Canadian Pony Club



NATIONAL TETRATHLON RULES

TETRATHLON HANDBOOK A guide to running Tetrathlon. Changes for 2019 are highlighted in yellow.



National Tetrathlon Rules

2019

Loyalty

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1 OBJECTIVE OF TETRATHLON

The object of Tetrathlon is to encourage, promote and develop a Pony Club member's interest in horses and horsemanship by combining her/his riding with other athletic activities. Tetrathlon provides the Pony Club with a challenging competition requiring sound practical horsemanship, general athletic ability and sportsmanship.

2 FORWARD

The Tetrathlon Rules that follow are based on the Rules of Pentathlon Canada, which are those used by Union International de Pentathlon Moderne (UIPM) for Olympic and International Modern Pentathlon Competitions.

The Olympic Modern Pentathlon consists of five phases: Riding, Fencing, Shooting, Swimming and Running. Points are awarded for performance in each of the events and the winner is the one who amasses the greatest number of points after the five phases.

The Pony Club competition excludes the Fencing phase, hence the name Tetrathlon. The Rules for the other phases have been changed or modified to suit our Pony Club needs. These Rules are outlined in the appropriate sections that follow.

Riding - Competitors ride a cross-country and a stadium jumping course or a combination thereof, following Equestrian Canada (EC) Eventing Rules (Section D) except where stated. These rules are mandatory at National Championships. The rules covering falls and refusals must be followed at all Branch and Regional Competitions as well.

For all other phases of Tetrathlon, CPC has received permission from both Pentathlon Canada and UIPM to use their rules for situations not covered in these rules.

Although the full Tetrathlon can be completed in one day, it is very tiring for both the competitors and officials, and of course, it cannot produce the best results. It may be easier for the organizer to hold the riding phases on one day and the run, swim and shoot on a separate day.

It is important for Organizers not to lose sight of the objectives of this type of competition from the Pony Club point of view. Pressures are bound to be put on them to reduce the importance of the Riding phase in one way or another. These must be resisted.

If athletes join the Pony Club to learn their riding for this type of competition, it is fine provided it is remembered that their interest in horses should not stop at only what is required in the Riding phase. They should be encouraged to take part in the other Pony Club activities and to improve their knowledge of the horse and their all-round riding ability.



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3 SCOPE OF THE RULES

- 3.1 These rules are to be used for all Canadian Pony Club Tetrathlon Championships. This includes all Canadian International, National, Eastern, Western and Zone Tetrathlon Championships.
- 3.2 These rules are optional for Regional and Branch Tetrathlon Competitions. They may act as guidelines for Branch competitions. However, the rules regarding falls and refusals must be followed at all competitions.
- 3.3 Where it is necessary to enforce local rules (ie: additional or alternate rules not included in these rules), these must be clearly posted and announced to the competitors as part of the second official announcement for the competition. They shall not contradict these rules.
- 3.4 All organizers and officials must be familiar with the Canadian Pony Club Risk Management Guide.
- 3.5 Stable Management will be a component of Tetrathlon at the national level and is encouraged to be included at the regional and branch levels.

4 FORM OF THE COMPETITION

- 4.1 The National tetrathlon Championships will be an individual competition.
- 4.2 The competition will consist of four parts: Pistol shooting, Swimming, Riding, and Running.

5 DIVISIONS OFFERED AT NATIONAL EVENTS

- 5.1 All Senior competitors must have attained a full "C" standard level (test level 4) and be riding competently at the EC Training level with a max height of 1m or 3'3".
- 5.2 All Junior Division competitors at a National Competition must have attained a 'D2' Standard level (test Level 3) and be riding competently at a minimum of the E.C. Entry level with a maximum fence height of 0.85m (2'9").
- 5.3 Senior Women: female competitors 15 to 24 years of age prior to January 1 of the current year.
- 5.4 Junior Women: female competitors 12 to 14 years of age prior to January 1 of the current year
- 5.5 Senior Men: male competitors 15 to 24 years of age prior to January 1 of the current year
- 5.6 Junior Men: male competitors 13 to 14 years of age prior to January 1 of the current year



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6 ADDITIONAL DIVISIONS THAT MAY BE OFFERED AT REGIONAL EVENTS

- 6.1 All competitors at Novice Division at a Regional Competition must have attained at least the 'D' Standard level (test Level 1).
- 6.2 Novice women: female competitors are 11 years and under prior to January of the current year
- 6.3 Novice male: male competitors are 11 years and under prior to January of the current year
- 6.4 Tadpole: Novice competitor 8 years and under prior to January of the current year
- 6.5 Green Junior: First year as a junior competitor
- 6.6 Green Senior: First year as a senior competitor
- 6.7 Intermediate (similar to Green Junior and Green Senior combined)

7 INTERNATIONAL TETRATHLON

- 7.1 Members interested in applying to compete may put forward an application and depending on the hosting country there may be an option for individuals to compete.
- 7.2 Teams selected for international competition shall consist of a maximum of four women, for men and a coach and team manager.
- 7.3 The selection committee will generally be comprised of the National Tetrathlon Chair, plus up to 4 Regional Tetrathlon chairs (who do not have candidates/coaches/team managers) or other knowledgeable Tetrathlon people.
- 7.4 The Coach and/or team manager will comply with the CPC policies and regulations.
- 7.5 Competitors applying for International Competition must have obtained a full C2' Standard level and be riding competently at the E.C. Training level and provide results from 3 competitions of riding at the level of the international competition such as preliminary.



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8 ENTRIES FOR NATIONAL COMPETITION

- 8.1 The Regional Tetrathlon Chair or committee must approve the members chosen to represent their Region at National competitions. Entry forms must be signed by the District Commissioner, Regional Tetrathlon Chair and by a Riding Instructor who has seen the proposed competitor(s) riding over fences. Only applications sent in by the Regional Tetrathlon Chairperson will be accepted. Applications sent in by branches or individuals will not be accepted.
- 8.2 A cheque for all entry fees should accompany the forms.
- 8.3 Original applications and original supporting documentation must be mailed by Canada Post, postmarked by the established date or sent by Courier and dated by the established deadline, unless the region allows email/faxed copies. Applications may be e-mailed or faxed for notification purposes only but will not be considered as the "official" application until funds are received.
- 8.4 All team managers/chaperones and coaches must be approved by their regional chair.
- 8.5 Only Regions and members in good standing will be accepted.
- 8.6 The organizing committee may also, with permission from the National Tetrathlon Chair, invite other countries to compete.
- 8.7 After closing date of entries, no substitutions of competitors (horses for regional) may be made except in the case of illness, lameness or other unavoidable circumstances. Late substitutions must be approved by the Regional Tetrathlon Chair or District Commissioner who must inform the National Organizer in a timely manner.
- 8.8 Competitors may compete in any age division above their own, but not in one below their own division. A participant may not compete in more than one division at a competition, nor will she/he switch divisions during the course of a competition.
- 8.9 To encourage participation and safety at Regional Competitions, provision may be made for competitors to ride at their own level of competence.
- 8.10 All competitors must have a properly completed Acceptance of Risk form on file with their Region or the National Office.
- 8.11 As a guideline, competitors selected to compete at a national competition should be capable of attaining a minimum of 3200 points at their Regional Championship or at a previous Regional Competition or Clinic in their current division. Please note that this is a guideline only and is not meant to exclude capable athletes.



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8.12 At the regional or branch level any competitor from the host region and adjacent Region(s) must, as a condition of entry, agree to share their mount with a suitable visiting competitor at their respective level. (To assist the organizer, the mount owner may indicate to the organizer that their mount can be used at a higher level or go more than the normal required times, if necessary, to run a competitive and fair event.) It is the responsibility of the competitor supplying a horse to ensure the horse is in top physical shape and can compete safely over the cross-country/stadium course at the specified level, i.e. Junior or Senior. At the national level, no competitors will ride their own horse.

9 HORSES

- 9.1 All horses must be at least five (5) years old.
- 9.2 No stallions are allowed.
- 9.3 It is recommended that horses used at National Tetrathlon Championships have been regularly ridden by a member of the Canadian Pony Club. A horse may be shared by two competitors. A pool of satisfactory horses must be provided by the Organizers for all competitors in a National competition (see rule 8.12). Where it is necessary for a horse to be used by more than two riders, the third ride must be on a separate day. The owner of the horse must have current PSO status.
- 9.4 At the National Championships, it is the organizers' responsibility to ensure that there are enough suitable horses for each level of competition. The organizer/committee therefore has the authority to seek out other suitable horses to ensure a safe and fair event for all participants.
- 9.5 All rider names and horse names will be entered a draw and no rider may ride their own horse at a National competition. Upon recommendation of the horse selection committee of 3 knowledgeable unbiased horse people appointed by the organizer, a rider and horse switch may occur for the competition for lameness or safety reasons. No penalty will apply.
- 9.6 A penalty of 250 points will apply if a rider requests a change of horse. All horses must be inspected by the horse selection committee between arrival and the first mounted event. It is strongly recommended that a veterinarian be in attendance during the Cross Country and Stadium Phases of the riding portion. If this is not possible, CPC is requiring that an equine first aid attendant is on site, with a Vet on call. The equine first aid attendant must have no other official responsibilities at the event. The Ground Jury or a veterinarian will inspect horses before stadium jumping. Only those horses which pass inspections may continue to compete.



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10 AWARDS

- 10.1 Overall Championships: A championship Rosette shall be awarded to each Division (Senior women, Senior men, Junior women, Junior men). Rosettes shall be awarded to the first eight places (Medals or Trophies may be awarded to the first three places, with Rosettes up to 8th place).
- 10.2 It is recommended that at the regional level Ribbons shall be given to the first six places for division winners of each tetrathlon phase (shooting, swimming, riding, and running). If the number of competitors exceeds 15 in any phase, ribbons shall be given to the first eight places. At the national level no ribbons will be given for each phase.

11 OFFICIALS

11.1 GENERAL

11.1.1 All regions are required to have an official on site with EC TD or CPC ATD qualifications for any riding phases that include a cross country riding portion or jumping over natural obstacles at all Regional or National competitions. The TD may be of any EC level. The Canadian Pony Club strongly recommends that certified officials be used whenever possible.

11.2 THE ORGANIZER

11.2.1 The organizer is the person responsible for the overall management of the competition. If a competition is being sponsored by a Region, committee or club, one individual should be designated as the organizer and that individual should be responsible for answering all questions about the management of the competition.

11.3 SAFETY OFFICER

11.3.1 The organizer must appoint a Safety Officer as defined in the Canadian Pony Club Risk Management Guide. This person will prepare, distribute and implement a safety plan AND coordinate emergency responses during a competition. This person is not a medical officer and should not participate directly in providing emergency care, but rather should arrange for and facilitate the response by appropriate personnel and then record and document any incidents(s). This person should not be assigned to any other function pertaining to the hosting of the competition.



