



Ethan Allen Biathlon Club
Presents
IBU Regional Event –
2024 USBA National Rollerski
Biathlon Championships

August 2nd – 4th, 2024
Ethan Allen Firing Range
Jericho, Vermont

Hosted by

Ethan Allen Biathlon Club and
Vermont National Guard

P.O. Box 174
Jericho, Vermont 05465
ebiathlon@gmail.com



Welcome

The Ethan Allen Biathlon Club and the Vermont National Guard invite you to attend the 2024 US Biathlon Rollerski National Championships at the Ethan Allen Firing Range in Jericho, Vermont on August 2nd thru 4th, 2024. The US National Championships are sponsored by the United States Biathlon Association, and has been designated an IBU Regional Event.

Ethan Allen biathlon facilities were originally built to be a state of the art facility and remain one of the top biathlon centers in the United States. The facilities include a 30 point range, more than 18 kilometers of established winter trails, snow making, waxing huts, 5+ kilometers of paved and lighted roller skiing, a large meeting building as well as toilet facilities, showers, a kitchen, and a separate timing building situated at the finish line. The range is located approximately 30 minutes from Burlington, Vermont, a beautiful city with a population of approximately 45,000 situated on the shores of Lake Champlain and the edge of the Green Mountains. The area is easily accessed by Burlington International Airport (BTV) with regular connections to major airline hubs and can be reached from most of the Northeast by interstate highways. Positioned near the Canadian border, Burlington is approximately two hours by car from Montreal, and four hours from either Ottawa or Quebec City. The area is known for its outstanding recreational activities.

Rules

International Biathlon Union Event and Competition Rules will be in effect for this event, except as specifically modified by the Organizing Committee or Competition Jury. Any modifications to the rules will be discussed at the Team Captains Meeting. The organizing committee reserves the right to modify the parameters of the event based upon local conditions such as weather and trail availability.

Eligibility

If correctly registered and entered by USBA Region or their Canadian Division any member of USBA or Biathlon Canada in good standing and born up to and including the year 2012 may participate in this event if they have a valid USBA or Biathlon Canada Competitor membership card.

Team Captains Meeting

There is one team Captains Meeting scheduled for this competition. It will be held at the Ethan Allen Firing Range, Walker Building at 1630 hrs on Friday, August 4th. Additional meetings may be scheduled as needed. Items to be covered at the meeting include modifications to the rules, election of jury, start list for Sprint. Bibs and start lists for each of the races will be available at the Walker Building 2 hours prior to the start of the race. Minutes of the meeting and the start list will be posted on the club website for those that cannot attend.

Age Classes

Age class is determined by your birth year, and remains constant throughout the racing year which starts in the summer and concludes in the spring. Please consult the following table to determine your age classification for the 2024-25 season.

Year Born	2024-25 Age	Class Names	2024 USBA Summer National Championships Race Category
Before 1955	70+	Senior Veteran II Master Women & Men	Racking Class
1955 – 1964	60-69	Senior Veteran Master Women & Men	Racking Class
1965 – 1974	50-59	Veteran Master Women & Men	Racking Class
1975 – 1984	40-49	Senior Master Women & Men	Racking Class
1985 – 1994	30-39	Master Women & Men	Racking Class
1995 – 2002	22-29	Senior (Open) Women & Men	Carry Class
2003 – 2005	19-21	Junior Women & Men	Carry Class
2006 – 2009*	15-18*	Youth Women & Men	Racking Class
2008 – 2009*	15-16*	Under 17 Girls & Boys	Racking Class
2010 - 2011	13-14	Under 15 Girls & Boys	Cuff: Racking Class Block: Mat Class
2012 – 2013	11-12	Under 13 Girls & Boys	Cuff: Racking Class Block: Mat Class











*Note that 15 and 16 year olds have the option to choose between racing in the Youth category or as Under 17 Boys & Girls

Competition

The competition will include a Sprint race on Saturday, and a Pursuit style race on Sunday for all athletes except Seniors who will race a Mass Start. In both races, Seniors and Juniors will carry rifles from start to finish (“Carry Class”). The U13 Block & U15 Block boys and girls will ski without their rifles, which coaches will position on and remove from the mats (“Mat Class”). For all other classes, racks will be positioned at the end of the range beyond lane 1, and each bout of shooting will be preceded by retrieving rifles from their assigned positions on the rack and the Range Loop and will be followed by replacing rifles in their assigned positions on the rack before performing penalty loops and/or commencing the next leg of the race (“Racking Class”). The extra distance attributable to range loops and the summer start/finish configuration will be factored into the race distances for each class, which will approximate winter distances as closely as possible.

