



## US Biathlon Nationals

March 17-20, 2011

Mt. Itasca, Coleraine, MN

*Sponsored by Mount Itasca Nordic Ski Association*

### Event schedule

**NOTE:** Zero and Start times have been moved 1hr earlier (9am zero for March 17, 19, and 8am zero for March 20). Athletes should have a representative at the Coaches Meeting. Athletes need to confirm zero and race start times the evening prior to each race in case of particularly warm weather necessitates an earlier start. Changes to start times and results will be posted at [www.minnesotabiathlon.com](http://www.minnesotabiathlon.com)

Tuesday, March 15	9:00 am - 3:00 pm	Team Arrival Unofficial Training
Wednesday, March 16	9:00 am - 12:00 pm 10:00 am - 11:30 am 5:00 pm	Official Training Registration - Mt. Itasca Biathlon Headquarters Coaches Meeting – Mt. Itasca Biathlon Headquarters Election of Juries, Draws for Sprint Competition
Thursday, March 17	8:45 am - 8:55 am 8:30 am - 9:00 am 9:00 am - 9:45 am 10:00 am 12:00 pm	Opening Ceremonies Bib Pick up Zero Sprint Competition Flower Ceremony
Friday, March 18	9:00 am - 12:00 pm 10:00 am - 11:30 am	Official Training Registration - Mt. Itasca Biathlon Headquarters
Saturday, March 19	8:30 am - 9:00 am 9:00 am - 10:45 am 10:00 am 12:00 pm 6:00 pm	Bib pick up Zero Pursuit Format Flower Ceremony Banquet/ Sawmill Inn
Sunday, March 20	7:30 am - 8:00 am 8:00 am - 8:45 am 9:00 am 11:00 am	Bib pick up Zero Mass Start Flower Ceremony

Changes to format and start times will be posted at [www.minnesotabiathlon.com](http://www.minnesotabiathlon.com)

**Travel:** Grand Rapids/Coleraine area is 180 miles north of the Minneapolis/St. Paul, about 3½ hours of driving time; 75 miles NW of Duluth, and 300 miles S of Winnipeg.

**Directions:** From downtown Grand Rapids, take Hwy 169 North, traveling east out of Grand Rapids to Coleraine, about 6 miles. When entering Coleraine, turn left at Curly Ave – follow the Ole N. Mangseth Ski Jump signs. Go past the arena, left on Cty Rd 61 for ½ mile. Turn left into the Mt. Itasca driveway – stay left at the Y.

**Housing:** [Sawmill Inn](#)  
2301 S Highway 169  
Grand Rapids, MN 55744  
(218) 326-8501  
(800) 235-6455

[Timberlake Lodge, Hotel, Event Center & Grand Splash Waterpark](#)  
144 SE 17th Street, 1 block from Highway 169  
Grand Rapids, MN 55744  
(218) 326-2600  
(866) 800-2200

For more hotel accommodations: contact the Grand Rapids Convention & Visitors Bureau, 218-326-9607, 1-800-355-9740 or  
<http://www.visitgrandrapids.com/vacations/lodging/motels/index.html>

**Entry Fee:** \$100.00 (U.S. Dollars) for 3 races incl. banquet, \$30.00 for 1 race,

**Trail Fee :** Unofficial training \$6.00/day

**Registration:** Please complete Competitor Entry Form, with registration fee and mail by March 10<sup>th</sup> to:  
**Mt. Itasca Nordic Ski Association**  
**825 SW 7<sup>th</sup> AVE**  
**Grand Rapids, MN 55744**

*All competitors are required to be USBA members in order to participate in races.*

*Membership information for USBA is available at [www.usbiathlon.org](http://www.usbiathlon.org)*

***Registration with check (U.S. Dollars) due by March 10th, 2011.***

*Coaches should also include a team entry form (attached).*

For further race information, contact:

Petra Cervenkova, Race Secretary, [pcervenkova@hotmail.com](mailto:pcervenkova@hotmail.com) 218-999-5046 home, 218-256-8938 cell

Vladimir Cervenka, Chief of Competition, [cervenkv@gmail.com](mailto:cervenkv@gmail.com) , 218-256-8323 cell

Piotr Bednarski, Technical Delegate: [MNbiathlon@aol.com](mailto:MNbiathlon@aol.com), 952/237-0765 cell

