



Virtual North American Biathlon Summer Nationals 2020



We get it.
Nothing comes close to enduring a week of training and sweaty barracks with your teammates.

Or hammering out your first head-to-head roller ski biathlon races of the year.

While we'll miss our traditional summer festival races in Jericho, we hope this virtual competition opportunity brings you a smidge closer to that excitement of national-level competition, the spirit of our community, and sweaty high fives across the finish line. Good luck to all!

The Competition

The competition is to achieve the fastest overall combined time from a 3000m running time trial and an American test executed to completion. A 15 second time penalty will be added to the overall time for each missed target in the American test.

3000m time trial + American test (P,S,P,S)
+ 0:15 seconds per penalty
= **total competition time**

This format allows us to best mimic elements of biathlon competition with standardized, repeatable components that can be completed from any track or range in the county.

U15 athletes will follow a shorter format. All other competition categories will use the format above. The competition categories are: U15, U17, U19 (Youth), Junior, Senior, Open Masters, Grand Masters. See competition rules for details and competition category guidelines.

How it works

1. **Sign up to participate** at www.skireg.com/virtual-biathlon-summer-nationals. You will be sent a link to an online form to submit your results.
2. **Plan sessions between August 3-9th** to complete your competition segments.
3. **Compete! Get a coach, training partner, or friend to time** an American test for you, and head to the track to complete a 3000m time trial. The tests do not need to be completed on the same day.
4. **Submit your run time and your American test results** by August 9th at 4:00pm EDT using the online entry form sent to you.
5. **Results and awards** will be announced on August 10th, and the traditional Jericho **race socks** will be mailed to all North American competitors!

Details on competition format, categories, and instructions are provided below. Please do your best to follow the competition rules! Though we cannot guarantee standard conditions were met for every competition entry, we trust that everyone entering this event will participate in the spirit of a fair and honest competition. Do your best!

Other ways to celebrate biathlon

- All competitors will receive a pair of race socks from “the summer nationals that never was” thanks to the generous spirit of Ethan Allen Biathlon Club.
- Design the socks for this year’s competition in our sock design contest! Submit your designs to Danika Frisbie at dfrisbie@usbiathlon.org by **August 1, 2020** using the template attached to this guide. Socks are produced by Save our Soles knitting in Colorado.
- Share photos of you and/or your teammates competing! Use the hashtags [#usbiathlon](#), [#biathloncanada](#), and [#jericho2020](#).

Attachments:

1. Competition Details and Rules
2. American Test Instructions
3. Sock Design Contest Template

Attachment 1. Competition Details & Rules

COMPETITION CATEGORIES AND FORMATS

Competition Group	U15 (13-14)	U17 (15-16)	Youth (17-18)	Junior (19-21)	Senior (22-35)	Open Masters (35-59)	Grand Masters (60+)
Run distance	1500m	3000m	3000m	3000m	3000m	3000m	3000m
American test format	P+S*+P+S* <i>*prone on standing targets</i>	P+S+P+S					
Penalty per miss	0:15	0:15	0:15	0:15	0:15	0:15	0:15

Your competition group is determined by your age on or before December 31, 2020.

Competitors need to be a member of either U.S. Biathlon or Biathlon Canada to be eligible for awards. International competitors from other nations do not require a membership.

COMPETITION RULES

American Test

- See the attachment for instructions on how to time and score an American test
- You may use multiple mats to complete the test, as long as you fully execute your range procedure between each stage. See instructions.
- Run the American test to time completion, completing all four stages regardless of total misses. Typically this test is only considered completed if you have 3 misses or less. For this competition, you will submit your total time from the test and total number of penalties in your submission form.
- Please write-in the name of your witness in the online submission form.

3000m time trial

- Complete the 3000m run time trial at a running track. It is required to complete this segment on a track. Use whatever surface is available to you (gravel, all-weather surface, etc.).
- A 3000m time trial conducted on a route other than a track (roads, off-road, other trails) will not count towards this competition.

- Please write-in the name of your witness in the online submission form.

COMPETITION RESULTS & AWARDS

Results will be compiled on Sunday, August 9th and posted by 8:00am EDT on Monday, August 10th. The top male and female finisher in each competition category will be announced on social media accounts, and will receive prizes from U.S. Biathlon and its sponsors.