Saturday Morning: Sprint For all classes the Sprint competition will be conducted with a 30 second interval start, with starting order determined from a random draw.

Carry Class Sprint

Jr & Sr Men	10.1 km						P-S Penalty: 150m
Jr & Sr Women	7.1 km						P-S Penalty: 150m

Mat Class Sprint

Under 13 & 15 Block Boys & Girls	3.3 km						P-Ψ Penalty: 20s
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Racking Class Sprint

Under 13 & 15 Cuff Boys & Girls	4.1 km						P-Ψ Penalty: 20s
Under 17 B&G Youth Women Master Women 30+ SV II Master Men 70+	6.1 km						P-S Penalty: 150m
Youth Men M. Men 30-69	7.1 km						P-S Penalty: 150m

Notes:

- The plus sign (+) denotes a trip around the 400m Range Loop, to be completed after picking up rifles and prior to each bout of shooting. The carry classes (Junior Men/Women) do not ski range loops.
- For shooting, P is Prone, S is Standing, and Ψ is shooting in the prone position on a standing lane (e.g. big targets)
- As the regular Green 2.5 km course is not navigable in summer, we are using the Alternate Green/Black 2.8 km loop for the select laps in the Carry Classes. Please consult the course maps.

Sunday Morning: Mass Start (Carry Classes) and Pursuit (All other classes) For the remaining classes, the Pursuit race will be conducted with staggered starts. Saturday's winner will depart first followed at five-second intervals by pursuers in Saturday's rank-order. Athletes who did not take part in the Sprint will be drawn randomly to determine starting position after the last qualified competitor in a given class.

Carry Class Mass Start

Senior Men	15.2 km								P-P-S-S Penalty: 150m
Senior Women	12.6 km								P-P-S-S Penalty: 150m






















Carry Class Pursuit

Junior Men	12.7 km								P-P-S-S Penalty: 150m
Junior Women	10.3 km								P-P-S-S Penalty: 150m

Mat Class Pursuit

Under 13 & 15 Block Boys & Girls	5.3 km								P-P-Ψ-Ψ Penalty: 20s
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Racking Class Pursuit

Under 13 & 15 Cuff Boys & Girls	6.9 km								P-P-Ψ-Ψ Penalty: 20s
Under 17 B&G Youth Women Master Women 30+ SV II Master Men 70+	6.9 km								P-P-S-S Penalty: 150m
Youth Men Masters Men 30-69	9.9 km								P-P-S-S Penalty: 150m

Notes:

- The plus sign (+) denotes a trip around the 400m Range Loop, to be completed after picking up rifles and prior to each bout of shooting. The carry classes (Junior Men/Women) do not ski range loops.
- For shooting, P is Prone, S is Standing, and Ψ is shooting in the prone position on a standing lane (e.g. big targets)
- While the Saturday courses use the traditional Red 2.0 km loop, on Sunday we will switch to the Alternate Red/Black 2.0 km loop. Please consult the course maps.

Schedule of Events

The course will closed 5 minutes before the start of the races and will not reopen until all competitors have completed the race.