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11.4 CHIEF STEWARD

11.4.1 A Chief Steward shall be appointed by the Organizer. She/he shall be present throughout the Competition to ensure that it is conducted in accordance with the Rules, and that the correct results are produced from each phase. She/he shall be responsible for inspecting the courses before they are shown to the competitors. This should be done in conjunction with the Technical Chair of each respective phase. She/he is authorized to insist on alterations if, in her/his opinion, a course does not fall within the limits laid down in the Rules or is unsuitable for Competition.

11.5 CHIEF SCORER

11.5.1 There should be a Chief Scorer for the entire Competition. She/he shall, with her/his assistants, be responsible for receiving results for each phase and keeping accumulated records and totals posted throughout the Competition.

11.6 TECHNICAL CHAIR

11.6.1 The organizer shall appoint a Technical Chair for each of the four phases of the competition. This person must be qualified with extensive experience in their designated field. Each chair shall be responsible for organization, including the judging and scoring of the phase.

11.7 JUDGES AND TIMEKEEPERS

11.7.1 Judges, Timekeepers, Scrutinizers for Shooting phase, etc., shall be appointed by the Technical Chair and the Organizer, and if necessary, will be trained by the Technical Chair or another qualified individual prior to the competition.

11.8 JURY OF APPEAL

11.8.1 The Jury of Appeal shall be appointed by the Organizer and it should consist of herself/himself, the Technical Chair, with the Chief Steward acting as Chair. Their decision, after due investigation, is final.

11.9 COMMUNICATIONS AND MEDIA

11.9.1 A communications person will be designated to provide media releases, take photos and provide information to media and social media. This role is to support the growth of pony club through the encouragement of new members and recognition of successes by current



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members. The communications person reports to the organizer. The National communications Chair will approve all media releases.

12 LEGAL LIABILITY

- 12.1 Neither the organizer, nor any persons acting on her/his behalf, shall be liable for loss, damage, accident, injury, illness, or death to competitors, horses, spectators, or any property whatsoever.
- 12.2 As a precondition of participation, all horse owners, and participants or their legal guardian, must sign a waiver to this effect.
- 12.3 If an EC TD or CPC ATD is not used for the competition in the cross-country riding phase, derby phase, short course, or any phase using natural obstacles, the competition will not be sanctioned and not covered by our insurance. The results may not be posted on the web site and scores may not be used for qualifying.

13 TIES

- 13.1 In the event of a tie in the final standings, the points in the Riding phase shall decide the winner. If these points are also the same, the results shall be declared a tie. If the tie concerns qualifying for further competition, all parties will qualify.
- 13.2 See also the individual sections for breaking ties in the individual phases.

14 **PROTESTS AND OBJECTIONS**

- 14.1 Apart from the Technical Chair and Officials of the competition, only official Coaches, District Commissioners, Regional Chairs or their appointed representatives are entitled to lodge objections or protests.
- 14.2 Should a protest be raised, the first course of action will be to approach the Technical Chair of the particular Phase. If her/his decision is not satisfactory then a written protest must be made and addressed to the Chief Steward, accompanied by a deposit of Twenty Dollars. This deposit will be forfeited unless the Jury of Appeal decides that there were good and reasonable grounds for the objection.
- 14.3 Protests must be made not later than one hour after the scores have been posted, or in the case of protests against the qualification of competitors or horses, no later than three hours before the start of the phase.



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15 GENERAL RULES

- 15.1 Any interference or unseemly behaviour by a competitor or third party with another competitor during the days of the phases of the competition may be penalized up to and including elimination, at the discretion of the Jury of Appeal. Serious cases may involve disqualification of the individual and/or team from the phase involved, and/or from the whole competition, at the discretion of the Jury of Appeal.
- 15.2 Unseemly behaviour on the part of the competitors, team officials or team supporters will be reported as soon as possible by the Chief Steward to the Board of Directors of the Canadian Pony Club and penalties for the individual(s) or Branch(s) involved may ensue.
- 15.3 Competitors, coaches and team managers are not to leave the competition grounds or facility during the competition without notification and prior approval of the event organizers. Those in violation of this policy may face disciplinary action.
- 15.4 All competitors selected to attend a National Championship are expected to compete in all four phases unless injury or illness, certified in writing by their Regional Representative, occurs during the event. In the event that a competitor cannot participate in one or more phases at a National Championship, the jury of appeal must be notified in a timely manner prior to the start of that phase of the competition. Failure to comply will result in disqualification of that competitor from all individual awards. Exceptional cases may be considered by the organizing committee.
- 15.5 Each region that hosts the National Championships must produce a budget outlining the cost of organizing the event. This will enable the following year's national organizers to benefit from the experience of those who have done this before.
- 15.6 It is recommended that the biyearly location of the National Championships be balanced between the East and the West in order to control the high costs involved in travel. It is also recommended that the location of the National Eastern/Western or Zone Championships be planned three years in advance, in order to allow the host region/province sufficient time to prepare and meet the financial requirements of hosting the competition.

16 RIDING

16.1 Stable management phase is included to strengthen Tetrathlon competitor's commitment to developing as pony club members. Each year the National chair will work with the hosting committee to discuss the options and assist in developing or facilitating the development of Stable management. This can include rider turnout and knowledge test or other options that support pony club goals.



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16.2 THE COURSE

- 16.2.1 The riding phase can consist of a stadium jumping course to be followed by a cross-country course, and these two phases should be separated by approximately 20 minutes to allow time for a vet check and any changes of tack and equipment that the rider/horse owner deems to be appropriate. A derby option or stadium only phase can be considered if there are no cross-country options available in the hosting region.
- 16.2.2 The requirements of the Senior riding level are to follow the specifications of EC Training level with the exception of jump heights and widths as described in 13.2.1.
- 16.2.3 The requirements of the Junior riding level are to follow the specifications for EC Entry level with the exception of jump heights and widths as described in 13.2.2.
- 16.2.4 At National Championships, senior riders have the option of electing to ride the Junior course instead of the Senior course. A Senior rider completing the Junior course will be assigned a 250-point penalty for each phase where the Junior option was taken. A Senior rider completing the Junior course will not be eligible for ribbons or awards in the riding division, and will not place ahead of another Senior competitor who completed the Senior riding course, in the overall individual ratings. The senior riding at the junior course will not be considered qualified to attend international competitions.
- 16.2.5 If the riding Ground Jury feels that a suitable loaned horse cannot be found for a Senior rider, the Ground Jury may, after discussion with the Jury of Appeal and the competitor's Regional Representative, require that Senior competitor ride the Junior course. If this occurs, the Ground jury's decision is final and the rules pertaining to the riding scores will be the same as outlined in 16.2.1 This would not disqualify the rider for international competitions.
- 16.2.6 The length of the cross-country course shall be approximately 2200 meters for the Senior and Junior divisions, with not more than 20 or less than 18 jumping efforts. Derby and or Short courses for Seniors shall have 8-10 cross-country efforts with 8-10 Stadium jumps with a distance of 1600-2200 meters. Derby and or Short courses for Juniors shall have 7-9 cross-country efforts with 7-9 Stadium jumps with a distance of 1100-1800 metres.
- 16.2.7 Course designers should bear in mind that the object is to test the rider rather than the horse.
- 16.2.8 The layout of the Riding facility will be a major factor in determining the distance necessary for an appropriate course. The distances above are simply meant as a guideline. The Organizing committee at their discretion will run a Derby style course which offers Natural style or x-country jumps (ie. ditch, banks, step ups, step downs, water, etc.) within a



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Stadium course. The Committee also may offer a Short Course style which will offer Stadium jumps at the beginning of the course then move onto a cross-country course and then ride back to finish off in the Stadium.

- 16.2.9 When cross country fences are at maximum height and width or are technically difficult (including ditches, banks and water), the organizers are encouraged to provide an optional obstacle that may be jumped instead, at a penalty to the rider.
- 16.2.10 Once flagged, the riding course shall be closed prior to any Regional or National competition. This means competitors may not ride their horse or any other horse on any part of the course (no obstacle or combination of obstacles) during this time and no horse that is going to be used in the competition shall be allowed on any part of the course during this time.
- 16.2.11 The number of jumping efforts on the Stadium course will be 12 for Seniors, 10 for Juniors. The Senior course should contain one double and/or one triple. The Junior course may contain one double. The Novice course will be designed at the discretion of the course designer.
- 16.2.12 The distance of the Stadium courses will be set by the course designer.

16.3 **OBSTACLES**

- 16.3.1 Senior division maximum height shall be 1.0 meters (3'3") for both cross-country and stadium fences. Obstacles with spread only (water, ditch, etc.) shall not exceed 2.0 meters (6'6"). Obstacles with both height and spread (oxer, etc.) shall not exceed a spread of 1.2 meters (4') at the highest point and 1.5 meters (5') at the base. If the maximum spread is used, height of the obstacle shall not exceed .9 meters (3').
- 16.3.2 Junior division maximum height shall be .85 meters (2'9") for both cross-country and stadium fences. Obstacles with spread only shall not exceed 1.5 meters (5'). Obstacles with both height and spread shall not exceed a spread of .75 meters (2'6") at the highest point and 1.2 (4') meters at the base.
- 16.3.3 All obstacles on course must be numbered.
- 16.3.4 An optional obstacle, where flagged, may be taken with penalty.
- 16.3.5 Regional and National Competitions should use at the organizer's discretion, a slip rail and/or gate obstacle, as per the International Tetrathlon competitions.

The following information is provided courtesy of the USPC Tetrathlon Rules:



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- 16.3.6 Slip Rail and Gate. Either the slip rail or gate, when used, will be placed about one-third the distance into the course and the other two-thirds the distance. Each is numbered consecutively as obstacles on the course, but they are not counted as jumping efforts.
- 16.3.7 Slip Rail – Specifications: Two fences (4' to 5' high by 6' to 8' wide) with bases anchored to the ground, will serve as wings for the slip rail opening. The opening between the wings will be 6' minimum to 8' maximum. The two slip rails will be standard 2x4's that are 8' long for a 6' opening and 10' long for an 8' opening. The top of the lower rail, which remains in place, shall be 10" above the ground. The top of the upper rail, which is to be lowered to the ground at one end or slid back into the wing, shall be 3' to 4' above the ground. How Ridden: The rider approaches the slip rail between the flagged cones (red on the right, white on the left), halts, dismounts, lowers one end of the top rail to the ground (or slides it fully back into the wing), walks the horse in hand over the lower rail (left in place), replaces the top rail, remounts from the ground and continues on course. Two cones or similar markers will be placed about 20' apart and 10' in front of the slip rail obstacle. Time to negotiate the slip rail will be started when the horse's chest passes between these markers. The slip rail is considered to have been successfully negotiated when the slip rail has been replaced. A mounting block may be used without incurring point penalties. The use of a mounting block is at the discretion of the course designer and show jumping steward. If used, the mounting block should be at least 15 meters or yards from the split rail. It is recommended that the mounting block be natural, such as a log or flower box, and the course designer may integrate the mounting block into the course (e.g., place the flower box next to a jump) and specifically designate it as such.
- 16.3.8 Gate Specifications: Two fence sections (4' to 5' high by 6' to 8' wide) with bases securely anchored to the ground, will serve as wings for the gate. The opening shall be 6' minimum to 8' maximum to accommodate a typical farm gate of pipe, metal panels or wood. A "stop" on the near side of the post adjacent to the latching end of the gate will permit the gate to be opened in the forward direction only. A loop of rope or other flexible material, fastened to the top of the opening end of the gate, will be placed completely over the inner post of the adjacent wing to secure the gate. The post will extend upward approximately 5" above the gate height to accommodate the loop.

