will be allocated according to the number of competitors per division and their availability. A ski test area will also be accessible. Cabin keys can be picked up during regular business hours at the Competition Office, March 11-15, 2023, with a \$150.00 deposit paid in cash. Wax cabins must be cleaned and keys returned (for a \$25.00 refund) to the Competition Secretary by 4:00 p.m. on Sunday, March 19, 2023. Wax cabins are not permitted to be used as team/athlete shelters. Only ski technicians with proper safety gear are permitted in wax cabins. An athlete/coach shelter other than wax cabins will be provided (tent).

## Shooting Range and Target system

The Biathlon Centre is equipped with 30 Devon mechanical targets, with covered canopy and lights.

## Course and Stadium

The biathlon course includes a 4 km, 3.3 km, 3 km, 2.5 km, 2 km, 1.5km and 1 km trails, with a 1.4 km warm-up loop. Course maps are included at the end of this package. Stadium diagrams are available from the Quebec Biathlon Federation's web site at [www.fqbbiathlon.ca](http://www.fqbbiathlon.ca).

## Venue and Weather Data

Altitude – Biathlon Stadium	173 m above sea level
Average daily temperature	-10.1°C
Relative humidity (06:00)	72%
Average snow on the ground	290 cm
Average snow accumulation	316 cm per season
Wind conditions – Average force	8 km/h westerly

## Rifle Import Regulations

Teams and individual competitors from outside of Canada must declare their rifles at the Canadian border, complete the necessary documentation, and pay the required fees when bringing rifles and ammunition into Canada. Please refer to the Royal Canadian Mounted Police website and form at [RCMP\\_GRC 5589e \(rcmp-grc.gc.ca\)](http://RCMP_GRC_5589e(rcmp-grc.gc.ca)) to have access to the Non-Resident Firearms Declaration.

## Organizing Committee (OC)

Chairperson	Jean-Guy Levesque	418 655-3414	<a href="mailto:jg.levesque@bell.net">jg.levesque@bell.net</a>
Chief of Logistics	Donald Noel	418-571-6048	<a href="mailto:donald.sailboats@gmail.com">donald.sailboats@gmail.com</a>
Lodging	Mario de Lafontaine	819 571-0132	<a href="mailto:delafontainem4@gmail.com">delafontainem4@gmail.com</a>
Banquet, food services	Lise Le Guellec	418 905-0015	<a href="mailto:liselequelllec@gmail.com">liselequelllec@gmail.com</a>
Public Affairs, Media	Éric Descoteaux	418 254-1292	<a href="mailto:eric.descoteaux@outlook.com">eric.descoteaux@outlook.com</a>

## Competition Committee

Position	Name	Qualification	Phone
Chief of Competition	Normand Gonthier	International Referee	581-998-1142
Deputy Chief of competition	Serge Donaldson	International Referee	
Competition Secretary	Donald Villeneuve	Technical Delegate	418-933-8175
Chief of Course	Felix Tremblay	Advanced	
Chief of Range	Pascal Morcet	IBU TD	
Chief of Stadium	Denis Huot	Leader	
Chief of Start/Finish	Daniel Harvey	International Referee	
Chief of Timing	Francis Asselin	Leader	
Volunteer Coordinator	Laurianne Noel	Leader	

## Biathlon Canada Technical Officials

Technical Delegate: Ronald Pelletier  
National Referees: Erin Sand  
Murray Wylie  
Jean-Pierre Turcotte

## Contact Information

Please direct any questions regarding this invitation to Donald Villeneuve, Competition Secretary, at [donville@videotron.ca](mailto:donville@videotron.ca) or Jean-Guy Levesque, Organizing Committee Chairperson, at [jg.levesque@bell.net](mailto:jg.levesque@bell.net).

## Rules

The event will be held in accordance with the current International Biathlon Union (IBU) Event and Competition Rules and the Canadian Biathlon Championships Hosting Policy dated January 2020 (Version 3).

## Eligibility to Participate

If correctly registered and entered at their Canadian Division, any member of Biathlon Canada in good standing may compete in the event if they have a valid Biathlon Canada Competitor membership. Biathlon Canada will verify the membership of all competitors once they have registered for the event. For American athletes, they must be a member in good standing of their National Federation (USBA).

