



## OISRA Southern League 5.5 km Classic Race

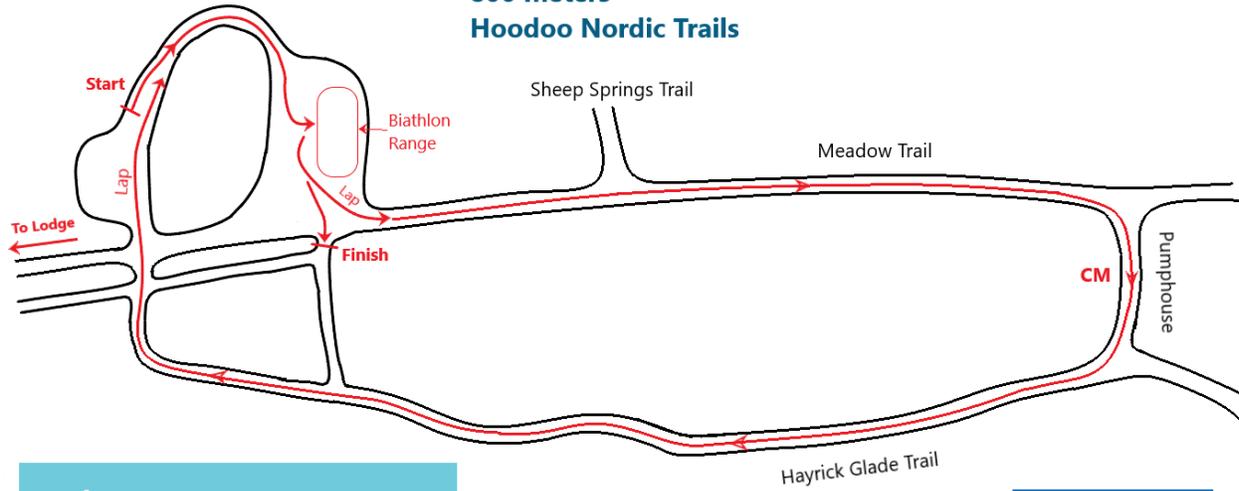


**Vertical Gain 250'**  
**1-9 Course Monitors**  
**LC Lap Checkers**

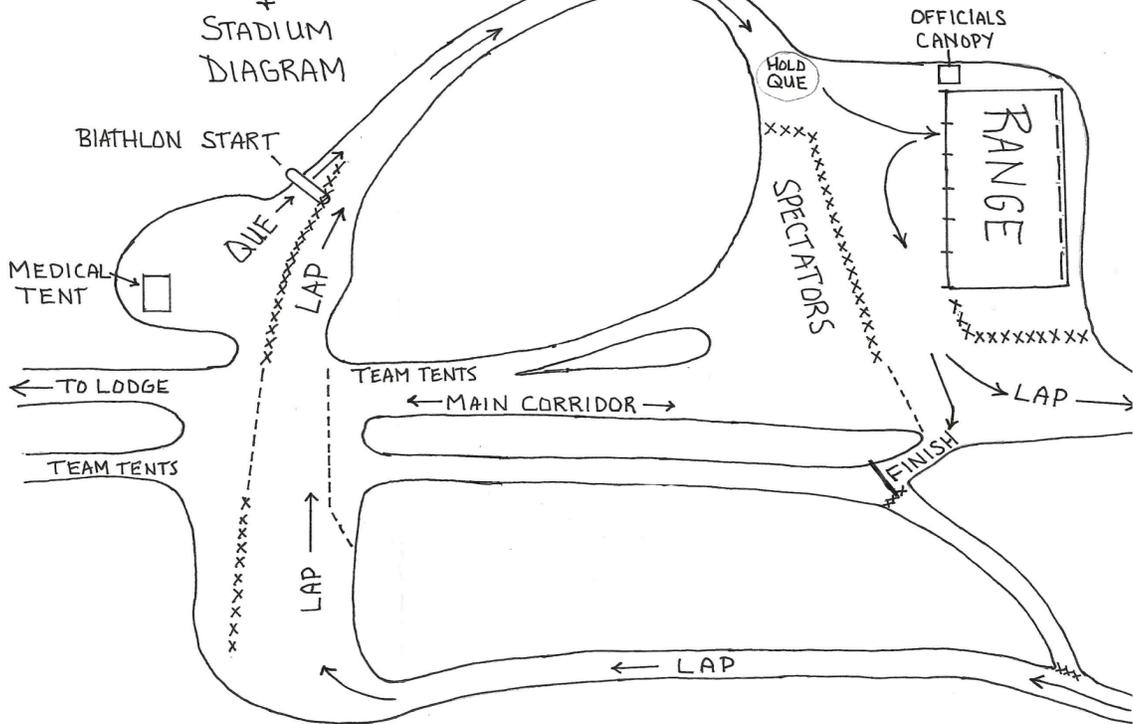
*Guy Mattioda Memorial*



**OISRAN Biathlon Course**  
**800 meters**  
**Hoodoo Nordic Trails**



**HOODOO BIATHLON + STADIUM DIAGRAM**



# OISRAN Paintball Biathlon Overview and Safety Protocol

The paintball biathlon event layout consists of a range and a 1K loop and the race is run in a clockwise manner. The start is approximately 100 meters before the range and the finish is directly after the range. The sequence of the racer's tasks is start, shoot, lap, shoot, lap, shoot, finish. The three range shooting stops are interlaced with two race laps in between. This sequence is important to emphasize as there have been many instances of a racer skiing an unnecessary third lap. Race start is a 30 second interval with seeding fastest to slowest.

The biathlon range consists of seven numbered shooting stations. Each station is typically 10' wide and 30' from the shooting line to the target board. Each target board is comprised of five 8" circle targets to be shot from left to right, one attempt at each target. Any paintball marking within the 8" circle constitutes a hit. At the shooting end of the station is a 4'x4' platform for the racer to stand on. On the left side of the platform there is a PVC stand that the marker rests in when not in use. Our paintball guns are identified as Markers.

Each station is identified by its number (1-7) as well as the Marker Assistant (MA) assigned to it. The MA will provide assistance as needed. As a racer enters the range stadium, they will be directed to a specific station (1-7). This improves efficiency of flow and station use equality. Racers can use any position desired to shoot from; standing, kneeling, laying etc. Each station has an independent Target Scorer that will record each shooting event score by bib number. Each recorded hit is a 10 second race time deduction.

Each station also has a Target Cleaner (TC). The TC is positioned behind the target boards during shooting and cleans after shooting with a squeegee and liquid solution (window washer fluid and water). They are required to wear helmets and goggles. TC are typically the student athletes. Racers seeded towards the end of the race take the role at the beginning of the race and the early finishers spell them.