How Ridden: The mounted rider approaches the gate between the flagged cones, opens it, walks through, closes the gate, secures it by placing the rope loop completely over the post, and continues on course. Two cones or similar markers will be placed about 20' apart and 10' in front of the gate obstacle. Time to negotiate the gate will be started when the horse's chest passes between these markers. The gate is considered to have been successfully negotiated when the loop has been placed completely over the post.



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16.4 SPEED

- 16.4.1 Optimum time for completing the cross-country course is calculated on a speed of 400 to 450 meters per minute for the Senior division, 350 to 400 meters per minute for the Junior division. Optimum time for Derby and or Short courses for the Senior division, speed should be at 425 metres/min. Optimum time for Derby and or Short courses for Juniors division, the speed should be at 375 metres/min. The actual speed for each course is to be determined by the Technical Delegate or a delegated person with expertise in this area. The competitors must be advised of the speed during registration.
- 16.4.2 The time allowed for a round is based on the length and speed on a course by division. Time is added to allow negotiation of the Slip Rail and Gate. The time allowed must be clearly shown on the plan of the course. Time Allowed = (length of course / speed) + time allowed for slip rail and gate.

Time Allowed for Slip Rail and Gate: 15 seconds for each – total 30 seconds

Example: International division – 850-meter course at a pace of 325 meters per minute

TA = 850 / 325 + 30 = 3:07

- 16.4.3 Optimum time for completing the stadium course is calculated on a speed of 350 meters per minute for the Senior division, 325 meters per minute for the Junior division.
- 16.4.4 There shall be penalties for fast speeds as well as for slow speeds in the cross-country phase. There shall be no penalty for a fast speed if the competitor arrives at the finish line within a time buffer zone of thirty (30) seconds shorter than the posted optimum time. As an example, if the posted optimum time is four minutes, there would be no fast speed penalty if the competitor reaches the finish line within a time from three minutes and thirty seconds to four minutes. There is no time window for Stadium phase. Points will be only deducted for times slower than the posted time for the stadium phase.
- 16.4.5 The Technical Delegate has the authority to use a slower speed or alter the course if weather or other conditions make the specified speeds or course unsafe.

16.5 SCORING

16.5.1 750 points are awarded for each riding phase, if organizers are running a separate stadium and cross-country course and the penalty points are to be deducted from that total according to the specific type of infraction. There will be a Stable Management phase that will include tack & turnout.



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- 16.5.2 If the event is run with either cross-country, derby, short course or stadium phase only, then everyone will start with 1500 and points will be deducted from that total.
- 16.5.3 Penalties for Cross-Country/Stadium

Action	Penalties
Knock-down (stadium course)	25 points
First refusal, run out or circle of horse at an obstacle on stadium or cross-country	50 points
Second refusal, run out or circle of horse at an obstacle on stadium or cross-country	75 points
Third refusal, run out or circle of horse at an obstacle on stadium or cross-country (Junior & Novice)	125 points
Third refusal, run out or circle of horse at an obstacle on stadium or cross-country (Senior)	Elimination and Mandatory Retirement
Third refusal, run out or circle of horse on the entire course on stadium	Elimination and Mandatory Retirement
Third refusal, run out or circle of horse at the same obstacle on the cross-country course (Junior & Novice)	Elimination and Mandatory Retirement
Fourth refusal, run out or circle anywhere on the cross-country course (Junior & Novice)	Elimination and Mandatory Retirement
Third refusal, run out or circle anywhere on Short Course and/or Derby course (Novice, Junior, Senior)	Elimination and Mandatory Retirement
Competitions where the fixed height of the Obstacle on the Cross- Country test is less than 1.00m, third refusal, run out or circle at the same obstacle or after the fourth refusal, run out or circle anywhere on Short Course and or Derby Course (Novice, Junior, Senior)	Elimination and Mandatory Retirement



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Action	Penalties
Going around an obstacle without first having presented the horse three times.	Elimination and Mandatory Retirement
Taking the optional obstacle on x-country	50 points
Fall of rider while riding the cross-country and/or stadium jumping competition(s)	Elimination
Fall of horse while riding the cross-country and/or stadium jumping competition(s)	Elimination
Error of course, not rectified	Elimination
Omission of obstacle, boundary or compulsory marker flag	Elimination
Jumping obstacles in wrong order	Elimination
Retaking an obstacle already jumped	Elimination
Jumping an obstacle from the wrong side	Elimination
Jumping an obstacle flagged for another division	Elimination
Every second over optimum time	2 points
Every second under the optimum time and the thirty second buffer zone	2 points
Max penalty points for any stadium obstacle / combination	350 points
Use of abusive or unsportsmanlike language while on course	200 points
Senior competitor riding the Junior stadium or cross-country course.	250 points / phase

16.5.4

Scoring the Slip Rail and Gate – courtesy of the USPC National Tetrathlon Rules

Action	Penalties
Failures to dismount, take down or fully slide the slip rail into the through and replace the slip rail, and remount within 60 seconds	0,1
 When a rider has exceeded the 60 second time linslip rail, the judge at that obstacle shall signal the 	



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Action	Penalties						
proceed to the next obstacle by sounding a bell, whistle or horn							
Failures to open, pass through a gate mounted, and re-secure the gate within 60 seconds	150 points						
 When a rider has exceeded the 60 second time limit at a gate, the judge at that obstacle shall signal the rider to proceed to the next obstacle by sounding a bell, whistle or horn. 							
Failure to shut and secure gate mounted or slip rail dismounted, when it is otherwise correctly negotiated (in both cases from the departure side of the obstacle)	50 points						
Receiving assistance to remount* after the slip rail:							
Senior and Juniors	60 points						
Intermediate	45 points						
Novice	30 points						
Non-qualifying Division	10 points						
*A mounting block may be used without incurring point penalties. Th mounting block is at the discretion of the course designer and show justeward.							
Jumping the gate or slip rail in any direction	Elimination						
Failure to pass between the cones when approaching the slip rail or gate (Note: should rider not pass through the cones, the obstacle judge will start the clock as the chest of the horse passes the extended line of the cones.)							
Maximum penalty that can be incurred at the slip rail or gate	210 points						

16.6 SPECIAL CONDITIONS

16.6.1 There will be an official walk of the course, for competitors only, prior to the ride. All others may walk the course, with/without competitors at a different time.



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- 16.6.2 After 3 refusals at one fence or 4 refusals in total (Junior or Novice) or 3 refusals (Seniors) on the Cross-Country Course or 3 refusals in total on the Stadium Course, a rider is eliminated and must leave the course without attempting to jump any further obstacles.
- 16.6.3 A competitor must undergo a safety check by the appropriate official prior to the crosscountry phase under penalty of elimination.
- 16.6.4 A cool-out check will be carried out after the cross-country phase. Cool-out procedure will follow Rally Rules. Failure to complete the cool-out check will result in elimination.
- 16.6.5 NO walking, circling, stopping, weaving or serpentines shall be allowed between the second last obstacle and the finish line. Failure to follow this rule will result in 100 penalty points being awarded to the competitor.
- 16.6.6 Any disregard of the well-being of the rider's horse will be penalized up to 100 points.
- 16.6.7 All practice jumps will be flagged and jumping these jumps in the wrong direction will result in elimination.
- 16.6.8 Outside assistance is forbidden and may be penalized by elimination. This shall include:
 - Posting friends at certain points to call directions or make signals in passing
 - Intentionally joining another competitor and continuing the course in company with her/him.
 - For a fence Judge or Official to call back or assist a competitor by directions to rectify an error in course.
- 16.6.9 A fall of rider on either the Cross Country or Stadium Course results in Elimination. Horse and rider must immediately retire and leave the course.
- 16.6.10 The competitor who becomes unseated at anytime, anywhere on the grounds must be examined by designated medical personnel and receive medical clearance and must fill out the Acceptance of Risk form. The competitor and coach/trainer or parent/designated adult supervisor must sign the acceptance of risk form. If the coach/trainer or parent/designated adult supervisor is not available to sign the form, the competitor may not continue. The medical personnel must follow the concussion protocol and can not clear a rider if there is any chance of a concussion.
- 16.6.11 A fall of the horse during any part of the cross country or stadium jumping will result in elimination in that phase. Horse and rider must immediately retire and leave the course. If the horse that has fallen is required to be ridden again that day, the horse must be passed by the competition veterinarian.



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16.7 DRESS

- 16.7.1 See the pony club general rules for dress.
- 16.7.2 Cross-country shirts with long sleeves must be worn for both stadium and cross-country.
- 16.7.3 Safety approved protective eventing vests must be worn on the Cross Country or derby Course. An inflatable vest is permitted only if worn over the body protective vest.

16.8 DISQUALIFICATION

- 16.8.1 The technical Chairperson or chief judge may disqualify a competitor at any stage of the riding phase:
- 16.8.2 For unsafe or dangerous riding
 - If, in her/his opinion, the horse is lame, sick or exhausted; or
 - For misuse of whip or spur, or ill treatment of the horse; or
 - For any breach of the rules

16.9 ORDER TO RIDE

16.9.1 The riding may be divided over the two days of a National competition. As everyone is riding a pool horse, a draw for the order of go is recommended, but scheduling is left to the discretion of the organizers.

16.10 **OTHER**

- 16.10.1 Unforeseen cases shall be judged by the Jury of Appeal
- 16.10.2 First aid services must be available by qualified emergency first aid certified person and posted emergency plan in place.
- 16.10.3 A veterinarian and farrier must be on call for the riding phase at National competitions.
- 16.10.4 Ties Although two competitors may receive the same overall riding score, they will be ranked according to their cross-country time. The rider with the closest to the optimum cross-country time will place ahead of the other rider.
- 16.10.5 If the cross-country times are identical the tie will remain. In this case the ribbon will be awarded to the winner of a coin toss. The other competitor tied for this position will be awarded the next place in the riding competition.



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17 RUNNING

17.1 THE COURSE

17.1.1 Course length shall be as follows:

Division	Men	Women
Senior Division	2000 meters	2000 meters
Junior Division	2000 meters	2000 meters
Novice Division	1000 meters	1000 meters

- 17.1.2 The course shall be laid out over natural country, to include hills, but there should be no hindrances that could deny the runners an unhampered race.
- 17.1.3 At National Championships, the start and finish lines will be at or near the same location. In the event that a loop running course is impossible, an alternate arrangement may be made in consultation with the National Tetrathlon Chair.

