

Scottish Saltires Modern Pentathlon Club Biathlon

Sunday – 29 September 2019

Registration (Aberdeen Sports Village Swimming Pool Foyer, up stairs)

Class	Registration Opens
All	40minutes prior to your swim warm-up

PLEASE NOTE; GENDERS AND AGE CATEGORIES RUNNING AND SWIMMING THE SAME DISTANCES MAY BE IN A MIXED GENDER OR/AND AGE HEAT. YOUR POINTS/TIMES, HOWEVER, ONLY COUNT FOR YOUR AGE AND GENDER CATEGORY.

Swimming (Aberdeen Sports Village – 25m x 10 lane Swimming Pool)

Class	Heats	Warm up	Start
U9,U10, U11, U12 Girls & Boys	1 to 10	10.30	10.40
U13, U14, U15, U16, U17, U19 Girls & Boys	11 to 22	11.10	11.20

Running Aberdeen Sports Village – (400m Track)

Class	Heat/s	Report	Start
U9 Girls and Boys	1 & 2	12.00	12.15
U10 Boys & Girls U11 Girls	3 & 4	12.10	12.25
U11 Boys	5	12.26	12.41
U12 Boys & Girls,	6 & 7	12.34	12.49
U13 Boys & Girls	8 & 9	12.50	13.05
U14 Boys & Girls, Some U15 Girls	10 & 11	13.10	13.25
U15,U16 Boys, Remaining U15 Girls	12 to 13	13.30	13.45
U17 U19 Boys and Girls	14 to 15	13.55	14.05

Presentations (Aberdeen Sports Village Indoor Track)

	Approximate Start
U9, U10, U11, U12 Girls & Boys,	30 Mins After Run Heat 7 Finishes
All other Classes	30 Mins After Run Heat 15 Finishes

We are going to need assistance on the swim and the run from those willing to give up some of their precious time to help the event run smoothly. We will be asking for volunteers **via email and** at registration so please don't be shy as we can't run the event without your help.

Results will be produced on the day and will be available on the Pentathlon GB website as soon as possible after the event. Scores will automatically be added to the rankings lists for both the British Schools (March 2020) and the Modern Biathlon Championships (Nov 2019)

The rankings list will be posted on PGB web site in December for the British Schools' Modern Biathlon Championships. All queries re champs have to be with PGB.

Please check the Pentathlon GB website www.pentathlongb.org to see if you have qualified.

Notes for Competitors:

This competition will be run in accordance with the 2019 Pentathlon GB Rules for Modern Biathlon which are available from the resources page of the Pentathlon GB website – <https://www.pentathlongb.org/pentathlongb/resources.php?tab=rules>

Please ensure that you make yourselves familiar with the Rules before competing as it is distressing for everybody should the rules be contravened and a penalty applied.

In order that this event can run to time please be ready for your class 15 minutes prior to the advertised start time so no delays are incurred. We have a record number entered!

Whilst we will do our best to get results out within 30 minutes of the finish of each event, please be patient – the stats team are only human!

If you or your parents wish to take photographs it will be necessary to complete a form at the registration desk. **No Photographs in the pool area.**

Do not leave bags unattended and do not occupy the area where results are displayed.

Competitors are requested to not to loiter in the run and swim changing areas, to be discreet and respect the privacy of others.

Please keep to designated competition areas.

Parking:

Aberdeen Sports Village has parking at both the swimming pool and track sides. There is also free street parking.

Registration:

Please arrive at the time specified on the timetable.

Please look at the board and find your number as its much easier to find you on the list if you know your number.

Swim:

The swimwear (swimsuit, cap and goggles) of all competitors in all competitions shall be in accordance with the FINA General Rules and Bylaws on swimwear, in force on the date of the competition.

Please remove all outdoor footwear before entering the changing rooms or swimming pool if conditions are wet.

Run:

Run numbers will be issued at Registration. **Please bring 4 safety pins** per competitor (spares will be available at registration).

Refreshments:

There are two cafes at the Aberdeen Sports Village.

Withdrawals:

If illness or injury prevents you from being able to compete, please let Trish Prise know by text on 07761 989607 as soon as possible.

Taster Sessions:

Pentathlon consists of the diverse disciplines of running and swimming, but also shooting, fencing and riding. At the competition, there will be taster laser shooting session between 12.15 and 14.15 plus information about how athletes can get involved in pentathlon.

If you are interested in finding out more or trying shooting or fencing please register your interest at the registration desk or email trishprise@aol.com.

. Distances:

Under 9, run 400m, swim 25m

Under 10, Under 11, Under 12 athletes run 800m & swim 50m

Under 13, Under 14 athletes run 1600m and swim 100m

Under 15, Under 16, Under 17 & Under 19 athletes run 1600 and swim 200m

Age:

Age is taken from your age on 31st December 2019. So, for example, if you are 9 on the day of the event, but 10 before 31st December, you will be in the U11 age category.