Additionally, male and female “best of” awards will be announced and mailed for the following achievements:

- Fastest overall time for the 3000m
- Fastest overall American test time, with 3 misses or less
- Best finisher for an active coach member of U.S. Biathlon or Biathlon Canada!

Prizes will be mailed to each competition winner the week of August 10th, 2020.

Attachment 2: American Test Instructions

Test Description:

The American Test is biathlon-specific shooting test that measures the speed of all phases of biathlon shooting and an athlete's overall accuracy in a shooting series (i.e. "5-across shooting"). The total time of the test is how long it takes an athlete to shoot 4 stages (prone, standing, prone, standing) on standard biathlon metal targets, executing a full range procedure between each stage.

Typically, the American test is only officially "scored" with a total of 3 misses or less. If an athlete exceeds 3 penalties at any time during the test, the test is technically nullified and they must stop and try again from the beginning.

Running the test in this way emphasizes the importance of hitting the target, and forces the athlete to value each shot in the same way they must in a competition scenario. The penalty cap creates a psychological load that is important to learn how to manage and master in biathlon.

Coaches may choose to use the American test without a penalty cap as a training exercise, for younger development athletes while they are learning the test, or for other competition simulations like Virtual Summer Biathlon Nationals.

Scoring:

- Traditional: Total time to complete four stages (P,S,P,S) with 3 misses or less
- For Virtual Summer Biathlon Nationals 2020: Record total time to complete four stages (P,S,P,S) and record any/all penalties

Set-up:

To run the test, you need to be prepared to quickly clear and change the setting of metal targets between 4 shooting stages. Here are some set-up possibilities for running the test:

- One shooting point per athlete:** Athlete executes 4 stages from the same point; an assistant is required to quickly reset targets between stages.
- Two shooting points per athlete:** Designate one point for prone, one point for standing. Athlete moves between the two mats when switching between prone and standing stages. Assistant still required to reset targets, but less time pressure is involved. This set-up is helpful when assisting multiple athletes at once.
- Four shooting points per athlete:** Pre-set the targets to alternate between prone and standing. Athlete can self-time the test by shooting each stage on a different shooting point, eliminating the need to reset targets between stages.

Instructions:

1. Load four magazines for the test. Ensure that your assistant or range set-up is prepared adequately so you can optimize your performance on the test.
2. Get into the starting position. Rifle is loaded on the back, feet are completely off the shooting mat.
3. Time begins when you step onto the shooting mat for your first prone stage.
4. Shoot your first prone stage as quickly and accurately as possible. Continue to work quickly through the full range procedure, aiming to fully exit the mat as quickly as possible, and immediately return to the shooting mat for the next shooting stage. Transition times are just as important in this test as shooting time. Your helper should reset the targets for you and switch them to standing as you're transitioning.
5. Shoot your first standing stage as quickly and accurately as possible.
6. Repeat each stage in this manner, switching between prone and standing with your helper resetting the targets and keeping score, until you have completed four total shooting stages (P,S,P,S).
7. Time ends when both feet are off the mat and rifle is mounted on the back after the final shooting stage.

Timing/scoring details:**> Start**

Start position: Athlete's feet must be completely off the shooting mat. Sight covers are closed, rifle is on the back. Athlete is in a prepared stance to start taking rifle off the back immediately as soon as test begins.

Start clock: When athlete's foot first touches the shooting mat

> Finish

Finish position: Rifle must be on the back and athlete's feet are off the shooting mat.

Clock ends: When athlete's feet touch ground off the shooting mat after the fourth stage