17.2 SCORING (SEE APPENDIX 1: RUNNING SCORING)

17.2.1 The optimum running times shall be:

Division	Men	Women
Senior Division	7:00	8:00
Junior Division	7:40	8:30
Novice Division	4:05	4:15

- 17.2.2 Each of these times earns 1,000 points.
- 17.2.3 For all divisions, 2 points shall be added for each second under the time, or 2 points subtracted for each second over the time.
- 17.2.4 Running scores will be determined by rounding decimals to the nearest full second.
- 17.2.5 Start order will be set with the fastest runners starting first. The group may be divided into men's and women's competitions at the discretion of the organizer.

17.3 TIMING

17.3.1 Competitors should be started at one-minute intervals and timed from the moment the starter signals them to leave until they cross the finish line.



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- 17.3.2 A countdown start shall be used.
- 17.3.3 Running time will be recorded to the nearest tenth or hundredth of a second, depending on the accuracy of the timing equipment.
- 17.3.4 Runners leaving before they are told will be recalled to start again, being penalized only for the time lost in doing so. A runner starting late will not be eliminated but his/her official time starts from the moment she/he should have started.
- 17.3.5 Whenever possible, experienced starters and times should be used at National Championships. If it is necessary to use inexperienced volunteers, sufficient time must be allotted to adequately train these volunteers.
- 17.3.6 Final running times will be determined by an experienced finish judge.

17.4 CONTROL

- 17.4.1 The courses shall be well marked so that a runner keeps a coloured flag or arrow or other marker on his right and a white flag or arrow on his left. The course must be clearly marked with distance indicators at 500m intervals. There shall be a enough course judges to properly control the course.
- 17.4.2 If there is a "complicated" or "tricky" section on course, this area should have more markings and course workers to assist the runner if needed.
- 17.4.3 An official walk of the course shall be conducted prior to the run.
- 17.4.4 A competitor may be given instruction, encouragement or information along the way, but it shall be forbidden for anyone to run with or near her/him, as these actions will be considered as pace making, and the competitor will be eliminated and awarded zero in the Running phase.

17.5 **OTHER**

- 17.5.1 Unforeseen cases shall be judged by UIPM/Pentathlon Canada Rules
- 17.5.2 Ties: Although two runners may receive the same running score, they will be ranked according to their final time.
- 17.5.3 If the running times are identical to 100th of a second, the tie will remain.



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18 SWIMMING

18.1 DISTANCE

- 18.1.1 The swimming distances shall be as follows:
 - Novice Division at the discretion of the Organizer (100m is often used)
 - Junior Division 200 meters
 - Senior Division 200 meters

18.2 METHOD

- 18.2.1 Competitors will swim in heats, the number in each heat depending upon the width of the pool.
- 18.2.2 The composition of the heats shall be such that all members of a particular heat swim at about the same speed. Heats can be bulk seeded (consisting of both Junior and Seniors or male/female in order to create the most evenly matched heats possible). The object is to have a close and exciting event regardless of division or gender.
- 18.2.3 A competitor may start the swim already in the water providing she/he is touching the starting end of the pool when the starting signal is given.
- 18.2.4 A swimmer may swim any style or styles, and rules relating specifically to breaststroke, backstroke and butterfly swimming shall not apply.
- 18.2.5 A swimmer may choose to start from the pool deck instead of the starting block. In this case, the same starting rules will apply.
- 18.2.6 On the whistle, followed by the command "SWIMMERS ON THE BLOCKS" the competitors stand on the blocks and prepare to start (the swimmer must become immobile).
- 18.2.7 On the command "TAKE YOUR MARKS" the competitors immediately come to a steady position (the swimmer must remain immobile until the start signal is given).
- 18.2.8 The starter will then give the start signal (proper starting equipment must be used, i.e. a starter's pistol or an electronic starter, no whistles).
- 18.2.9 There shall be 2 or 3 spotters at the end of the pool to ensure that each swimmer touches the wall at the end of each lap. If a swimmer does not touch the wall, and then fails to return to touch, she/he will be eliminated and receive 0 points for the Swimming phase.
- 18.2.10 No swimmer shall walk on the bottom of the pool or pull on the lane rope in the direction of progress. The penalty for this is disqualification.



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18.3 FALSE STARTS

- 18.3.1 The start signal will be immediately repeated if there is a false start.
- 18.3.2 The 1st False start is assessed against the heat, not the swimmer. The swimmer taking the second and subsequent false starts in the heat will be penalized 20 points regardless of how many false starts she/he had personally.

18.4 TIMING

- 18.4.1 Two or three timers shall be assigned to each of the lanes, and it is their responsibility to time the swimmer in that lane.
- 18.4.2 The timers shall start their watches when the start signal is given and stop their watches when the swimmer in their lane touches the wall after completing the appropriate distance.
- 18.4.3 Whenever possible, experienced timers should be used at National Championships. If it is necessary to use inexperienced volunteers, enough time must be allocated to adequately train the timers.
- 18.4.4 Calculation of final swimming times shall be done according to UIPM/Pentathlon Canada rules, by an experienced finish judge.

18.5 SCORING (SEE APPENDIX 2: SWIMMING SCORING)

18.5.1 The optimum times are as follows:

Division	Men	Women
Senior Division	2:22	2:38
Junior Division	2:39	2:50
Novice Division	At the discret	tion of the organizer

- 18.5.2 Each of these times earns 1000 points
- 18.5.3 For all divisions, 3.5 points shall be added for each half (1/2) second under the time, or 3.5 points shall be subtracted for each half (1/2) second over the time. For each second more than 71.5s over optimum, 2 points are subtracted for each half (1/2) second over optimum +71.5s. Calculation of full and half seconds will be made by rounding the official time to the nearest full or half-second.



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18.6 PREPARATION OF THE POOL

- 18.6.1 Proper "Wave-Breaker" lane ropes shall be used to divide the pool into lanes.
- 18.6.2 A Diving block shall be positioned at the starting end of each lane.
- 18.6.3 Backstroke flags shall be positioned at each end of the pool.
- 18.6.4 A rope that can be dropped in the event of a false start shall be positioned halfway down the length of the pool if possible.

18.7 OTHER

- 18.7.1 Unforeseen cases shall be judged by UIPM/Pentathlon Canada Rules.
- 18.7.2 At the National level a qualified starter shall start each heat.
- 18.7.3 All swimmers shall remain in the water until the last swimmer in the heat finishes her/his race.
- 18.7.4 Ties: Although two swimmers may receive the same swimming score, they will be ranked according to their calculated final time.
- 18.7.5 If the swimming times are identical to 100th of a second, the tie will remain. In this case, the ribbon will be awarded to the winner of a coin toss and the other competitor be awarded the next placing in the swimming competition.

19 SHOOTING

- 19.1 SAFETY
- 19.1.1 The essential point in all shooting practices and competitions is that they should be organized and run with the knowledge that the air pistol is as dangerous as a proper firearm. It is very important to instill into the young athletes that the safety rules must be obeyed at all times. This point cannot be over stressed
- 19.1.2 The organizer of any competition shall require that all air pistols be deposited with the Organizing Committee on registration for the competition, and released to the competitor for the shooting phase only, and then resumed for safe keeping until the end of the whole competition.
- 19.1.3 All competitors, coaches, pumpers (Novices only) and range officers must wear eye protection while on the range.



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19.2 EQUIPMENT

- 19.2.1 Laser Pistols and electronic targets may be used instead of air pistols. The laser pistols will be provided by the region hosting the national event. The pistols must meet the UIPM/Pentathlon Canada Rules.
- 19.2.2 The Technical Delegate for shooting shall have the right to examine a shooter's equipment and apparel. It is the competitor's responsibility to submit questionable equipment for inspection and approval in enough time prior to the beginning of the shooting competition so that it will not inconvenience either the competitors or officials. The TD has the right to prohibit the use of any equipment they don't think is acceptable.
- 19.2.3 Air Pistol Any type of compressed air or C02 handgun that does not exceed the following specifications:
 - a) caliber 4.5 mm (.177 inches). Pellets must be of soft lead or similar composition. Projectiles of steel or other hard projectiles of steel or other hard metals in any shape or form are strictly forbidden.
 - b) the grips must be fixed, not adjustable during competitions. Dimensions may not exceed those specifications in paragraph (e).
 - c) thumb rest and hand heel rests are permitted provided they conform to the overall dimensions required in paragraph (e).
 - d) no part of the grip or accessories is permitted to encircle the hand.
 - e) the pistol with all its accessories must be capable of fitting into a box which has inside dimensions of 420 mm long x 200 mm wide x 50 mm deep.
 - f) barrel or balancing weights may not extend beyond the muzzle of the gun;
 - g) maximum total weight, ready to shoot: 1,500 grams.
- 19.2.4 All guns must pass weight and dimension tests or they will not be allowed to be used (to be strictly enforced at National Championships).
- 19.2.5 At National Championships the organizers must ensure that a CO2 and a compressed air cylinder is available on site to allow competitors to fill their cylinders.

19.3 SIGHT

- 19.3.1 Correcting lenses may not be attached to the pistol in either the rear or front sights. Correcting lenses must be worn by the shooter, if required.
- 19.3.2 Only open rear sights are allowed. The front sight may be post or blade type only.



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19.4 **TARGETS**

- 19.4.1 The targets used will be the National Rifle Association 10-meter Air Pistol target
- 19.4.2 Distance from the firing line to the target shall be 10 meters for all competitors.
- 19.4.3 Targets shall be placed with the centre line of the target at 1.4 meters above the ground, 1 meter apart.
- 19.4.4 Each competitor's targets will operate on an individual wind down and back mechanism (at Nationals). (These mechanisms are recommended at the Regional level, if possible).
- 19.4.5 When winds down mechanisms are used, a maximum of 2 pellets shall be shot per target.

19.5 COURSE

- 19.5.1 Competitors will step to the line on command and have seven minutes for gun preparation. Dry firing and aiming exercises will be allowed during this time (dry firing means that no gas may be expelled).
- 19.5.2 Competitors will have ten minutes in which to shoot as many pellets at their two practice targets as they wish.
- 19.5.3 Competitors will have thirty-five minutes in which to shoot their 20 competition shots, on the Range Officer's command to "START".

*Note to organizers - as an organizational hint, plan on one hour per line.

- 19.5.4 Competitors will be allowed only two errors (i.e. shooting 3 shots on a target followed by one on the next target), on the third error, the high scoring shot will be discarded.
- 19.5.5 If a gun malfunctions during the course of the competitive fire, the shooter will raise her/his arm, the Range Master will note time remaining and the competitor, once having received permission from the Range Master, can step off the line to repair or replace the gun. Once back on the line, the competitor will signal the Range Master and will be allowed to finish her/her shooting sequence. It is the responsibility of the competitor and coaches to make sure their equipment is in top condition before the competition.
- 19.5.6 At no time will there be any coaching, cocking of guns, or loading by others on the line (Novice competitors will be allowed to have someone cock his/her gun). At any point during practice or competitive shooting, the competitor may step away from the line by first raising his/her arm and getting permission from the Range Master and then confer with his/her coach away from the shooting line. During this time, the clock is still counting down.