Friday, August 2nd, 2024 - Official Training/Coaches Meeting

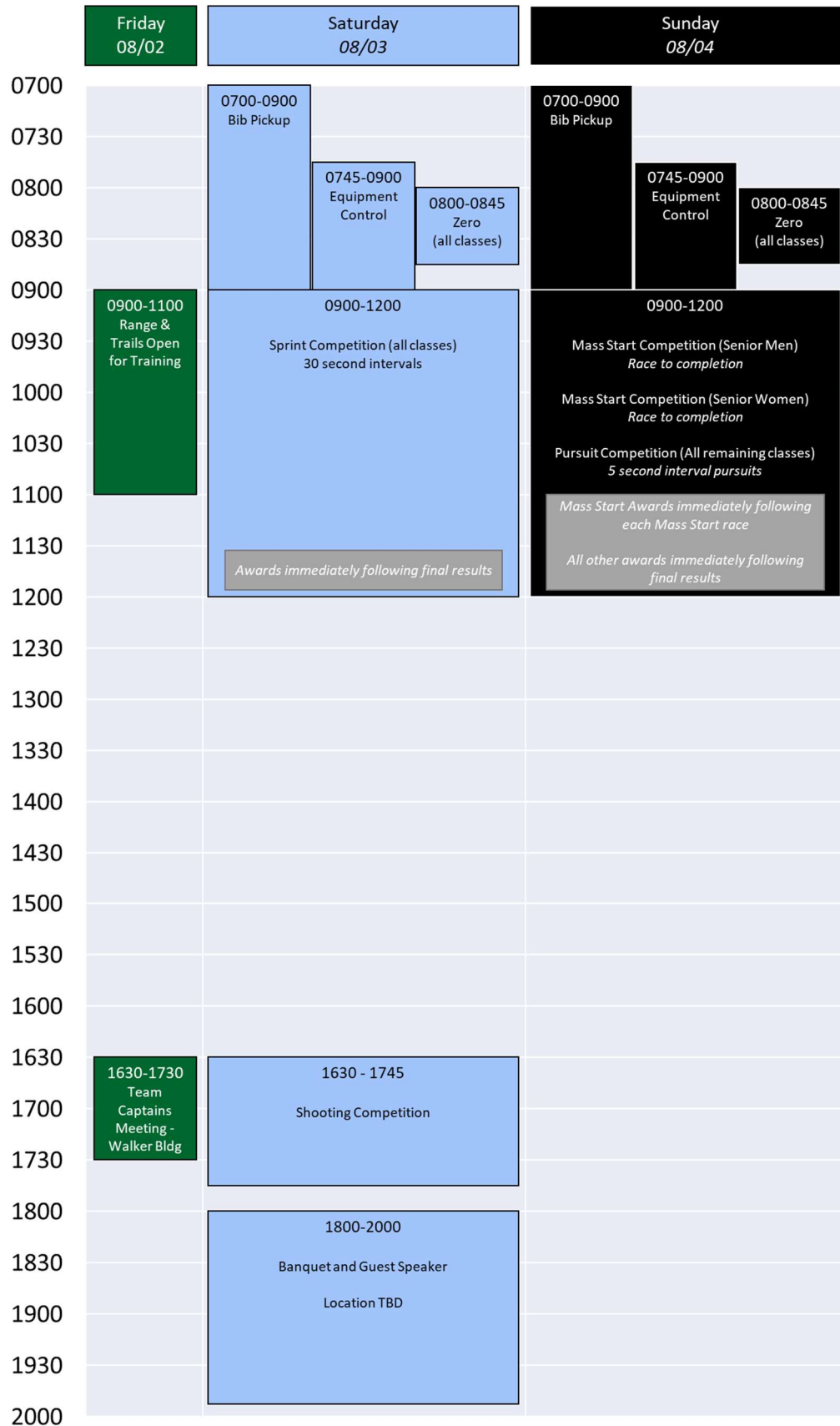
0900 to 1100 hrs:	Official Training
1630 to 1730 hrs:	Coaches Meeting (Walker Building & Microsoft Teams – invitation to follow)

Saturday, August 3rd, 2024 – Sprint

0745 to 0900 hrs:	Equipment Control Open
0800 to 0845 hrs:	Zero (all classes)
0900 hrs:	Sprint Competition, 30 second interval, Women first Awards immediately following Final Results
1630 to 1745 hrs:	Shooting Competition
1800 to 2000 hrs:	USBA Summer National Championships Banquet (Location TBD)