Any competitor at a Biathlon Canada competition implicitly guarantees their ability to compete at the targeted level of competition. This tacit guarantee takes into consideration the cases where a Senior Boy or a Senior Girl would like to participate in competitions in the Youth Class. This requirement is based on the need for complete understanding by all parties of the change related to the specific development of the non-wearing of the rifle at the wearing of the rifle for these classes.

Each registered participant must have the approval of a Responsible Coach, that is, a coach who holds at least the *Introduction to Competition* certification. The process by which the Responsible Coach provides his approval is highlighted in the section reserved for registration.

## Registration Process

The registration process for the event is established in accordance with **paragraph 4.4** of the Biathlon Canada Hosting Policy. It is mentioned that the registrations will be public to allow coaches, divisions, Biathlon Canada, and the Organizing Committee to monitor and report any anomalies if necessary. Once registration is closed, Biathlon Canada, Divisions, Clubs and Coaches will have seven days to review it and confirm its accuracy. Biathlon Canada will ensure that all registered athletes and responsible coaches are members of Biathlon Canada and in good standing at the national level (no pending or pending disciplinary judgments, no doping infractions, etc.). Subsequently, the Divisions will also have to carry out these checks.

When Biathlon Canada provides each lead coach with a list of their athletes:

- The responsible coach must ensure that all athletes on his list have received his approval. Thus, he must, using the form sent to him by Biathlon Canada, provide confirmation that his athletes are fit to compete in a safe and serious manner.
- If a responsible coach perceives an issue concerning the fitness of one of his athletes, he must discuss this issue with the parties involved and inform Biathlon Canada as soon as possible and before the seven-day deadline.

If the Division identifies an issue involving the athlete's relationship with the organization, it will have to bring it to Biathlon Canada for a decision. If the Division perceives an issue with the safety/fitness of the athlete, it should discuss this with the coach responsible for the athlete. Once the seven-day period has passed, Biathlon Canada and the Organizing Committee will compile, confirm, and publish the list of participants three days later.

## 2. Competition Information

### Registration Fee

Athlete registration fee	\$250
Fee for range and skis trails before official training	\$25 per day
Access to wax cabin (prior to 14 March)	\$25/day/cubicle
Banquet	
Athletes	\$60
Coaches and team support staff	\$75

Participants to the Banquet are requested to inform the OC, through their registration on Zone 4, of allergies and requested type of food (vegetation, vegan, other).

### Registration and Deadlines

All registrations, including name of athlete and class, must be completed and paid in full no later than 23:59 (EST) on **February 14, 2023**, using Zone 4 via the link <https://zone4.ca/reg.asp?id=29997> which will be accessible from **December 1, 2022, to February 14, 2023**.

### Cancellation Policy

If an athlete withdraws before the registration deadline of **February 14, 2023**, a \$10 processing fee will apply before a refund is sent. No refunds for cancellations will be given after this date.

### Unofficial Training

Unofficial training will be available starting on 12 March 2023. You are requested to contact the Competition Secretary if you wish to train earlier. **An additional fee of \$25 per day per athlete will be charged to the team for early training.**

## Team Captains Meetings

The first Team Captains Meeting will be held in virtual format on Tuesday March 7<sup>th</sup>, 2023, from 19:00 (EST). The Microsoft Teams link to be used follows:

[https://teams.microsoft.com//meetup-join/19:meeting\\_OTAxZjg3YTItNjUxNC00YTcwLWJjOWMtMzJiNWJiMwI2ZWZl@thread.v2/0?context=%7B%22Tid%22:%22ab126afb-e60c-4e2f-b6cf-c7350c76dc84%22,%22Oid%22:%22da575e17-e21c-4ee6-b44e-75ec7c2cb989%22%7D](https://teams.microsoft.com//meetup-join/19:meeting_OTAxZjg3YTItNjUxNC00YTcwLWJjOWMtMzJiNWJiMwI2ZWZl@thread.v2/0?context=%7B%22Tid%22:%22ab126afb-e60c-4e2f-b6cf-c7350c76dc84%22,%22Oid%22:%22da575e17-e21c-4ee6-b44e-75ec7c2cb989%22%7D)

Other meetings will be held in accordance with the schedule of the Championships.

