

# Pemi Biathlon Race Information

## Rifle Safety

You must carry the rifle by the barrel, muzzle up, **BOLT OPEN** any time you are off the firing line.

On the firing line, the **muzzle shall ALWAYS point downrange**, NEVER LEAVING THE TARGET AREA.

Your **finger must be off the trigger**, placing your finger straight out, above the trigger guard and long-side of the stock until you are on target and you are ready to shoot.

Be sure to follow any and all of a Range Safety Officer's instructions.

# Safety first!

## Race Format

Beginner class: shoot prone (lying down) on big targets for all four bouts, five shots for each shooting bout.

Sport class: shoot prone (lying down) on big targets twice (1<sup>st</sup> and 2<sup>nd</sup> bouts), then offhand (standing) at the big targets twice (3<sup>rd</sup> and 4<sup>th</sup> bouts), five shots for each shooting bout.

Match class: shoot prone at the small targets twice (1<sup>st</sup> and 2<sup>nd</sup> bouts), then offhand (standing) at the big targets twice (3<sup>rd</sup> and 4<sup>th</sup> bouts), five shots for each shooting bout.

**Running**: Each lap is 1200 meters (600 out the marked trail and 600 back). The course is on a dirt road and a gravel access road that can be rockier and require careful footing. You will run this before the first five-shot shooting bout and after the last (4<sup>th</sup>) one for a total of 6 km run. Be sure to walk where marked on return to the range and until the run line when embarking on the run. Run a 70-meter penalty loop for each miss before embarking on each running leg.

**Biking**: each lap is about 1.6 km and forms a lollipop shape. The bike course follows similar dirt & gravel roads and paths as the running course. Bikes should be parked at the walk/run line and rifles safely carried from the racks to the points and back, as in running. Biking will also be a four shoot races (4 stages x 5 bullets each), with a 30 second penalty added per each missed shot.

## Range Setup

The targets are as close to 50 meters from the firing line as we can fit (the distance might be a few meters less). Each time that you get to a point for shooting at the targets, you will have five bullets / five shots to hit five targets. Target sizes match International Biathlon Union (IBU) regulations – 150 mm for large targets / 45 mm for small (prone) targets. The shooting range at Pemi contains up to nine shooting lanes. Each point has a mat on which competitors should setup their shooting positions. When not in use, rifles should be stored on the wooden shooting racks with bolts left **open!**

## Typical Order of Events

- Course & range setup (starts at 9AM) – everyone is asked to volunteer to help.
- Safety overview
- Sight in on paper targets and learn to shoot (if new). Experienced athletes are available to help new shooters learn to properly handle the club rifles. A few spotting scopes may be available to share, but please bring one if you can.
- Two – three races
- Course & range tear down – again, everyone's efforts are appreciated. (we are oftentimes all done by 2pm)

## Biathlon Rifle & Ammo Requirements

- Rifle must be a .22 caliber bolt action rifle
- It must have iron sights (no optical sights allowed)
- It must use five round magazines and ammunition must be subsonic and bullets should be lead only (no copper jacketed bullets)
- The total weight of the rifle must not be less than 3.5 kg
- The trigger pull must not be less than 500 g

## Miscellaneous

- Cash or checks are accepted to pay for race entry fees (costs are on sign-up form)
- Participants under the age of 18 years old must be accompanied by at least one parent or a legal guardian
- Please bring your own food and drinks / sunscreen / bug repellent
- A porta-toilet is available near to the range