Sunday, August 4th, 2024 – Mass Start and Pursuit

0745 to 0900 hrs:	Equipment Control Open
0800 to 0845 hrs:	Zero (all classes)
0900 hrs:	Mass Start and Pursuit Competitions, 5 second intervals for Pursuits, Men First Mass Start Awards to follow immediately after each Mass Start competition Awards for remaining classes immediately following Final Results



Unofficial Training and Events

Open training with National Guard Biathlon on Monday through Thursday will be from 0900 to 1100 hrs. **Coaches and athletes names should be emailed to Travis Voyer at travis.voyer@gmail.com no later than Friday, July 26.** Coaches and athletes will be expected to help with set-up, papering, painting and clean-up on these days.

Additional training will be available on Tuesday and Thursday evening from 1630 to 1900 hrs with Ethan Allen Biathlon Club. Thursday is also a makeup date for our Thursday evening Summer Biathlon (running) series race. Stay tuned in case we are rained out on one of our July Thursdays. <https://www.skireg.com/summerraceseries>

We will be hosting a fun shooting competition on Saturday afternoon immediately preceding the banquet. The format is to be determined, and the event will run from 4:30 to 5:45.

Awards

Awards will be presented at the syrup/chocolate ceremony following each of the races, to the top three finishers in each of the competition classes.

Liability/Insurance Waiver

Competitors shall be responsible for adequate insurance of participants. All participants must be appropriately insured against injuries, illness or possible damage of material. Neither the organizing committee, Ethan Allen Biathlon Club, Ethan Allen Firing Range, Vermont National Guard, the United States Biathlon Association, nor any sponsors or volunteers, shall be liable for personal and material damage. All competitors must sign a waiver and release of liability before using the facilities.

Registration and Fees

The entry fee for the weekend \$85 for all competitors, and includes a seat at the banquet. Registration for this event closes on Thursday, August 1st, 2024 at 2000 hrs. Pre registration is expected and should be received by that time. Participants may register at [SkiReg.com](https://www.skireg.com).

Accommodations

Several housing options are available within a 20-45 minute drive at Bolton Valley, Smugglers Notch, Williston, Essex and Burlington.

You may be able to arrange group accommodations at the University of Vermont:

<https://www.uvm.edu/eventservices/forms/temporary-housing-request>

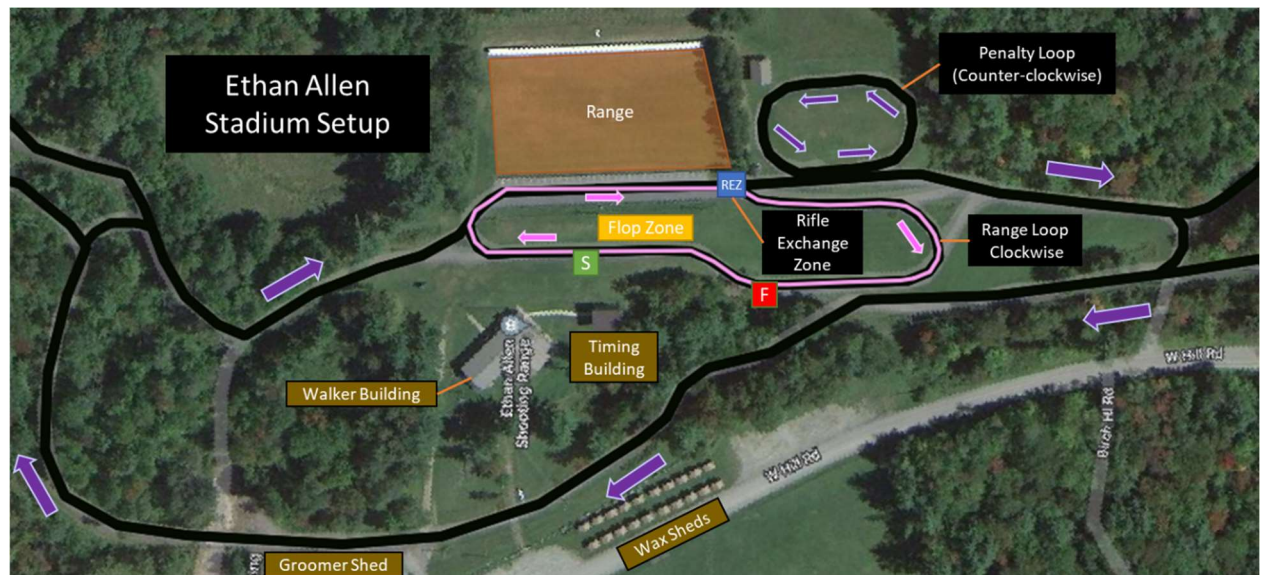
Driving Directions

Interstate 89 is a toll-free highway between Boston and Montreal. Route 7, a major north/south artery, links western Vermont with Massachusetts, New York and Quebec. Route 2 bisects Vermont westward to New York State and eastward to New Hampshire and Maine. Each of these major routes passes through Burlington, Vermont. Jericho and the Ethan Allen Firing Range are located approximately 15 miles (25km) northeast from the center of Burlington. From Burlington, Winooski or Williston, follow VT Rt. 2A or VT Rt. 15 to Essex Junction and then VT Rt. 15 to Jericho, then follow Lee River Rd. to Ethan Allen Firing Range.

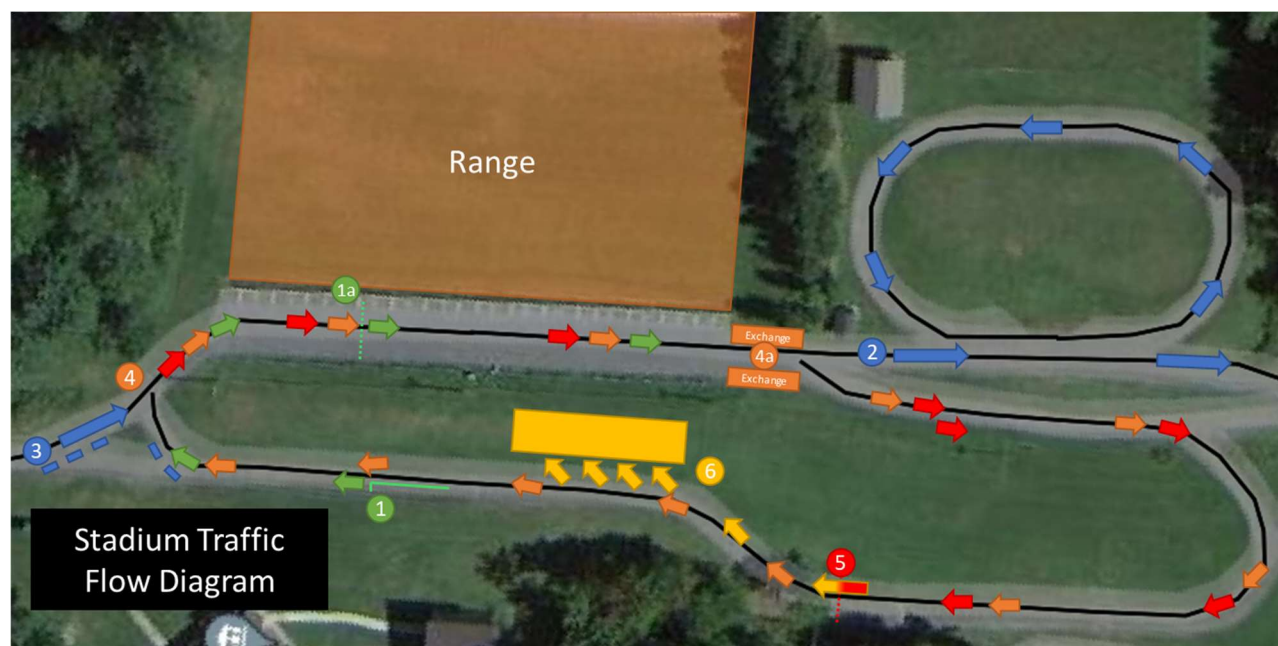
Once at the base, pass through the entry gate and onto new pavement. You will need to show identification to enter the base. Take second right onto dirt road just past "Red House". Continue up the main road to the top of the hill (approximately 1 mile). **Please obey the posted base speed limit of 25 mph.** There are many Army personnel walking on the roads as well as army vehicles. Anyone who is caught speeding will be asked to leave the base. They are serious about this!! Public transportation to the venue is not available.