Microsoft Teams link for Team Captains Meeting on Tuesday March 14, 2023, 16:30:

[https://teams.microsoft.com//meetup-join/19:meeting\\_NWUyZjZkYWVtMmYxMi00NjczLTk5NjYtODEyYzZiZDhhZTE1@thread.v2/0?context=%7B%22Tid%22:%22ab126afb-e60c-4e2f-b6cf-c7350c76dc84%22,%22Oid%22:%22da575e17-e21c-4ee6-b44e-75ec7c2cb989%22%7D](https://teams.microsoft.com//meetup-join/19:meeting_NWUyZjZkYWVtMmYxMi00NjczLTk5NjYtODEyYzZiZDhhZTE1@thread.v2/0?context=%7B%22Tid%22:%22ab126afb-e60c-4e2f-b6cf-c7350c76dc84%22,%22Oid%22:%22da575e17-e21c-4ee6-b44e-75ec7c2cb989%22%7D)





Microsoft Teams link for Team Captains Meeting on Wednesday March 15, 2023, 16:30:

[https://teams.microsoft.com//meetup-join/19:meeting\\_YjhjZiM2NzgtNzE1Ni00YTdiLTk3YWQyYTYlYmE3OGJINDQx@thread.v2/0?context=%7B%22Tid%22:%22ab126afb-e60c-4e2f-b6cf-c7350c76dc84%22,%22Oid%22:%22da575e17-e21c-4ee6-b44e-75ec7c2cb989%22%7D](https://teams.microsoft.com//meetup-join/19:meeting_YjhjZiM2NzgtNzE1Ni00YTdiLTk3YWQyYTYlYmE3OGJINDQx@thread.v2/0?context=%7B%22Tid%22:%22ab126afb-e60c-4e2f-b6cf-c7350c76dc84%22,%22Oid%22:%22da575e17-e21c-4ee6-b44e-75ec7c2cb989%22%7D)

All registered coaches will receive an email containing the above links to be used to attend all virtual meetings.

## Classes and Types of Competition

The following types of competitions will be run for the following classes:

Classes	Sprint	Pursuit	Mass Start	Single Mixed Relay
				
Men (21+)	10 km – PS	12.5 km – PPSS	15 km – PPSS	5 x 1.5 km – PS
Women (21+)	7.5 km – PS	10 km – PPSS	12.5 km – PPSS	4 x 1.5 km – PS
Jr Men (19-20)	10 km – PS	12.5 km – PPSS	12.5 km – PPSS	5 x 1.5 km – PS
Jr Women (19-20)	7.5 km – PS	10 km – PPSS	10 km – PPSS	4 x 1.5 km – PS
Youth Men (17-18)	7.5 km – PS	10 km – PPSS	10 km – PPSS	5 x 1.5 km – PS
Youth Women (17-18)	6 km – PS	7.5 km – PPSS	7.5 km – PPSS	4 x 1.5 km – PS
Sr Boys (15-16)	6 km – PS	7.5 km – PPSS	7.5 km – PPSS	5 x 1.5 km – PS
Sr Girls (15-16)	6 km – PS	7.5 km – PPSS	7.5 km – PPSS	4 x 1.5 km – PS
Master Men (35+)	6 km – PS	7.5 km – PPSS	7.5 km – PPSS	5 x 1.5 km – PS
Master Women (35+)	6 km – PS	7.5 km – PPSS	7.5 km – PPSS	4 x 1.5 km – PS
Master Men (50+)	6 km – PS	7.5 km – PPSS	7.5 km – PPSS	5 x 1.5 km – PS
Master Women (50+)	6 km – PS	7.5 km - PPSS	7.5 km - PPSS	4 x 1.5 km – PS