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- 19.5.7 Once the time has run out the command will be given "STOP" and the shooting sequence for that line will be over regardless if all 20 competitive shots have been fired.
- 19.5.8 Exceptions will be allowed only for a malfunctioning gun (see rule 19.5.6).

19.6 SHOOTING POSITION

- 19.6.1 The shooter shall stand free with both feet on the ground, without any other support and within the provided boundaries. The pistol shall be held and discharged with only one hand. Novice competitors should use two hands.
- 19.6.2 The pistol must be held at arm's length.
- 19.6.3 The nearest edge of the shooting bench or stand must be placed 10cm ahead of the 10m firing range (firing line).

19.7 HIT SCORING

- 19.7.1 The value of a shot is determined by the outer edge of the pellet hole. If the edge of the pellet hole cuts or marks the outside of the scoring ring, the shot will be given the higher value. For laser pistols and electronic target shooting the hit or miss will be recorded for a total of 20 shots.
- 19.7.2 All shots by the competitor after he/she has been given the "START" command will be counted in his/her score, even if the pistol is accidentally discharged.
- 19.7.3 A maximum of 20 pellets may be used during the scoring series. Firing of extra pellets will result in that competitor's highest score on that target not being scored.

19.8 SCORING (SEE APPENDIX 3: SHOOTING SCORING)

- 19.8.1 Each shot will be awarded a score between 10 for a bull and 1 for the outermost ring. The sum of scores from all shots is the "shooting score".
- 19.8.2 For laser shooting each hit scores 50 points with the results being a max 1000 total.
- 19.8.3 For a 20-shot competition, if the shooting score is 165, the "Tetrathlon score" for shooting is 1000 points. For every point that the shooting score is above or below 165, the Tetrathlon score is 1000 +/-5 points. For a 15-shot competition, the Tetrathlon score is 1000 +/-7 points for every point that the shooting score is above or below 123. For a 10-shot competition, the Tetrathlon score is 1000 +/-10 points for every point that the shooting score is above or below 22.



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- 19.8.4 Targets must be numbered in sequence and pre-marked with the competitor's number and/or name. Targets should be scored after each string.
- 19.8.5 The targets will be returned to the competitors for inspection after the shooting scores have been posted. Competitors have 30 minutes to review their targets and appeal the shot scores. If the competitor is satisfied with the scoring, they should sign the release sheet.
- 19.8.6 Ties: When a tie exists in the final shooting score, the scores will remain the same but placement will be determined by the highest shot on the last targets. If these are the same, the second to last targets will be examined and so on until the tie is broken.

19.9 RANGE SAFETY

- 19.9.1 A Certified or experienced Range Officer will be responsible for the safe conduct of the range throughout all phases;
- 19.9.2 Guns shall be kept pointed down range at all times.
- 19.9.3 No handling of firearms shall be allowed on the firing line while persons are down range.
- 19.9.4 The "COMMAND CEASE FIRE" must be immediately obeyed.
- 19.9.5 No one shall go forward of the firing line until authorized by the Range Officer.
- 19.9.6 RANGE SAFETY MUST BE STRICTLY ENFORCED AT ALL COMPETITIONS. A penalty of up to 100 points may be assessed for any violation of range safety (at the Range Master's discretion). Repeated offenses can lead to disqualification.

19.10 RANGE SAFETY APPLIES TO LASER PISTOLS AS WELL.

19.10.1 Other

- 19.10.2 Spotters should be positioned behind each few shooters to watch for rule infractions, e.g. shooting extra pellets.
- 19.10.3 Unforeseen cases shall be judged by UIPM/CMPA rules.

20 HOSTING AN INTERNATIONAL TETRATHLON COMPETITION

- 20.1 When hosting an international competition, organizers must follow Canadian National Tetrathlon Rules.
- 20.2 In scoring, the lowest overall individual score will be dropped for team scoring purposes.



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20.3 International competitors may be limited, at the discretion of the organizers to a single riding phase.

21 RULE REVIEW

- 21.1 The Rules may be reviewed from time to time. It is the duty of the National Tetrathlon Chair to distribute proposed rule changes to the National Tetrathlon Committee, which is composed of one rep from each Region.
- 21.2 Once the rule changes have been approved by the Committee, they must then be submitted to the Risk Management Committee and Management Committee for approval, before being submitted to the Board for final approval.



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APPENDIX 1: RUNNING SCORING TABLES

SENIOR RUN (2KM)

MEN			-	-							WOMEN										
	:00	:01	:02	:03	:04	:05	:06	:07	:08	:09		:00	:01	:02	:03	:04	:05	:06	:07	:08	:09
06:00	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102	07:00	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102
06:10		1098	1096	1094	1092	1090	1088	1086	1084	1082	07:10	1100	1098	1096	1094	1092	1090	1088	1086	1084	1082
06:20		1078	1076	1074	1072	1070	1068	1066	1064	1062	07:20	1080	1078	1076	1074	1072	1070	1068	1066	1064	1062
06:30	1060	1058	1056	1054	1052	1050	1048	1046	1044	1042	07:30	1060	1058	1056	1054	1052	1050	1048	1046	1044	1042
06:40	1040	1038	1036	1034	1032	1030	1028	1026	1024	1022	07:40	1040	1038	1036	1034	1032	1030	1028	1026	1024	1022
06:50	1020	1018	1016	1014	1012	1010	1008	1006	1004	1002	07:50		1018	1016	1014	1012	1010	1008	1006	1004	1002
07:00	1000	998	996	994	992	990	988	986	984	982	08:00	1000	998	996	994	992	990	988	986	984	982
07:10	980	978	976	974	972	970	968	966	964	962	08:10	980	978	976	974	972	970	968	966	964	962
07:20	960	958	956	954	952	950	948	946	944	942	08:20	960	958	956	954	952	950	948	946	944	942
07:30	940	938	936	934	932	930	928	926	924	922	08:30	940	938	936	934	932	930	928	926	924	922
07:40	920	918	916	914	912	910	908	906	904	902	08:40	920	918	916	914	912	910	908	906	904	902
07:50	900	898	896	894	892	890	888	886	884	882	08:50	900	898	896	894	892	890	888	886	884	882
08:00	880	878	876	874	872	870	868	866	864	862	09:00	880	878	876	874	872	870	868	866	864	862
08:10	860	858	856	854	852	850	848	846	844	842	09:10	860	858	856	854	852	850	848	846	844	842
08:20	840	838	836	834	832	830	828	826	824	822	09:20	840	838	836	834	832	830	828	826	824	822
08:30	820	818	816	814	812	810	808	806	804	802	09:30	820	818	816	814	812	810	808	806	804	802
08:40	800	798	796	794	792	790	788	786	784	782	09:40	800	798	796	794	792	790	788	786	784	782
08:50	780	778	776	774	772	770	768	766	764	762	09:50	780	778	776	774	772	770	768	766	764	762
09:00	760	758	756	754	752	750	748	746	744	742	10:00	760	758	756	754	752	750	748	746	744	742
09:10	740	738	736	734	732	730	728	726	724	722	10:10	740	738	736	734	732	730	728	726	724	722
09:20	720	718	716	714	712	710	708	706	704	702	10:20	720	718	716	714	712	710	708	706	704	702
09:30	700	698	696	694	692	690	688	686	684	682	10:30	700	698	696	694	692	690	688	686	684	682
09:40	680	678	676	674	672	670	668	666	664	662	10:40	680	678	676	674	672	670	668	666	664	662
09:50	660	658	656	654	652	650	648	646	644	642	10:50	660	658	656	654	652	650	648	646	644	642
10:00	640	638	636	634	632	630	628	626	624	622	11:00	640	638	636	634	632	630	628	626	624	622
10:10	620	618	616	614	612	610	608	606	604	602	11:10	620	618	616	614	612	610	608	606	604	602
10:20	600	598	596	594	592	590	588	586	584	582	11:20	600	598	596	594	592	590	588	586	584	582
10:30	580	578	576	574	572	570	568	566	564	562	11:30	580	578	576	574	572	570	568	566	564	562
10:40	560	558	556	554	552	550	548	546	544	542	11:40	560	558	556	554	552	550	548	546	544	542
10:50	540	538	536	534	532	530	528	526	524	522	11:50		538	536	534	532	530	528	526	524	522
11:00	520	518	516	514	512	510	508	506	504	502	12:00	520	518	516	514	512	510	508	506	504	502
11:10	500	498	496	494	492	490	488	486	484	482	12:10	500	498	496	494	492	490	488	486	484	482
11:20	480	478	476	474	472	470	468	466	464	462	12:20	480	478	476	474	472	470	468	466	464	462
11:30	460	458	456	454	452	450	448	446	444	442	12:30	460	458	456	454	452	450	448	446	444	442
11:40	440	438	436	434	432	430	428	426	424	422	12:40	440	438	436	434	432	430	428	426	424	422
11:50	420	418	416	414	412	410	408	406	404	402	12:50	420	418	416	414	412	410	408	406	404	402
12:00	400	398	396	394	392	390	388	386	384	382	13:00	400	398	396	394	392	390	388	386	384	382
12:10	380	378	376	374	372	370	368	366	364	362	13:10	380	378	376	374	372	370	368	366	364	362
12:20	360	358	356	354	352	350	348	346	344	342	13:20	360	358	356	354	352	350	348	346	344	342
12:30	340	338	336	334	332	330	328	326	324	322	13:30	340	338	336	334	332	330	328	326	324	322
12:40	320	318	316	314	312	310	308	306	304	302	13:40	320	318	316	314	312	310	308	306	304	302
12:50	300	298	296	294	292	290	288	286	284	282	13:50	300	298	296	294	292	290	288	286	284	282
13:00	280	278	276	274	272	270	268	266	264	262	14:00	280	278	276	274	272	270	268	266	264	262
13:10	260	258	256	254	252	250	248	246	244	242	14:10	260	258	256	254	252	250	248	246	244	242
13:20	240	238	236	234	232	230	228	226	224	222	14:20	240	238	236	234	232	230	228	226	224	222
13:30	220	218	216	214	212	210	208	206	204	202	14:30	220	218	216	214	212	210	208	206	204	202
13:40	200	198	196	194	192	190	188	186	184	182	14:40	200	198	196	194	192	190	188	186	184	182
13:50	180	178	176	174	172	170	168	166	164	162	14:50	180	178	176	174	172	170	168	166	164	162
14:00	160	158	156	154	152	150	148	146	144	142	15:00	160	158	156	154	152	150	148	146	144	142



National Tetrathlon Rules

2019

Loyalty

Character

Sportsmanship

JUNIOR RUN (2KM)