[Google Map](#)

Stadium Maps



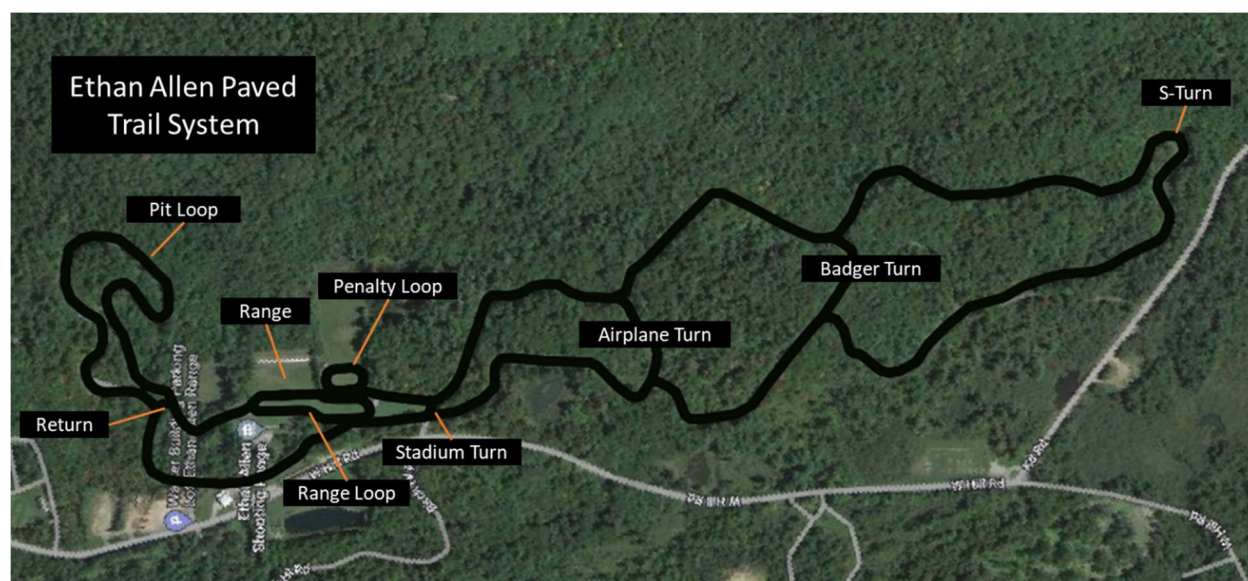
The start and finish are situated on the Pink range loop, with the Start in front of the timing building, and the finish just ahead of the chicane prior to the start building straightaway. Finishers may bail out onto the grass to the right of the course to recover (the 'Flop Zone').



1	The interval start lane is on the range loop. A 1m lane for those waiting to start will be chalked off on the left side of the course allowing active racers to ski through on the right. Starters take an immediate right, ski through the range, and proceed straight to begin their first lap at 2
1a	The mass start takes place on the range, with the start line itself at a firing point in the low 20's (precise lane TBD based on number of participants). Starters ski straight through the range to begin their first lap at 2
2	Skiers take their penalty laps as needed, and ski out to their respective courses, returning to the stadium area at 3
3	Skiers returning from the course merge with starters and range loop skiers just ahead of entering the range.
4	Upon entering the range, Carry Class skiers proceed straight to their firing point, shoot, and proceed directly to 2 for their penalty loops, if necessary, and their next lap. Rack Class skiers follow the protocol outlined in 4a
4a	<p>Racking Class skiers keep right to bypass the firing points on the range to collect their rifles at the Rifle Exchange Zone just beyond Lane 1.</p> <ul style="list-style-type: none"> Rifle racking positions are assigned by bib, with odd numbers racking on the left side of the course, and even numbers racking on the right. Skiers must come to a complete stop before touching their rifle, and the rifle straps must be resting on both shoulders before the skier may start up again. From the racks, skiers begin a Range Loop, keeping an eye out for finishers in the first half of the loop, and keeping right to bypass the start lane in the timer building straightaway. Upon entering the range from the Range Loop, skiers proceed straight to their firing point, shoot, and proceed to the Rifle Exchange Zone just beyond Lane 1. Skiers must come to a complete stop before the rifle leaves their shoulders, and the rifle must be placed securely on the rack with the bolt open before skiers may start up again.