## Event Schedule

Day	Competition	Zeroing	Training	Captain's Meeting and other activities
<b>Tuesday</b> <b>07.03.23</b>				<b>19:00</b> Virtual Team Captains meeting (Zoom)
<b>Monday</b> <b>13.03.23</b>	Team arrival		<b>09:00 - 11:30</b> Unofficial training  <b>12:00 – 15:30</b> Unofficial training	<b>17:00</b> Team Captains meeting (in person). Welcome address, information, election of Competition Jury. Location TBC.
<b>Tuesday</b> <b>14.03.23</b>			<b>09:00 - 11:30</b> Official Training Sprint AM Classes <b>12:00 - 14:30</b> Official Training Sprint PM Classes	<b>16:30</b> Virtual information and draw Sprint Competition
<b>Wednesday</b> <b>15.03.23</b>	<b>10:00</b> Sprint AM Classes  <b>13:00</b> Sprint PM Classes	<b>09:00-09:50</b> AM Classes  <b>12:00-12:50</b> PM Classes		<b>08:30</b> Opening Ceremonies <b>16:30</b> Virtual information Pursuit Competition
<b>Thursday</b> <b>16.03.23</b>	<b>10:00</b> Pursuit AM Classes <b>13:00</b> Pursuit PM Classes	<b>09:00-09:50</b> AM Classes <b>12:00-12:50</b> PM Classes		<b>17:30</b> Banquet and Award Ceremony
<b>Friday</b> <b>17.03.23</b>			<b>09:00 - 11:30</b> Official Training MS AM Classes <b>12:00 - 14:30</b> Official Training MS PM Classes	<b>16:30</b> Team Captains meeting (in person). Information and draw for Mass Start and Relay Competitions. Location TBC.
<b>Saturday</b> <b>18.03.23</b>	<b>10:00</b> Mass Start AM Classes <b>13:00</b> Mass Start PM Classes	<b>09:00-09:50</b> AM Classes  <b>12:00-12:50</b> PM Classes		
<b>Sunday</b> <b>19.03.23</b>	<b>10:00</b> Relay AM classes <b>13:00</b> Relay PM classes	<b>09:00-09:50</b> AM classes <b>12:00-12:50</b> PM classes		

A more detailed schedule will be provided to all teams upon arrival.



## Awards

Championships medals will be awarded in accordance with the Hosting Policy. Medal ceremonies will be held after each of the morning and afternoon competitions in the biathlon stadium. Medals awarded on Thursday 16 March will be presented prior to the Banquet at Hotel Plaza Quebec.

## Banquet

The Banquet will take place on Thursday, March 16 from 17:30 at Hôtel Plaza Québec located at 3031 Laurier Blvd, Quebec. Known allergies and special meal requests must be reported on the registration form available on **Zone 4**.

Coaches and other team staff must register for the Banquet on **Zone 4** (\$75) no later than **February 14, 2023**.

Accompanying persons (parents, friends) may have access to the banquet if places are available. We will notify the divisions via the event website no later than February 17, 2023. The banquet tickets thus offered will be sold for \$85 and shall be obtained through **Zone 4** between February 20 and March 1, 2023.

## Event souvenir items

You will be able to order souvenir items from the Championships. These items, the order form and their price are available on the company's website at <https://denisinguette.com/boutique/fr/championnat-de-biathlon-nord-americain-c161/>

## 3. Logistical Information

### Accommodation

Teams are responsible for arranging their own accommodation during the event. A block of rooms has been reserved by the Organizing Committee at **Hôtel Plaza Québec** located at 3031 Laurier Blvd, Quebec, at a price of **\$139.00** per room (plus taxes) per night. Up to 4 people can occupy the room. To benefit from this rate, we ask that you use the Group Code# 5856177 when booking by phone (1-800-567-5276) or via the web site at [www.hotelsjaro.com/en](http://www.hotelsjaro.com/en).

Other hotels can be found by visiting the **Quebec City Tourism Bureau** website at: <http://www.quebecregion.com/en/hotels/>

### Meals

Meal boxes will be available under the tent of the Biathlon Center at a cost of \$14.00. These boxes will include sandwich, raw vegetables, cheese, fruit, dessert and beverage, in addition to a hot broth. Meal reservations must be made when registering on **Zone 4**. Known allergies and special meal requests must be reported on the registration form.

## **Vehicle Rentals**

We have made special arrangements for vehicle rentals in Quebec City with *Location Sauvageau*. Their office is located few kilometers from the airport. Upon your arrival, your driver(s) will be brought to their office by our duty driver to sign and pay for the vehicle(s). Take the road with the right team, feel the experience Sauvageau [www.sauvageau.qc.ca](http://www.sauvageau.qc.ca)

For all your needs, please contact Simon Beaulieu, Branch Director, at (toll free) **1-888-707-2206, ext. 263**, or email at [simon.beaulieu@sauvageau.qc.ca](mailto:simon.beaulieu@sauvageau.qc.ca)

## **Groceries**

Numerous grocery stores are located in the vicinity of all hotels. You may ask the hotel reception for directions.