MEN	MEN WOMEN																				
	:00	:01	:02	:03	:04	:05	:06	:07	:08	:09		:00	:01	:02	:03	:04	:05	:06	:07	:08	:09
06:40	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102	07:30	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102
06:50	1100	1098	1096	1094	1092	1090	1088	1086	1084	1082	07:40	1100	1098	1096	1094	1092	1090	1088	1086	1084	1082
07:00	1080	1078	1076	1074	1072	1070	1068	1066	1064	1062	07:50	1080	1078	1076	1074	1072	1070	1068	1066	1064	1062
07:10	1060	1058	1056	1054	1052	1050	1048	1046	1044	1042	08:00	1060	1058	1056	1054	1052	1050	1048	1046	1044	1042
07:20	1040	1038	1036	1034	1032	1030	1028	1026	1024	1022	08:10	1040	1038	1036	1034	1032	1030	1028	1026	1024	1022
07:30	1020	1018	1016	1014	1012	1010	1008	1006	1004	1002	08:20	1020	1018	1016	1014	1012	1010	1008	1006	1004	1002
07:40	1000	998	996	994	992	990	988	986	984	982	08:30	1000	998	996	994	992	990	988	986	984	982
07:50	980	978	976	974	972	970	968	966	964	962	08:40	980	978	976	974	972	970	968	966	964	962
08:00	960	958	956	954	952	950	948	946	944	942	08:50	960	958	956	954	952	950	948	946	944	942
08:10	940	938	936	934	932	930	928	926	924	922	09:00	940	938	936	934	932	930	928	926	924	922
08:20	920	918	916	914	912	910	908	906	904	902	09:10	920	918	916	914	912	910	908	906	904	902
08:30	900	898	896	894	892	890	888	886	884	882	09:20	900	898	896	894	892	890	888	886	884	882
08:40	880	878	876	874	872	870	868	866	864	862	09:30	880	878	876	874	872	870	868	866	864	862
08:50	860	858	856	854	852	850	848	846	844	842	09:40	860	858	856	854	852	850	848	846	844	842
09:00	840	838	836	834	832	830	828	826	824	822	09:50	840	838	836	834	832	830	828	826	824	822
09:10	820	818	816	814	812	810	808	806	804	802	10:00	820	818	816	814	812	810	808	806	804	802
09:20	800	798	796	794	792	790	788	786	784	782	10:10	800	798	796	794	792	790	788	786	784	782
09:30	780	778	776	774	772	770	768	766	764	762	10:20	780	778	776	774	772	770	768	766	764	762
09:40	760	758	756	754	752	750	748	746	744	742	10:30	760	758	756	754	752	750	748	746	744	742
09:50	740	738	736	734	732	730	728	726	724	722	10:40	740	738	736	734	732	730	728	726	724	722
10:00	720	718	716	714	712	710	708	706	704	702	10:50	720	718	716	714	712	710	708	706	704	702
10:10	700	698	696	694	692	690	688	686	684	682	11:00	700	698	696	694	692	690	688	686	684	682
10:20	680	678	676	674	672	670	668	666	664	662	11:10	680	678	676	674	672	670	668	666	664	662
10:30	660	658	656	654	652	650	648	646	644	642	11:20	660	658	656	654	652	650	648	646	644	642
10:40	640	638	636	634	632	630	628	626	624	622	11:30	640	638	636	634	632	630	628	626	624	622
10:50	620	618	616	614	612	610	608	606	604	602	11:40	620	618	616	614	612	610	608	606	604	602
11:00	600	598	596	594	592	590	588	586	584	582	11:50	600	598	596	594	592	590	588	586	584	582
11:10	580	578	576	574	572	570	568	566	564	562	12:00	580	578	576	574	572	570	568	566	564	562
11:20	560	558	556	554	552	550	548	546	544	542	12:10	560	558	556	554	552	550	548	546	544	542
11:30	540	538	536	534	532	530	528	526	524	522	12:20		538	536	534	532	530	528	526	524	522
11:40	520	518	516	514	512	510	508	506	504	502	12:30	520	518	516	514	512	510	508	506	504	502
11:50	500	498	496	494	492	490	488	486	484	482	12:40	500	498	496	494	492	490	488	486	484	482
12:00	480	478	476	474	472	470	468	466	464	462	12:50	480	478	476	474	472	470	468	466	464	462
12:10	460	458	456	454	452	450	448	446 426	444	442	13:00	460	458	456	454	452 432	450	448	446	444	442
12:20	440 420	438 418	436 416	434 414	432 412	430 410	428 408		424 404	422	13:10	440 420	438 418	436 416	434	4 <u>32</u> 412	430	428 408	426 406	424 404	422 402
<u>12:30</u> 12:40	420							406		402	13:20	420			414		410				
12:40	380	398 378	396 376	394 374	<u>392</u> 372	390 370	388 368	386 366	384 364	382 362	<u>13:30</u> 13:40	380	398 378	396 376	394 374	392 372	390 370	388 368	386 366	384 364	382 362
12:50	360	378	376	374	372	370	368	366	364 344	362 342	13:40	360	378	376	374	372	370	368	366	364 344	362
13:00	340	338	336	334 334	332	330	328	326	324	322	13:50	340	338	336	334 334	332	330	348 328	326	324	342
13:10	320	318	316	314 314	312	310	308	306	304	302	14:00	320	318	316	314 314	312	310	308	306	304	302
13:20	300	298	296	294	292	290	288	286	284	282	14:10	300	298	296	294	292	290	288	286	284	282
13:40	280	278	276	274	272	270	268	266	264	262	14:20	280	278	276	274	272	270	268	266	264	262
13:50	260	258	256	254	252	250	208	246	244	242	14:30	260	278	256	254	252	250	208	246	204	202
14:00	240	238	236	234	232	230	228	226	224	222	14:50	240	238	236	234	232	230	228	226	224	242
14:00	220	238	230	234	232	230	208	206	204	202	14:50	220	238	230	214	212	210	208	206	204	202
14:20	200	198	196	194	192	190	188	186	184	182	15:10	200	198	196	194	192	190	188	186	184	182
14:30	180	178	176	174	172	170	168	166	164	162	15:20	180	178	176	174	172	170	168	166	164	162
14:40		158	156	154	152	150	148	146	144	142	15:30	160	158	156	154	152	150	148	146	144	142
14.40	100	100	100	104	172	100	140	140	144	142	13.30	100	100	100	104	172	100	140	140	144	142



National Tetrathlon Rules

2019

Loyalty

Character

Sportsmanship

GREEN JUNIOR RUN (1.5 KM)

MEN								-			WOMEN										
	:00	:01	:02	:03	:04	:05	:06	:07	:08	:09		:00	:01	:02	:03	:04	:05	:06	:07	:08	:09
04:50	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102	05:30	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102
05:00	1100	1098	1096		1092	1090	1088	1086	1084	1082	05:40	1100	1098	1096	1094	1092	1090	1088	1086	1084	1082
05:10		1078	1076	1074	1072	1070	1068	1066	1064	1062	05:50	1080	1078	1076	1074	1072	1070	1068	1066	1064	1062
05:20		1058	1056	1054	1052	1050	1048	1046	1044	1042	06:00	1060	1058	1056	1054	1052	1050	1048	1046	1044	1042
05:30		1038	1036	1034	1032	1030	1028	1026	1024	1022	06:10	1040	1038	1036	1034	1032	1030	1028	1026	1024	1022
		1018	1016	1014	1012	1010	1008	1006	1004	1002	06:20	1020	1018	1016	1014	1012	1010	1008	1006	1004	1002
05:50		998	996	994	992	990	988	986	984	982	06:30	1000	998	996	994	992	990	988	986	984	982
06:00	980	978	976	974	972	970	968	966	964	962	06:40	980	978	976	974	972	970	968	966	964	962
06:10	960	958	956	954	952	950	948	946	944	942	06:50	960	958	956	954	952	950	948	946	944	942
06:20	940	938	936	934	932	930	928	926	924	922	07:00	940	938	936	934	932	930	928	926	924	922
06:30	920	918	916	914	912	910	908	906	904	902	07:10	920	918	916	914	912	910	908	906	904	902
06:40	900	898	896	894	892	890	888	886	884	882	07:20	900	898	896	894	892	890	888	886	884	882
06:50	880	878	876	874	872	870	868	866	864	862	07:30	880	878	876	874	872	870	868	866	864	862
07:00	860 840	858	856	854	852	850	848	846	844	842	07:40 07:50	860 840	858	856	854	852	850	848	846	844 824	842
07:10	840	838 818	836 816	834 814	832 812	830 810	828 808	826 806	824 804	822 802		840	838	836 816	834 814	832 812	830	828 808	826	824	822 802
07:20 07:30	800	798	796	794	792	790	788	786	804 784	782	08:00 08:10	800	<u>818</u> 798	796	794	792	810 790	788	806 786	804 784	782
07:30	780	798	796	794	792	790	768	766	764	762	08:10	780	798	796	794	792	790	768	766	764	762
07:50	760	758	756	754	752	750	748	746	744	742	08:30	760	758	756	754	752	750	748	746	744	742
07:30	740	738	736	734	732	730	748	726	724	742	08:40	740	738	736	734	732	730	748	726	724	742
08:10	720	738	730	714	712	710	708	706	704	702	08:50	720	738	716	714	732	730	708	706	704	702
08:20	700	698	696	694	692	690	688	686	684	682	08:50	700	698	696	694	692	690	688	686	684	682
08:30	680	678	676	674	672	670	668	666	664	662	09:10	680	678	676	674	672	670	668	666	664	662
08:40	660	658	656	654	652	650	648	646	644	642	09:20	660	658	656	654	652	650	648	646	644	642
08:50	640	638	636	634	632	630	628	626	624	622	09:30	640	638	636	634	632	630	628	626	624	622
09:00	620	618	616	614	612	610	608	606	604	602	09:40	620	618	616	614	612	610	608	606	604	602
09:10	600	598	596	594	592	590	588	586	584	582	09:50	600	598	596	594	592	590	588	586	584	582
09:20	580	578	576	574	572	570	568	566	564	562	10:00	580	578	576	574	572	570	568	566	564	562
09:30	560	558	556	554	552	550	548	546	544	542	10:10	560	558	556	554	552	550	548	546	544	542
09:40	540	538	536	534	532	530	528	526	524	522	10:20	540	538	536	534	532	530	528	526	524	522
09:50	520	518	516	514	512	510	508	506	504	502	10:30	520	518	516	514	512	510	508	506	504	502
10:00	500	498	496	494	492	490	488	486	484	482	10:40	500	498	496	494	492	490	488	486	484	482
10:10	480	478	476	474	472	470	468	466	464	462	10:50	480	478	476	474	472	470	468	466	464	462
10:20	460	458	456	454	452	450	448	446	444	442	11:00	460	458	456	454	452	450	448	446	444	442
10:30	440	438	436	434	432	430	428	426	424	422	11:10	440	438	436	434	432	430	428	426	424	422
10:40	420	418	416	414	412	410	408	406	404	402	11:20	420	418	416	414	412	410	408	406	404	402
10:50	400	398	396	394	392	390	388	386	384	382	11:30	400	398	396	394	392	390	388	386	384	382
11:00	380	378	376	374	372	370	368	366	364	362	11:40	380	378	376	374	372	370	368	366	364	362
11:10	360	358	356	354	352	350	348	346	344	342	11:50	360	358	356	354	352	350	348	346	344	342
11:20	340	338	336	334	332	330	328	326	324	322	12:00	340	338	336	334	332	330	328	326	324	322
11:30	320	318	316	314	312	310	308	306	304	302	12:10	320	318	316	314	312	310	308	306	304	302
11:40	300	298	296	294	292	290	288	286	284	282	12:20	300	298	296	294	292	290	288	286	284	282
11:50	280	278	276	274	272	270	268	266	264	262	12:30	280	278	276	274	272	270	268	266	264	262
12:00	260	258	256	254	252	250	248	246	244	242	12:40	260	258	256	254	252	250	248	246	244	242
12:10	240	238	236	234	232	230	228	226	224	222	12:50	240	238	236	234	232	230	228	226	224	222
12:20	220	218	216	214	212	210	208	206	204	202	13:00	220	218	216	214	212	210	208	206	204	202
12:30	200	198	196	194	192	190	188	186	184	182	13:10	200	198	196	194	192	190	188	186	184	182
12:40	180	178	176	174	172	170	168	166	164	162	13:20	180	178	176	174	172	170	168	166	164	162
12:50	160	158	156	154	152	150	148	146	144	142	13:30	160	158	156	154	152	150	148	146	144	142