	<ul style="list-style-type: none"> After racking their rifles, skiers proceed to ² for their penalty loops, if necessary, and their next lap.
5	Skiers completing their final lap ski through the range, keeping right to bypass the firing points and taking care when passing the Rifle Exchange Zone where skiers may be collecting or racking rifles. Finishers turn right beyond the Rifle Exchange Zone, complete the 180 degree turn and finish at the end of the first straightaway.
6	Finishers are encouraged to glide out past the finish line and retire on the grass on the right side of the course following the chicane. It is here that final rifle checks will be performed and bibs collected.


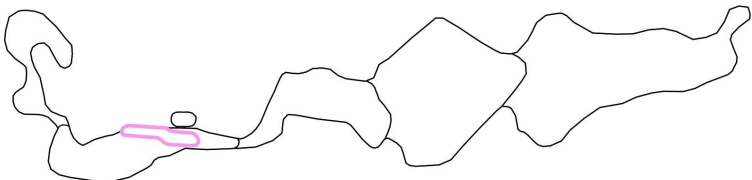

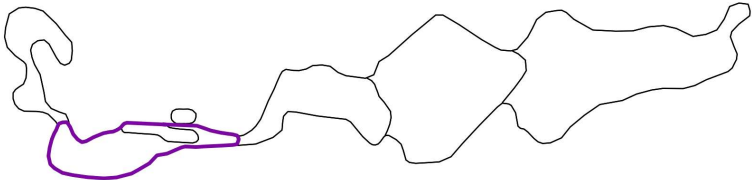

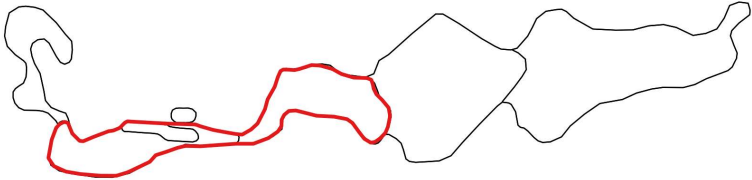

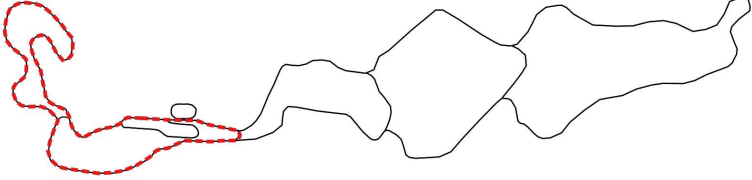

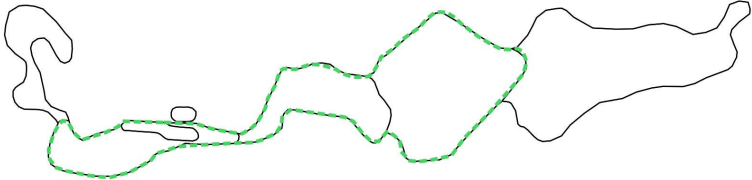

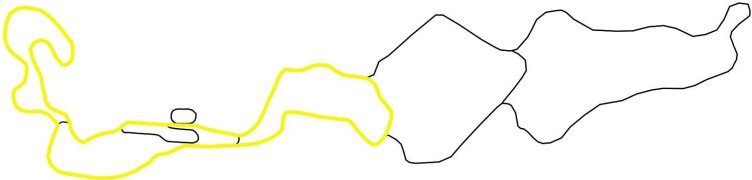
Course Maps



The summer trail system is largely similar to the winter trail system with the following distinctions:


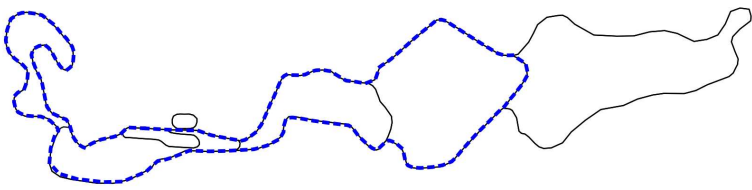

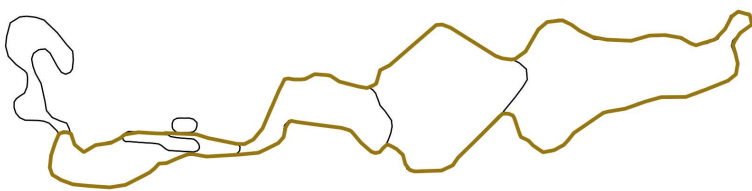
1. There is no half-pit return (the turn is not paved), and therefore there is no 1.5 km Orange Loop (Stadium, Half Pit), 2.5 km Green loop (Airplane, Half-Pit) nor a 3.3 km Blue loop (Badger, Half-Pit). Using the available tracks an Alternate Green/Black¹ is a 2.8 km loop (Badger, Return) The Alternate Blue/Black is a 3.8 km loop (Badger, Pit Loop), and no substitute is available for Orange.
2. The start and finish are positioned on the Range Loop, and combined add 300m to the total course distance. Mass starts begin on the range itself and together with the finish adds 200m to the total course distance.
3. There is no 75m penalty loop, only 150m.
4. The majority of race classes must leave their rifles on racks in the Rifle Exchange Zone (REZ) before the start and after each bout of shooting, and must ski a 400m range loop upon retrieving their rifle at the end of each skiing loop and prior to shooting, as described in the Stadium Maps.

¹ The <Color>/Black designation distinguishes alternate trails of a given color, such as the 2.8 km Green/Black, from the standard loop most often used. In this case, the 2.8 km Green/Black is a summer substitute for the 2.5 km Green which is not navigable on rollerskis.

Icon	Course	Map	Turns
	Range Loop 400m		Take every available right
	Purple 1.0 km		Stadium Turn, Return
	Red 2.0 km		Airplane Turn, Return
	Alternate Red/Black 2.0 km ²		Stadium Turn, Pit Loop
	Alternate Green/Black 2.8 km ³		Badger Turn, Return
	Yellow 3.0 km		Airplane Turn, Pit Loop

² There are two Red 2.0 km courses available in the trail configuration in both summer and winter. The principal Red 2.0 km course uses the Airplane Turn & Return, and the Alternate Red/Black 2.0 km course uses the Stadium Turn and the Pit Loop

³ Because the Half-Pit turn (not pictured on Summer maps) is not paved, the winter Orange 1.5 km, Green 2.5 km and Blue 3.3 km courses are not skiable in summer. This Alternate Green 2.8 km course is therefore used in the summer as a replacement for the Winter Green 2.5km course.

Icon	Course	Map	Turns
	Alternate Blue/Black 3.8km ⁴		Badger Turn, Pit Loop
	Brown 4.0 km		S-Turn, Return

Lodging and Dining

On base lodging is not available for this race. A wide selection of accommodations and dining are available in the Chittenden County, Burlington, Vermont area. Burlington is Vermont's largest city, located along the eastern shore of Lake Champlain. For information concerning lodging, please contact:

Lake Champlain Regional Chamber of Commerce
60 Main Street Burlington, Vermont 05401
Telephone 802 863 3489 Fax 802 863 1539
Or visit the Web at: <http://www.Vermont.org>

Contacts

Ethan Allen Biathlon Club
P.O. Box 174
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⁴ Because the Half-Pit turn (not pictured on Summer maps) is not paved, the winter Orange 1.5 km, Green 2.5 km and Blue 3.3 km courses are not skiable in summer. This Alternate Blue/Black 3.8 km course is therefore used in the summer as a replacement for the Winter Blue 3.3 km course.