> Record & submit

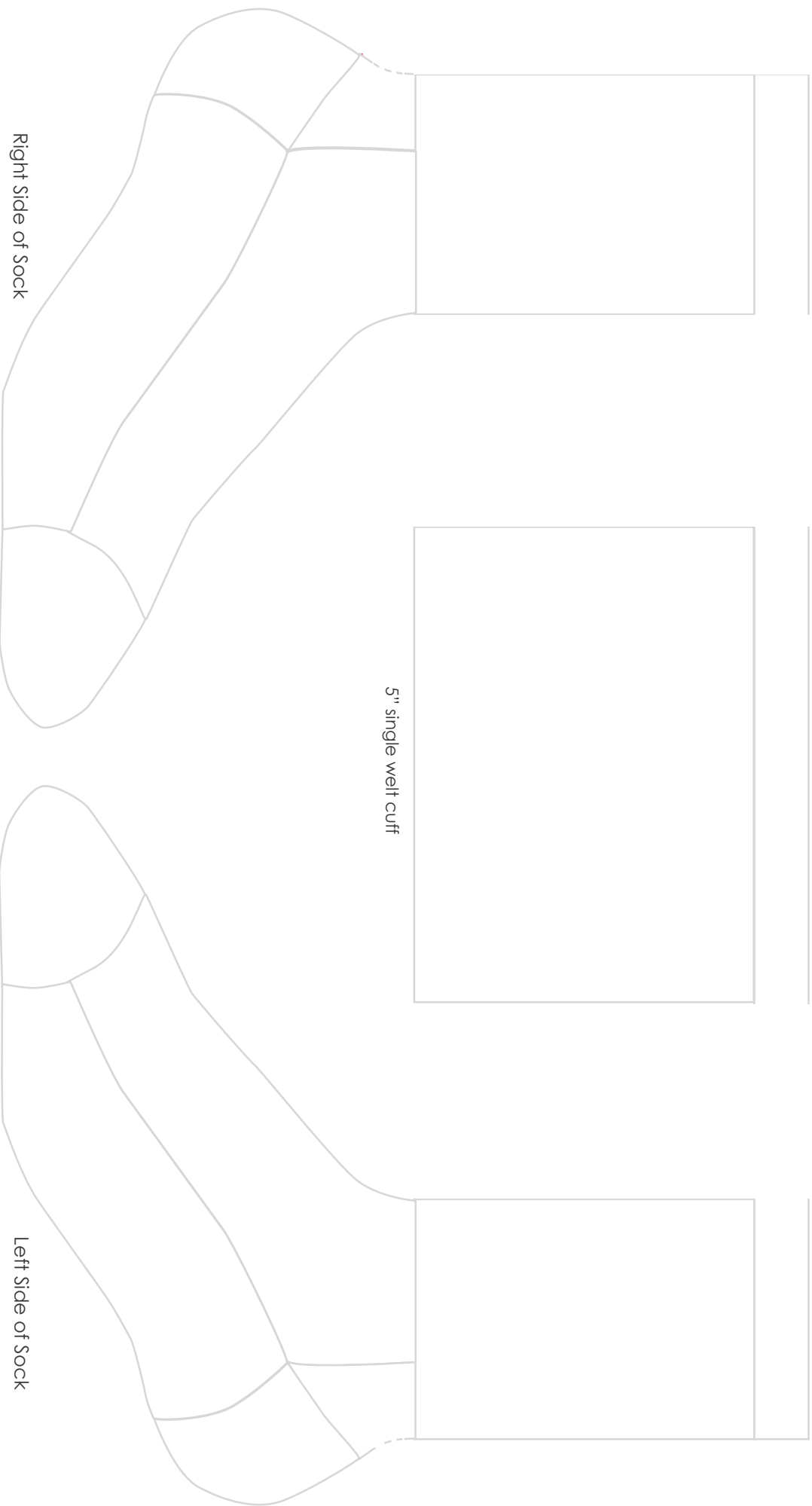
- Total time to completion
- Total penalties

Attachment 3. Sock Design Template

See PDF sock template outline. Please keep in mind that designs will be knitted into the sock (not printed), so simple, repeatable patterns are more likely to be transferred correctly. Please limit design to no more than 5 colors total.

Design entries may be sent to Danika Frisbie by email at dfrisbie@usbiathlon.org in any of the following formats:

- Scanned copy or photo of hand-drawn design (PDF, PNG, JPG, etc.)
- Digital illustrations (.AI or .PSD)



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Please approve for spelling and logo placement. Understand that colors may not appear true to color on the monitor and should be checked with a Pantone guide for accuracy. As socks are a knit product, colors may vary slightly or have slight modifications due to the backing yarn. Save Our Soles is not responsible for replacing incorrect socks due to an oversight of color or design by the client.