The final component of the range is the Wait Queue. During the middle third of the race, the number of racers on the course reaches maximum density. Depending on the density and the turnover of shooting range, too many racers can arrive at the range than can be accommodated. The Wait Queue crew will hold the racer(s) until a station is ready. The duration that the racer is held is timed, recorded and deducted from their overall race time.

A summary of specific biathlon range protocol follows:

1. Safety is #1. Marker shall only be pointed down range or straight up. Never turn sideways with the marker in your hands. The marker will follow your turn which is a very unsafe maneuver.
2. It is hoped that racers can pick up the marker from the stand and return it without assistance; however, Marker Assistants are ready to help as needed. It is understood that most participants will have little experience in handling markers in this environment.
3. The marker safety button should be in the on position when sitting in the holder. One should push the safety button off only after picking up the marker and properly securing in your grip and are ready to shoot.
4. It is best to pick up the marker by the handle on top of it with your non dominant hand and then transfer the pistol grip to your dominant hand (right hand for most). This maneuver will efficiently get control of the marker with the proper hand on the grip.
5. Ensure the target cleaner is not in harm's way. Again, only when ready to shoot should the safety be taken off. To aim, line up the round front sight between the rear sight forks.
6. After shooting at the last target, push safety button back on. Safely return the marker to the stand. Unfortunately, markers have been damaged in the past as participants have recklessly put the marker down in their haste to leave the station. Participants dropping markers due to reckless and hurried behavior will be assessed a time penalty.
7. Occasionally markers will malfunction. When this happens, The Marker Assistant should immediately notify the personnel at the "hold que" so that they can record the racer's lost time due to the malfunction. Range officials will have a spare marker available to minimize time impact of the malfunction.