

Discover Laser Run School Series 2019

After a successful inclusion into the School Games Finals 2018 held at Loughborough University, the Discover Laser Run School Series returns for another year, with the ambition to grow and reach out to new athletes. With the School Games finals moving to a Bi-annual event, Pentathlon GB will host its own Discover Laser Run School Series final on the 1st September at Tudor Grange Sports Centre, Solihull, with the event to be included in the finals at Loughborough University in 2020.

Laser Run is the exhilarating finale to the Olympic sport of Modern Pentathlon with athletes required to alternate between shooting a laser pistol and running in a fast-paced and action-packed race to the finish line.

This last phase of the Olympic Sport of Modern Pentathlon has now been adapted to form a stand-alone

Laser Run competition suitable for all levels/abilities of competitors.

Kit Required

- Comfortable running attire (shorts, leggings, or tracksuit bottoms with a t-shirt or vest & trainers)
- Pistols will be available and can be borrowed at training taster sessions or a competition.

Laser Run explained

1. Athletes start together with a short run into the shooting range and their allocated shooting bay.
2. Using a laser pistol, athletes shoot at their designated target as many times as it takes to register 5 successful hits. Each successful hit is represented by a green light.
3. After 5 successful hits or 50 seconds (whichever comes first), runners can leave the range and begin their first run before returning to the same range, bay and pistol for their next shoot.

After their final shoot, competitors complete their last running loop before crossing the finish line

Class	Scottish School Age	Running Sequence	Total Distance	Shooting Sequences	Distance to Target
Years 5 and 6	P5, p6 & (p7'S with Birthdays after 31 August 2007)	2 x 400m	800m	2x5 hits	5m
Years 7 and 8	P7, S1 &(S2 with Birthdays after 31 August 2005)	3 x 400m	1200m	3 x 5 hits	5m
Years 9 and 10	S2, S3 &(S4 with Birthdays after 31 August 2003)	3 x 400m	1200m	3 x 5 hits	5m
Year 11 - Adults	Any age	4 x 400m	1600m	4x 5 hits	TBC

There will be two qualifiers in Scotland this year. One in Aberdeen on Saturday 13 April and one in Stirling on Sunday 9 June.

This year there will be no on line entries and the cost of entering is £5 per athlete. Heats and timetables will be issued by 6 April. It is expected that the event will run from 2-6pm. Pistols can be borrowed on the day and there will be a practice session before for any athletes with limited experience. Depending on numbers will depend if the races are run as a double class or individually. **NO LATE ENTRIES WILL BE ACCEPTED. ENTRY FORMS TO BE EMAILED TO - N.CRAWFORD@ALBYNSCHOOL.CO.UK**
CLOSING DATE FRIDAY 29 MARCH