## **Ski Services**

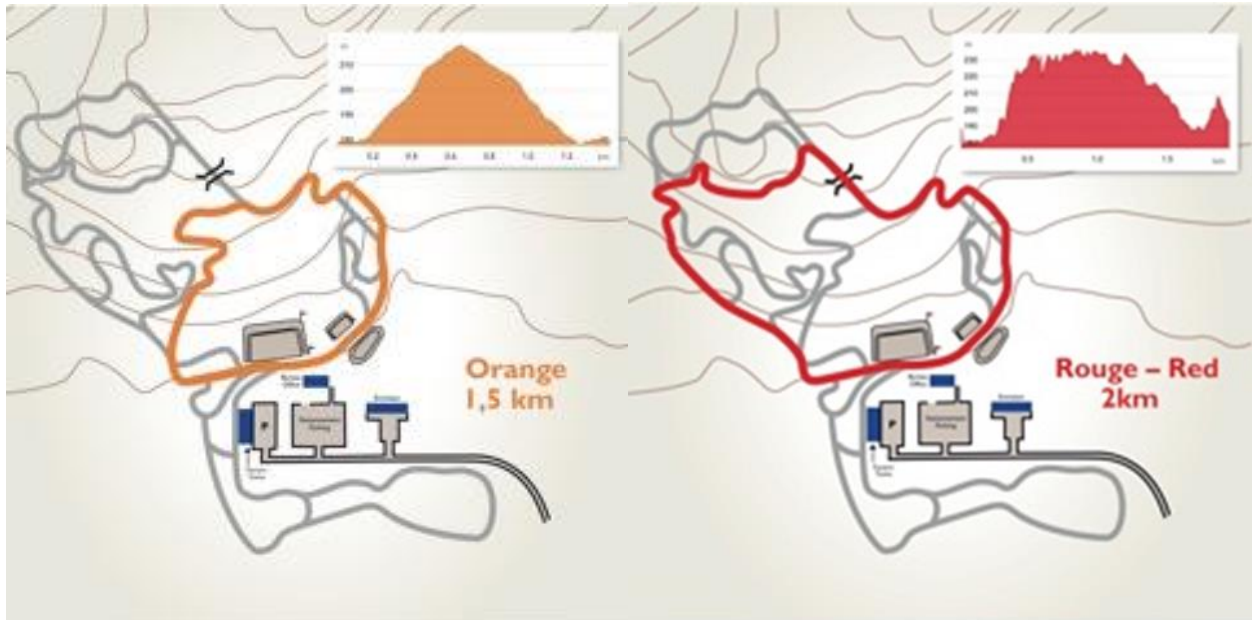
Ski shops that can meet your needs for equipment, waxes or grinds can be easily found in the Quebec City area. The Competition Office can provide advice and directions on this matter.

## **Remind**

The Remind application will be used to send information to all participants. There will be an address specifically for coaches and another for other users.

