



SCOTTISH SALTIRE MPC BIATHLON (Swim/Run)

SUNDAY 28th Nov 2010

International School of Aberdeen
North Deeside Road, Aberdeen, AB15 9PN
FINAL CLOSING DATE FOR ENTRIES **Tues 23rd Nov**

Entry Fee : £5 (Pentathlon GB Members)
£10 (Non-Pentathlon GB Members – includes full year membership)

COMPETITION INFORMATION

- The Pentathlon GB 2010 rule book for Biathlon will apply.
- Entry is open to all age categories. See detail below for age group and points table.
- Entry fee is £5 for Pentathlon GB members. For insurance purposes entry fee for non members is £10 which includes membership of Pentathlon GB. See www.pentathlongb.org for membership benefits.
- The Biathlon will include a **team competition** for groups of 3 athletes competing in the same class and age category from any school or recognised sports club.
- Schools or Clubs with multiple entries must be able to nominate at least one official. This is essential as no part of the competition can be started without the full number of officials as required by the risk assessment for the event.
- The swim will take place before the run starting at 1000. The run will be finished by 1200 with presentations soon after the completion of the run.
- Final instructions with heat times will be available on www.scottishsaltirespentathlon.com
- Entries to Trish Prise, Forest Lodge, East Brotherfield, Kingswells, ABERDEEN AB15 8QN
- Awards - 1st – 6th individually (all age groups), 1st to 3rd teams
- Enquiries to trishprise@aol.com

ENTRY FORMS SEE NEXT PAGE

AGE GROUPS AND SCORING – Ages as at 31st December 2010

SWIM

Masters Men Over 35	MM	100m in 1 min 25 secs = 1000pts ± 8pts per 0.33 sec
Masters Women Over 35	MW	100m in 1 min 30 secs = 1000pts ± 8pts per 0.33 sec
Senior Men Over 21	SM	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Senior Women Over 21	SW	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Junior Men 19 to 21	JM	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Junior Women 19 to 21	JW	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths A Boys 17 to 18	YAB	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths A Girls 17 to 18	YAG	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths B Boys 15 to 16	YBB	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths B Girls 15 to 16	YBG	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths C Boys 13 to 14	YCB	100m in 1 min 14 secs = 1000pts ± 8pts per 0.33 sec
Youths C Girls 13 to 14	YCG	100m in 1 min 14 secs = 1000pts ± 8pts per 0.33 sec
Youths D Boys 11 to 12	YDB	50m in 35 secs = 1000pts ± 12pts per 0.33 sec
Youths D Girls 11 to 12	YDG	50m in 35 secs = 1000pts ± 12pts per 0.33 sec
Youths E Boys/Girls 10 years	YEB/YEG	50m in 40 secs = 1000pts ± 12pts per 0.33 sec

RUN

Masters Men Over 35	MM	1500m in 6 min = 1000pts ± 3pts per 0.5 sec
Masters Women Over 35	MW	1000m in 4 min = 1000pts ± 4pts per 0.5 sec
Senior Men Over 21	SM	1500m in 5 min = 1000pts ± 3pts per 0.5 sec
Senior Women Over 21	SW	1500m in 5 min 30 sec = 1000pts ± 3pts per 0.5 sec
Junior Men 19 to 21	JM	1500m in 5 min = 1000pts ± 3pts per 0.5 sec
Junior Women 19 to 21	JW	1500m in 5 min 30 sec = 1000pts ± 3pts per 0.5 sec
Youths A Boys 17 to 18	YAB	1500m in 5 min = 1000pts ± 3pts per 0.5 sec
Youths A Girls 17 to 18	YAG	1500m in 5 min 30 sec = 1000pts ± 3pts per 0.5 sec
Youths B Boys 15 to 16	YBB	1500m in 5 min 5 sec = 1000pts ± 3pts per 0.5 sec
Youths B Girls 15 to 16	YBG	1500m in 5 min 30sec = 1000pts ± 3pts per 0.5 sec
Youths C Boys 13 to 14	YCB	1500m in 5 min 30 sec = 1000pts ± 3pts per 0.5 sec
Youths C Girls 13 to 14	YCG	1500m in 5 min 45 sec = 1000pts ± 3pts per 0.5 sec
Youths D Boys 11 to 12	YDB	1000m in 3 min 40 sec = 1000pts ± 4pts per 0.5 sec
Youths D Girls 11 to 12	YDG	1000m in 3 min 50 sec = 1000pts ± 4pts per 0.5 sec
Youths E Boys/Girls 10 years	YEB/YEG	500m in 1 min 50 secs = 1000pts ± 6pts per 0.33 sec



SSMPC Biathlon
28 Nov 2010
International School of Aberdeen

Competitor Entry Details

Name

Address

Post Code

Home Tel No

Mobile No

Email Address

Nationality

Estimated Run Time (if known)

Estimated Swim Time (if known)

Age Category – see over

Pentathlon GB Member (Y/N)

Entry Fee Paid (£5 Pent GB members,
£10 non-members)

Team Competition – Team Name and
list of team members
Note: Individual entry required for each
competitor

Team Name -
1.
2.
3.

Scottish Saltires MPC is affiliated to Pentathlon GB. All competitors/members are required to sign up to the following agreement:

I apply to enter the SSMPC Biathlon on 28 Nov with Pentathlon GB membership. I agree to be bound by the relevant Rules. Everyone attending any event or activity held under the Rules of Association (or any affiliated body) must take positive care for their own and other's safety and guard and insure against the inherent risks of participation or attendance, including the risks of bodily injury and damage to property.

Signed

(Signature of parent or guardian if member is under 18)

Date