National Tetrathlon Rules

2019

Loyalty

Character

Sportsmanship

NOVICE RUN (1 KM)

MEN											WOMEN										
	:00	:01	:02	:03	:04	:05	:06	:07	:08	:09		:00	:01	:02	:03	:04	:05	:06	:07	:08	:09
03:00	1130	1128	1126	1124	1122	1120	1118	1116	1114	1112	03:10	1130	1128	1126	1124	1122	1120	1118	1116	1114	1112
03:10			1106		1102		1098	1096	1094	1092	03:20		1108	1106	1104	1102	1100	1098	1096	1094	1092
03:20		1088	1086	1084	1082	1080	1078	1076	1074	1072	03:30	1090	1088	1086	1084	1082	1080	1078	1076	1074	1072
03:30			1066	1064	1062	1060	1058	1056	1054	1052	03:40		1068	1066	1064	1062	1060	1058	1056	1054	1052
03:40			1046	1044	1042	1040	1038	1036	1034	1032	03:50		1048	1046	1044	1042	1040	1038	1036	1034	1032
03:50		1028	1026	1024	1022	1020	1018	1016	1014	1012	04:00		1028	1026	1024	1022	1020	1018	1016	1014	1012
04:00		1008	1006	1004	1002	1000	998	996	994	992	04:10		1008	1006	1004	1002	1000	998	996	994	992
04:10	990	988	986	984	982	980	978	976	974	972	04:20		988	986	984	982	980	978	976	974	972
04:20		968	966	964	962	960	958	956	954	952	04:30		968	966	964	962	960	958	956	954	952
04:30	950	948	946	944	942	940	938	936	934	932	04:40		948	946	944	942	940	938	936	934	932
04:40	930	928	926	924	922	920	918	916	914	912	04:50		928	926	924	922	920	918	916	914	912
04:50	910	908	906	904	902	900	898	896	894	892	05:00		908	906	904	902	900	898	896	894	892
05:00	890	888	886	884	882	880	878	876	874	872	05:10		888	886	884	882	880	878	876	874	872
05:10	870	868	866	864	862 842	860	858	856	854	852	05:20		868	866	864	862	860	858	856	854	852
05:20	850 830	848 828	846 826	844 824	842 822	840 820	838 818	836 816	834 814	832	05:30		848	846	844	842 822	840 820	838	836	834 814	832
05:30 05:40		808	806	804	802	800	798	796	814 794	812 792	05:40 05:50		828 808	826 806	824 804	802	800	818 798	816 796	794	812 792
05:50	790	788	786	784	782	780	798	776	774	772	05:00	790	788	786	784	782	780	798	790	774	772
06:00		768	766	764	762	760	758	756	754	752	06:10		768	766	764	762	760	758	756	754	752
06:10	750	748	746	744	742	740	738	736	734	732	06:20		748	746	744	742	740	738	736	734	732
06:20		728	726	724	722	720	718	716	714	712	06:30		728	726	724	722	720	718	716	714	712
06:30	710	708	706	704	702	700	698	696	694	692	06:40		708	706	704	702	700	698	696	694	692
06:40	690	688	686	684	682	680	678	676	674	672	06:50		688	686	684	682	680	678	676	674	672
06:50	670	668	666	664	662	660	658	656	654	652	07:00	670	668	666	664	662	660	658	656	654	652
07:00	650	648	646	644	642	640	638	636	634	632	07:10		648	646	644	642	640	638	636	634	632
07:10	630	628	626	624	622	620	618	616	614	612	07:20	630	628	626	624	622	620	618	616	614	612
07:20	610	608	606	604	602	600	598	596	594	592	07:30	610	608	606	604	602	600	598	596	594	592
07:30	590	588	586	584	582	580	578	576	574	572	07:40	590	588	586	584	582	580	578	576	574	572
07:40	570	568	566	564	562	560	558	556	554	552	07:50	570	568	566	564	562	560	558	556	554	552
07:50	550	548	546	544	542	540	538	536	534	532	08:00	550	548	546	544	542	540	538	536	534	532
08:00	530	528	526	524	522	520	518	516	514	512	08:10	530	528	526	524	522	520	518	516	514	512
08:10	510	508	506	504	502	500	498	496	494	492	08:20	510	508	506	504	502	500	498	496	494	492
08:20	490	488	486	484	482	480	478	476	474	472	08:30	490	488	486	484	482	480	478	476	474	472
08:30	470	468	466	464	462	460	458	456	454	452	08:40	470	468	466	464	462	460	458	456	454	452
08:40	450	448	446	444	442	440	438	436	434	432	08:50		448	446	444	442	440	438	436	434	432
08:50	430	428	426	424	422	420	418	416	414	412	09:00	430	428	426	424	422	420	418	416	414	412
09:00		408	406	404	402	400	398	396	394	392	09:10		408	406	404	402	400	398	396	394	392
09:10	390	388	386	384	382	380	378	376	374	372	09:20		388	386	384	382	380	378	376	374	372
09:20	370	368	366	364	362	360	358	356	354	352	09:30		368	366	364	362	360	358	356	354	352
09:30	350	348	346	344	342	340	338	336	334	332	09:40		348	346	344	342	340	338	336	334	332
09:40	330	328	326	324	322	320	318	316	314	312	09:50	330	328	326	324	322	320	318	316	314	312
09:50	310	308	306	304	302	300	298	296	294	292	10:00		308	306	304	302 282	300	298	296	294	292
<u>10:00</u> 10:10	290 270	288	286 266	284 264	282 262	280	278 258	276	274 254	272 252	<u>10:10</u> 10:20		288 268	286 266	284 264	282	280 260	278 258	276 256	274 254	272 252
10:10	250	268 248	266	264	262	260 240	238	256 236	234	232	10:20		268	266	264	262	260	238	236	234	232
10:20	230	248	246	244	242	240	238	236	234	232	10:30		248	246	244	242	240	238	236	234	232
10:30	230	208	226	204	202	200	198	196	<u>214</u> 194	192	10:40		228	226	204	202	220	198	196	194	192
10:40		188	186	204 184	182	180	198	196	194	192	11:00		188	186	184	182	180	198	196	194	192
11:00	190	168	166	164	162	160	178	176	154	152	11:00	190	168	166	164	162	160	178	176	154	152
11:00	1/0	100	100	104	102	100	120	120	104	132	11.10	1/0	100	100	104	102	100	120	120	104	192



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APPENDIX 2: SWIMMING SCORING TABLES

SENIOR SWIM (200M)

Senior Men Swim:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:50	1224	1221	1217	1214	1210	1207	1203	1200	1196	1193	1189	1186	1182	1179	1175	1172	1168	1165	1161	1158
2:00	1154	1151	1147	1144	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088
2:10	1084	1081	1077	1074	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018
2:20	1014	1011	1007	1004	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947
2:30	944	940	937	933	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877
2:40	874	870	867	863	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807
2:50	804	800	797	793	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737
3:00	734	730	727	723	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667
3:10	664	660	657	653	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597
3:20	594	590	587	583	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527
3:30	524	520	517	513	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475
3:40	473	471	469	467	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435
3:50	433	431	429	427	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395
4:00	393	391	389	387	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355
4:10	353	351	349	347	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315
4:20	313	311	309	307	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275
4:30	273	271	269	267	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235
4:40	233	231	229	227	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195
4:50	193	191	189	187	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155
5:00	153	151	149	147	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115
5:10	113	111	109	107	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75
5:20	73	71	69	67	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35
5:30	33	31	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0



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Senior Women Swim:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
2:00	1266	1263	1259	1256	1252	1249	1245	1242	1238	1235	1231	1228	1224	1221	1217	1214	1210	1207	1203	1200
2:10	1196	1193	1189	1186	1182	1179	1175	1172	1168	1165	1161	1158	1154	1151	1147	1144	1140	1137	1133	1130
2:20	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074	1070	1067	1063	1060
2:30	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004	1000	996	993	989
2:40	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933	930	926	923	919
2:50	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863	860	856	853	849
3:00	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793	790	786	783	779
3:10	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723	720	716	713	709
3:20	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653	650	646	643	639
3:30	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583	580	576	573	569
3:40	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513	510	506	503	499
3:50	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467	465	463	461	459
4:00	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427	425	423	421	419
4:10	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387	385	383	381	379
4:20	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347	345	343	341	339
4:30	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307	305	303	301	299
4:40	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267	265	263	261	259
4:50	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227	225	223	221	219
5:00	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187	185	183	181	179
5:10	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147	145	143	141	139
5:20	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107	105	103	101	99
5:30	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67	65	63	61	59
5:40	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25	23	21	19
5:50	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0	0	0	0	0



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JUNIOR SWIM (200M)

Junior Men

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
2:00	1273	1270	1266	1263	1259	1256	1252	1249	1245	1242	1238	1235	1231	1228	1224	1221	1217	1214	1210	1207
2:10	1203	1200	1196	1193	1189	1186	1182	1179	1175	1172	1168	1165	1161	1158	1154	1151	1147	1144	1140	1137
2:20	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074	1070	1067
2:30	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004	1000	996
2:40	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933	930	926
2:50	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863	860	856
3:00	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793	790	786
3:10	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723	720	716
3:20	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653	650	646
3:30	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583	580	576
3:40	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513	510	506
3:50	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467	465	463
4:00	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427	425	423
4:10	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387	385	383
4:20	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347	345	343
4:30	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307	305	303
4:40	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267	265	263
4:50	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227	225	223
5:00	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187	185	183
5:10	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147	145	143
5:20	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107	105	103
5:30	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67	65	63
5:40	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25	23
5:50	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0	0	0