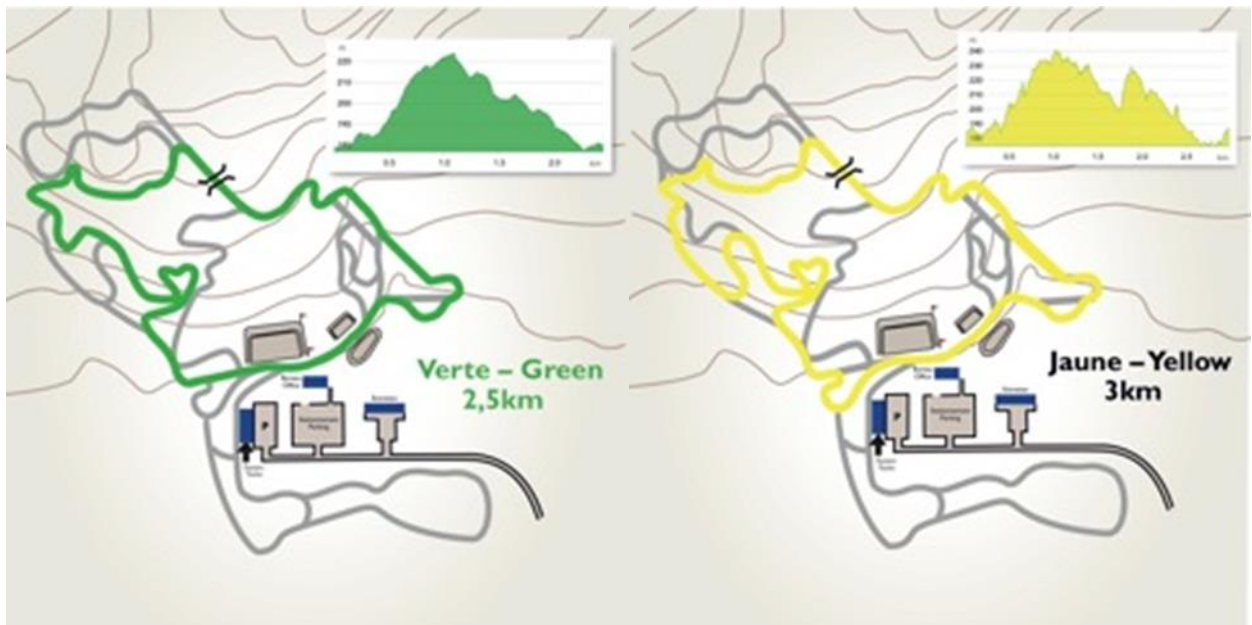
<https://www.remind.com/join/23qcch>

## TRAIL MAPS



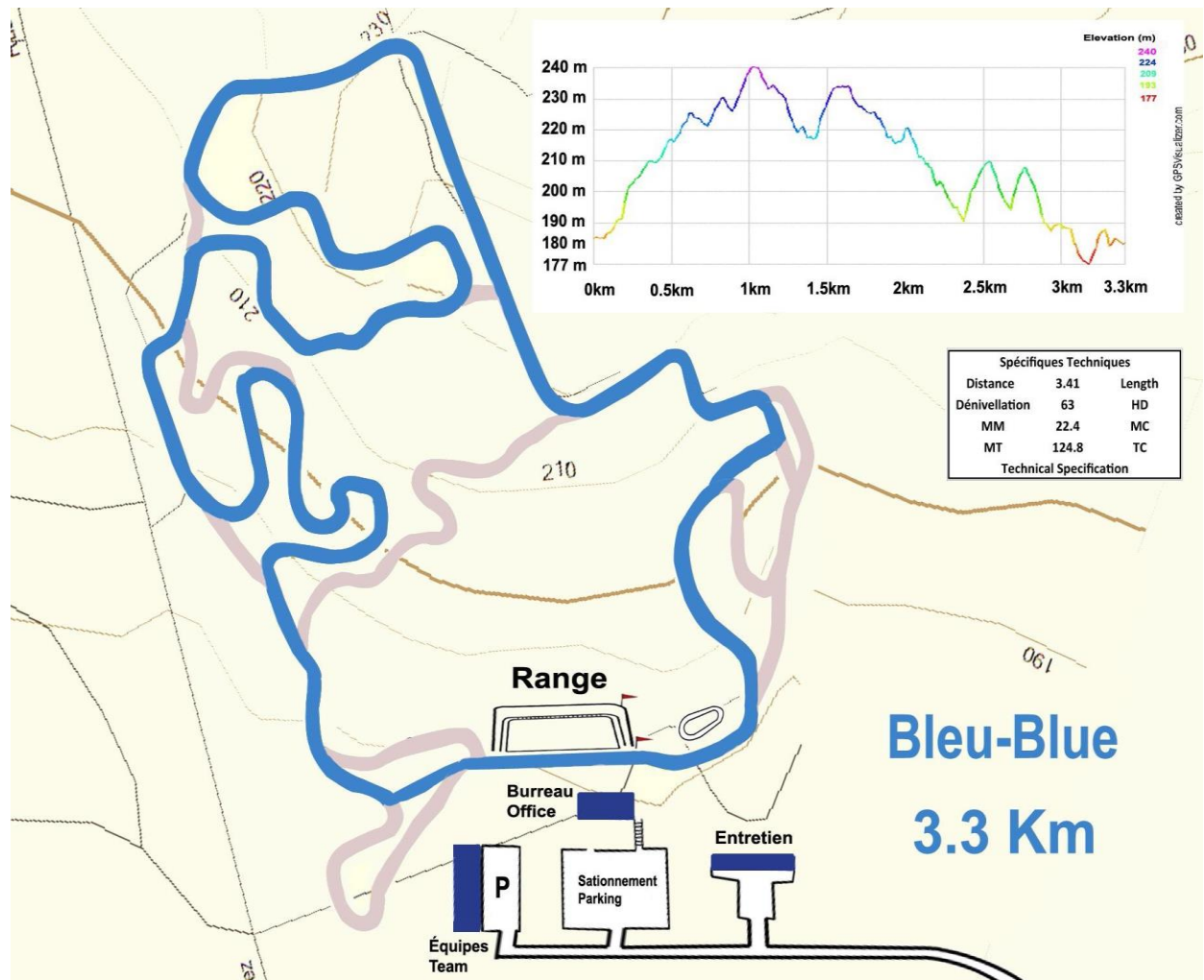
1.5 km Trail – ORANGE

2 km Trail – RED



2.5 km Trail – GREEN

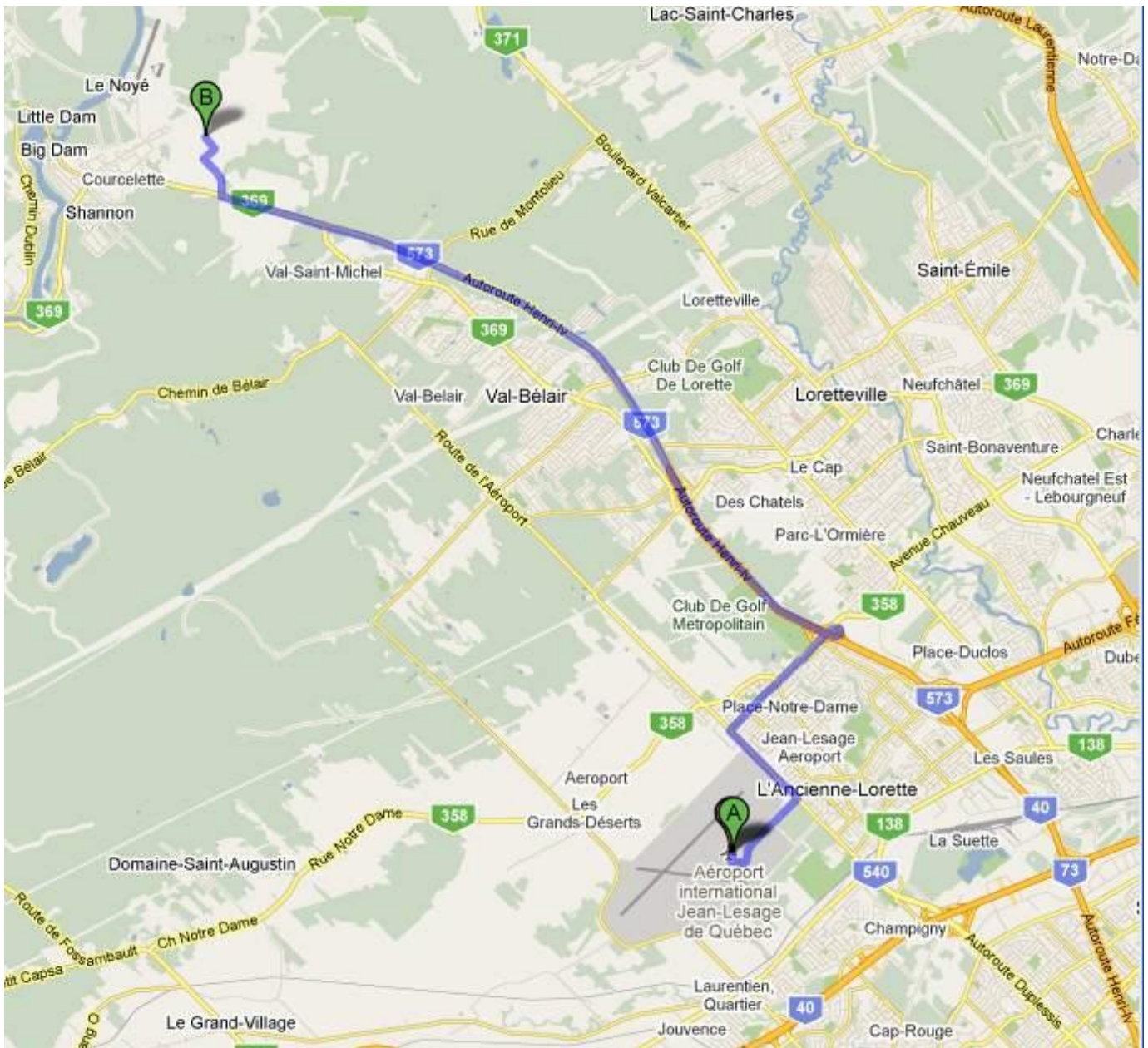
3 km Trail – YELLOW



