



International Military Sports Council
8th Baltic Military Winter Games 2022
15th-18th February, Vilnius/Ignalina/Elektrenai, Lithuania



Wednesday- February 16th, 2022

Unofficial Trainings:
Cross-country skiing
Biathlon (without shooting)
Cross-country run

Thursday- February 17th, 2022

9.15	Biathlon zeroing		
10.00	Biathlon /solders (individual discipline)	women 4.5 km., men 6 km.	12 V + 6 M
10.30	Biathlon /young guards (individual discipline))	girls 3 km., boys 3 km.	9 B + 9 M
11.00	Cross-country skiing/ solders (individual discipline)	women 3 km., men 6 km.	12 V + 6 M
11.30	Cross-country skiing/ young guards (individual discipline)	girls 2 km., boys 3 km.	9 B + 9 M
12.00	Cross-country running/ solders (individual discipline)	women 4 km., men 6 km.	12 V + 6 M
13.00	Awarding ceremony Cross-country/ Biathlon	Ignalina	Viso 90 dal.

Friday- February 18th, 2022

9.45	Biathlon zeroing		
10.30	Biathlon/ young guards (mix team sprint)	girls 2 x 1 km., boys 2 x 1 km	6 kom. 12 dalyvių
11.15	Cross-country skiing/young guards (mix team sprint)	girls 2 x 1 km., boys 2 x 1 km	6 kom. 12 dalyvių
12.00	Mix Team sprint relay (solders) 1 st leg Skiing (1 M + 1 W + 1 M) 2 nd leg Biathlon (1 M + 1 W) 3 rd leg Running (1 M + 1 W + 1 M)	1 st leg Men 2 km. + Women 1 km + Men 2 km 2 nd leg Biathlon Men 3 km. + women 1.5 3 rd leg Running Men 2 km. + Women 1 km + Men 2 km	6 kom. 48 dalyviai
14.00	Closing and awarding ceremony (banquet)	Ignalina	
15.00-	Departure of missions		

PS Depending on the snow cover, the length of the track may vary slightly.



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BIATHLON

Place – Biathlon shooting range – Ignalina, Lithuanian winter sports centre

Composition of Team:

Solders: - 4 men athletes
 - 2 women athletes
Young guards: - 3 boys Elder group
 - 3 girls Elder group

Individual competition:

Soldiers: women 4.5 km., men 6 km.
Young guards: girls 3 km., boys 3 km.

Young guards use only prone shooting position. Solders after first lap use prone shooting position, after second lap- standing shooting position. Competitors must use small caliber weapons (biathlon rifle).

Penalties for missed targets for soldiers- 150 m. penalty lap, for young guards- 75 m., which has to be done immediately after shooting.

Start is done with one competitor at a time with 1 minute interval. The winner is that participant, who got the best result.

Mix team sprint competition:

Young guards: girls 2 x 1 km., boys 2 x 1 km.

Team consists of 2 participants (omen/men, girls/boys). Each participant country can announce 2 teams to participate in mix team competition.

Start - mass start. Mixed team sprint competition will start by girls. After first and third 1 km. laps, competitors have to do shooting in prone (5 shots), after second lap shooting position - standing. Young guards use only prone shooting position. Each team assigned in the mass start shooting by start numbers and counting the numbers of missed targets and then skiing the correct number of penalty laps- 75 m. After completing their part, team members tag the next member to start them on their way.

Each country is responsible and provides their team with biathlon weapons and ammunition.

CROSS-COUNTRY SKIING

Place – Biathlon shooting range – Ignalina, Lithuanian winter sports centre

Composition of Team:

Solders: - 4 men athletes
 - 2 women athletes
Young guards: - 3 boys Younger group
 - 3 girls Younger group



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Individual competition (sprint):

Soldiers: women 3 km., men 6 km.

Young guards: girls 3 km., boys 3 km.

Participants are allowed to use freestyle or classic skiing style. Start is done with one competitor at a time with 30 second interval. The winner is that participant, who got the best result.

Mix team sprint competition:

Young guards: girls 2 x 1 km., boys 2 x 1 km.

Team consists of 2 participants (girls/boys). Each participant country can announce 3 teams to participate in mix team sprint competition.

Start - mass start. Mixed team competition will start by girls. All competitors are switching, by tagging the next member to start them on their way.

CROSS-COUNTRY RUNNING

Place – Biathlon shooting range – Ignalina, Lithuanian winter sports centre

Composition of Team:

Soldiers: - 4 men athletes
 - 2 women athletes

Individual competition (sprint):

Soldiers: women 4 km., men 6 km.

Start is done with one competitor at a time with 30 second interval. The winner is that participant, who got the best result. The same 2 km track as in skiing or near.

MIX TEAM SPRINT RELAY (Skiing, biathlon, running)

Place – Biathlon shooting range – Ignalina, Lithuanian winter sports centre

Composition of Team:

Soldiers: - 2 men and 1 women skiing
 - 1 men and 1 women biathlon
 - 2 men and 1 women running

Mix team sprint relay competition:

1 st leg Skiing	Men 2 km. + Women 1 km + Men 2 km
2 nd leg Biathlon	Men 3 km. + women 1.5 km
3 rd leg Running	Men 2 km. + Women 1 km + Men 2 km



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Team consists of 8 participants (5 men/3 women). Each participant country can announce 2 teams to participate in team relay competition. The same athlete can participate at different legs.

Start - mass start. Mixed team relay competition will start by cross country skiing men. For biathlon stage after first 1 km. (0,5 km women) laps, competitors have to do shooting in prone (5 shots), after second lap shooting position - standing. Each team assigned in the mass start shooting by start numbers and counting the numbers of missed targets and then skiing the correct number of penalty laps- 75 m. After completing their part, team members tag the next member to start them on their way. Running course the same like skiing.

Each country is responsible and provides their team with biathlon weapons and ammunition.

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