Hotel, travel information: [www.visitgrandrapids.com](http://www.visitgrandrapids.com) 218-326-9607, 1-800-355-9740

MN Biathlon [www.minnesotabiathlon.com](http://www.minnesotabiathlon.com)

U.S. Biathlon Association [www.usbiathlon.org](http://www.usbiathlon.org)



**Competitor Entry Form - US Nationals, March 17-20, 2011**  
*Pre-registration with payment due March 10, 2011*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Sex: M / F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_

Phone: \_\_\_\_\_ Birth date: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ USBA #: \_\_\_\_\_

Email: \_\_\_\_\_ Club or Team: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Race:**

- Sprint – Thu., March 17
- Pursuit – Sat., March 19
- Mass Start – Sun., March 20

**Class/Age:**

- |  |  |
|--|--|
| <input type="checkbox"/> Men / open              | <input type="checkbox"/> Women / open              |
| <input type="checkbox"/> Junior men: 19-20 years | <input type="checkbox"/> Junior women: 19-20 years |
| <input type="checkbox"/> Youth men: 17-18 years  | <input type="checkbox"/> Youth women: 17-18 years  |
| <input type="checkbox"/> Boys: 14-16 years       | <input type="checkbox"/> Girls: 14 -16 years       |
| <input type="checkbox"/> Masters Men             | <input type="checkbox"/> Masters Women             |

**Entry Fees:** \$100.00 (U.S. Doll) for 3 races incl. banquet, \$30.00 for 1 race, (\$20.00 banquet ticket)  
*Total amount enclosed: \$ \_\_\_\_\_ U.S. Dollars. Checks payable to: **MINSA.***  
*Please enclose payment with Competitor Entry Form by March 10, 2010.*  
**Mail to: Mt. Itasca Nordic Ski Assn. (MINSAs), 825 SW 7<sup>th</sup> AVE, Grand Rapids, MN 55744**

**WAIVER AND RELEASE OF LIABILITY**

Identification of risk. I, \_\_\_\_\_, know that biathlon, consisting of Nordic skiing and rifle marksmanship, involves risks of serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

Assumption of risk. I agree that I am responsible for my safety while participating in biathlon training and competition. I assume all risks, both known and unknown, connected with my participation.

Waiver. Being aware of the risks and willing to assume them, I waive, release and hold harmless Mount Itasca Nordic Ski Association, Minnesota Biathlon, Biathlon Community Development Programs, United States Biathlon Association, Mount Itasca Ski and Outing, City of Coleraine, their affiliate clubs, volunteers, directors, officers, employees, coaches, sponsors, advertisers, and owners/lessors of used premises from all claims for liability, injury, loss, or damage connected with my participation in biathlon training and competition. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns.

Insurance. I currently have, and agree to maintain through ht time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release anyone from providing it for me.

I have read this agreement carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

\_\_\_\_\_  
 Date \_\_\_\_\_  
 Participant's signature

**For Participants under age 18:**

I consent to the above person's participation in biathlon training and competitions. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

\_\_\_\_\_  
 Date \_\_\_\_\_  
 Parent/guardian's signature



**Team Entry Form (for Coaches)**  
**US Nationals**

March 17- 20, 2011

*Pre-registration with payment due March 10, 2011*

Team: \_\_\_\_\_ Coach: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Location where team will be staying: \_\_\_\_\_

Name (First & Last)	Category	Thursday 3/17 (Y or No)	Saturday 3/19 (Y or No)	Sunday 3/20 (Y or No)

Release: In consideration of the acceptance of this Team, I, for myself and all of the above-listed Team Members, my executers, administrators and assigns, do hereby release and discharge Mt. Itasca Nordic Ski Association, Mt. Itasca Ski and Outing Club, MN Biathlon, U.S. Biathlon Association, Mount Itasca biathlon sponsors, City of Coleraine, MN, and any other sponsors or volunteers from all claims or damages, actions whatsoever in any manner growing out of my participations in said athletic events. I further attest that all of the above-listed Team Members have signed similar release forms covering their participation in all Team events, including these competitions. I attest and verify that I have full knowledge of the risks involved in this event ant that the Team Members are physically fit and sufficiently trained to participate in this event.

\_\_\_\_\_  
 (Coach's signature) Date \_\_\_\_\_