Trails 3.3 km - Blue

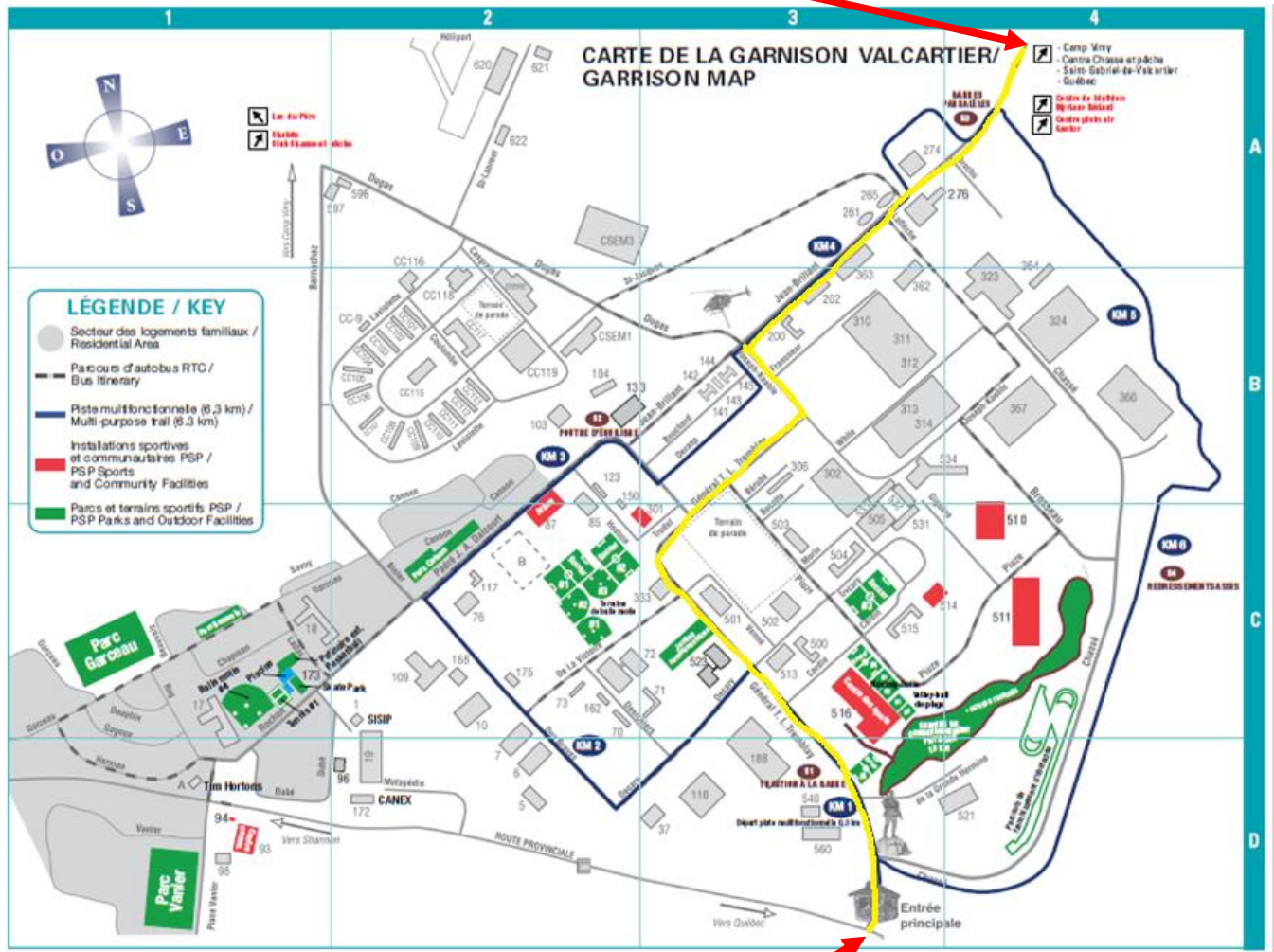
# ACCESS TO VALCARTIER GARRISON

## DIRECTIONS FROM JEAN-LESAGE INTERNATIONAL AIRPORT



# ACCESS TO VALCARTIER GARRISON AND BIATHLON CENTRE FROM ROUTE 369 NORTH

Centre Biathlon / Biathlon Center



Entrée Grn Valcartier (route 369 Nord)  
Valcartier Entrance (Route 369 North)

# ACCESS TO VALCARTIER BIATHLON CENTRE FROM ROUTE 371 NORTH

Centre Biathlon / Biathlon Center

Entrée BFC Valcartier (Blvd Valcartier)  
Valcartier Base Entrance (Boul

