

## **Australian Biathlon Association – Calendar of Events 2011 – Whiskey Flat Event Details**

Please note that due to Victorian Firearms laws, only those aged 12 & above may take part in biathlon events. Spectators of all ages are welcome to all Australian Biathlon events. At all events, there is the opportunity for those aged 12 & above to have a go, subject to available personnel to assist.

Unless noted otherwise, zeroing time is at 9.00 am, with event starts scheduled for 10am.

**Friday 22-Sunday 24 April - Easter Camp** – based at a family-style lodge, this camp has 3 days of dryland training, including shooting and fitness training. Athletes of all ages and abilities welcome, coaches encouraged to attend for ASC coaching accreditation.

**Sunday 12 June – Come and Try Day** – if you visiting Hotham for the Winter Season Opening Weekend, come down to the Whiskey Flat Range on the Sunday between 10 & 12 or 1pm & 3 pm, and have a go. While there's usually insufficient skiable snow on this weekend, you can still come to the range, have a chat with a biathlete, and test your skill at hitting the targets.

**Saturday 25 June - Come and Try Day** – (tbc) see the 12 June details, above

**Monday 11-Friday 15 July** – an on-snow camp in the last week of the school holidays. Prerequisites include good general health, a good level of general fitness and an ability to cross country ski to a basic level. Daily program includes a light morning jog and stretch, after breakfast down to the range for target practice, and a ski 'sesh' after lunch. For athletes aged 12 and up, of all levels of ability. Coaches are encouraged to attend for ASC coaching accreditation.

**Saturday 16-Sunday 17 July – Fun Sprints** - if you've been to the camp you can consolidate what you have learned in these fun events, held in a short sprint and relay format. If you're coming just for the weekend you can either warm up for the big events in the season ahead, or just have some fun in this informal event. Prerequisites include good general health, a good level of general fitness and an ability to cross country ski to a basic level. Participants of all levels are welcome to take part, coaches are encouraged to attend for ASC coaching accreditation.

**Saturday 30-Sunday 31 July - Victorian Biathlon Championships** – this is the first of only 2 championship (formal race) weekends. Participants taking part in championship races are required to be financial members of Australian Biathlon Association (see the Membership and Training Page for further details). There is a distance (longer) event on the Saturday, with a shorter sprint event on the Sunday. On each day, competitors from age 12 to 60+ take part. The longest distance race is 20 Km for men, 15 km for women. The shortest races are for 3.1 km for novices (men & women).

**Saturday 6-Sunday 7 August – Colin & Alice Paul Commemorative Weekend** – another informal weekend, this event commemorates the memory of two founding members of biathlon in Australia. A true 'biathlon community' weekend, where families are very much encouraged to attend, there is a heap of fun to be had. **Saturday starts around 2pm** and will feature a pony express relay. On the **Sunday, zeroing is at 9.30 am** with a start due at 10.30 am. Morning is a team patrol challenge, and the afternoon will consist of individual short sprints and presentations.

**Saturday 13-Sunday 14 August – Australian Biathlon Championships** – this is the second of only 2 championship (formal race) weekends. Format is the same as for the 30-31 July events. Participants taking part in championship races are required to be financial members of Australian Biathlon Association (see the Membership and Training Page for further details).

**Saturday 3-Sunday 4 September - Reserve Selection Weekend** – this weekend is in reserve in case of poor snow or weather conditions on either 30-31 July or 13-14 August

**Sunday 4 September - Come & Try Day** – come down to the Whiskey Flat Range between 10 am & 12 noon, or 1pm & 3 pm, and have a go. Come to the range, have a chat with a biathlete, and test your skill at hitting the targets.