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Junior Women

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
2:10	1280	1277	1273	1270	1266	1263	1259	1256	1252	1249	1245	1242	1238	1235	1231	1228	1224	1221	1217	1214
2:20	1210	1207	1203	1200	1196	1193	1189	1186	1182	1179	1175	1172	1168	1165	1161	1158	1154	1151	1147	1144
2:30	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074
2:40	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004
2:50	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933
3:00	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863
3:10	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793
3:20	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723
3:30	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653
3:40	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583
3:50	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513
4:00	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467
4:10	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427
4:20	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387
4:30	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347
4:40	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307
4:50	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267
5:00	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227
5:10	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187
5:20	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147
5:30	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107
5:40	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67
5:50	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27
6:00	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0



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GREEN JUNIOR SWIM (150M)

Green Junior Men:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:40	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074
1:50	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004
2:00	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933
2:10	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863
2:20	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793
2:30	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723
2:40	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653
2:50	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583
3:00	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513
3:10	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467
3:20	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427
3:30	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387
3:40	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347
3:50	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307
4:00	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267
4:10	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227
4:20	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187
4:30	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147
4:40	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107
4:50	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67
5:00	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27
5:10	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0



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Green Junior Women:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:50	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074
2:00	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004
2:10	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933
2:20	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863
2:30	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793
2:40	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723
2:50	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653
3:00	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583
3:10	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513
3:20	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467
3:30	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427
3:40	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387
3:50	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347
4:00	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307
4:10	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267
4:20	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227
4:30	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187
4:40	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147
4:50	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107
5:00	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67
5:10	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27
5:20	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0



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NOVICE SWIM (100M)

Novice Men:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:10	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074
1:20	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004
1:30	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933
1:40	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863
1:50	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793
2:00	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723
2:10	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653
2:20	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583
2:30	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513
2:40	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467
2:50	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427
3:00	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387
3:10	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347
3:20	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307
3:30	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267
3:40	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227
3:50	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187
4:00	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147
4:10	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107
4:20	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67
4:30	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27
4:40	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0



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Novice Women:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:20	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039
1:30	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004	1000	996	993	989	986	982	979	975	972	968
1:40	965	961	958	954	951	947	944	940	937	933	930	926	923	919	916	912	909	905	902	898
1:50	895	891	888	884	881	877	874	870	867	863	860	856	853	849	846	842	839	835	832	828
2:00	825	821	818	814	811	807	804	800	797	793	790	786	783	779	776	772	769	765	762	758
2:10	755	751	748	744	741	737	734	730	727	723	720	716	713	709	706	702	699	695	692	688
2:20	685	681	678	674	671	667	664	660	657	653	650	646	643	639	636	632	629	625	622	618
2:30	615	611	608	604	601	597	594	590	587	583	580	576	573	569	566	562	559	555	552	548
2:40	545	541	538	534	531	527	524	520	517	513	510	506	503	499	497	495	493	491	489	487
2:50	485	483	481	479	477	475	473	471	469	467	465	463	461	459	457	455	453	451	449	447
3:00	445	443	441	439	437	435	433	431	429	427	425	423	421	419	417	415	413	411	409	407
3:10	405	403	401	399	397	395	393	391	389	387	385	383	381	379	377	375	373	371	369	367
3:20	365	363	361	359	357	355	353	351	349	347	345	343	341	339	337	335	333	331	329	327
3:30	325	323	321	319	317	315	313	311	309	307	305	303	301	299	297	295	293	291	289	287
3:40	285	283	281	279	277	275	273	271	269	267	265	263	261	259	257	255	253	251	249	247
3:50	245	243	241	239	237	235	233	231	229	227	225	223	221	219	217	215	213	211	209	207
4:00	205	203	201	199	197	195	193	191	189	187	185	183	181	179	177	175	173	171	169	167
4:10	165	163	161	159	157	155	153	151	149	147	145	143	141	139	137	135	133	131	129	127
4:20	125	123	121	119	117	115	113	111	109	107	105	103	101	99	97	95	93	91	89	87
4:30	85	83	81	79	77	75	73	71	69	67	65	63	61	59	57	55	53	51	49	47
4:40	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15	13	11	9	7
4:50	5	3	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



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APPENDIX 3: SHOOTING SCORING TABLES

		\ J .	511			00															
20 Shot	0	1	2	3	4	5	6	7	8	9	15 Shot	0	1	2	3	4	5	6	7	8	9
0	175	180	185	190	195	200	205	210	215	220	0	139	146	153	160	167	174	181	188	195	202
10	225	230	235	240	245	250	255	260	265	270	10	209	216	223	230	237	244	251	258	265	272
20	275	280	285	290	295	300	305	310	315	320	20	279	286	293	300	307	314	321	328	335	342
30	325	330	335	340	345	350	355	360	365	370	30	349	356	363	370	377	384	391	398	405	412
40	375	380	385	390	395	400	405	410	415	420	40	419	426	433	440	447	454	461	468	475	482
50	425	430	435	440	445	450	455	460	465	470	50	489	496	503	510	517	524	531	538	545	552
60	475	480	485	490	495	500	505	510	515	520	60	559	566	573	580	587	594	601	608	615	622
70	525	530	535	540	545	550	555	560	565	570	70	629	636	643	650	657	664	671	678	685	692
80	575	580	585	590	595	600	605	610	615	620	80	699	706	713	720	727	734	741	748	755	762
90	625	630	635	640	645	650	655	660	665	670	90	769	776	783	790	797	804	811	818	825	832
100	675	680	685	690	695	700	705	710	715	720	100	839	846	853	860	867	874	881	888	895	902
110	725	730	735	740	745	750	755	760	765	770	110	909	916	923	930	937	944	951	958	965	972
120	775	780	785	790	795	800	805	810	815	820	120	979	986	993	1000	1007	1014	1021	1028	1035	1042
130	825	830	835	840	845	850	855	860	865	870	130	1049	1056	1063	1070	1077	1084	1091	1098	1105	1112
140	875	880	885	890	895	900	905	910	915	920	140	1119	1126	1133	1140	1147	1154	1161	1168	1175	1182
150	925	930	935	940	945	950	955	960	965	970											
160	975	980	985	990	995	1000	1005	1010	1015	1020											
170	1025	1030	1035	1040	1045	1050	1055	1060	1065	1070											
180	1075	1080	1085	1090	1095	1100	1105	1110	1115	1120											
190	1125	1130	1135	1140	1145	1150	1155	1160	1165	1170											
10	0	1	2	3	4	5	6	7	8	9											
Shot 0	180	190	200	210	220	230	240	250	260	270											
10		290	300	310	320	330	340	350	360	370											
20	380	390	400	410	420	430	440	450	460	470											
30	480	490	500	510	520	530	540	550	560	570											
40	580	590	600	610	620	630	640	650	660	670											
50	680	690	700	710	720	730	740	750	760	770											
60	780	790	800	810	820	830	840	850	860	870											
70	880	890	900	910	920	930	940	950	960	970											
80	980	990	1000	1010	1020	1030	1040	1050	1060	1070											
90	1080	1090	1100	1110	1120	1130	1140	1150	1160	1170											
L	I		1	I	1	1			1												



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APPENDIX 4: BUILDING GATE / FENCE

BUILD A USPC SLIP RAIL FENCE

INSTRUCTIONS:

These plans meet specifications found in current Tetrathlon Rules.

Other designs may also meet specifications.

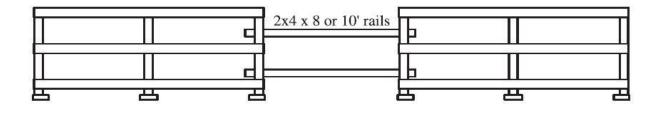
- Use pressure-treated lumber throughout.
- Fasten slats (decking) to 4 x 4 posts w/four 2-1/2" drywall screws.
- Predrill and counter sink screws and/or nail holes.
- Fasten bases (2" x 6" x 2') to bottom of posts with 4" 5" spikes.
- For stability, drill 3/4" holes near outside edges of bases and drive in 2' x 1/2" rebar with top 3" bent at 90 degrees. Requires acetylene torch. Two per wing should be enough.

COST ESTIMATE:

Using Home Depot prices (7-10-01), about \$90.00

- 4 ea. 8' x 4 x 4 (four outside posts)
- 5 ea. 8' x 2 x 4 (two for rails, two cut in half for inside posts, 1 for
- braces.
- 2 ea. 8' x 2 x 6 (six bases two left over for gate wing bases)
- 6 ea. 8' x 5/4 Decking

Wings 6' - 8' wide





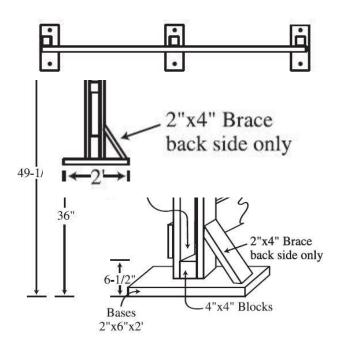
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BUILD A USPC TETRATHLON GATE

INSTRUCTIONS:

These plans meet specifications found in current Tetrathlon Rules.

Other designs may also meet specifications.

- Use pressure-treated lumber throughout.
- Inside posts are higher to take typical pipe or slat farm gate.
- Drill holes for gate support hardware with standing drill press. These must be 'true.' Hand drill not accurate. Usually 5/8".

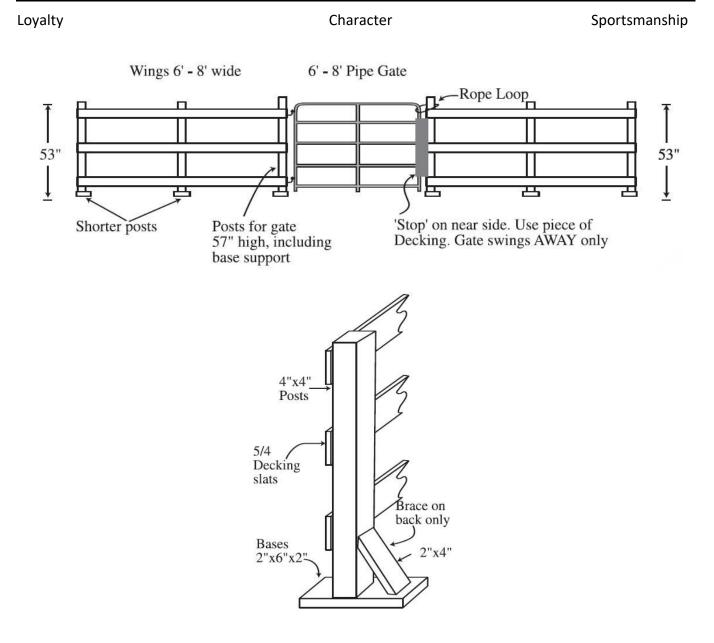
COST ESTIMATE:

Using Home Depot prices (7-10-01), about \$145.00



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APPENDIX 5: NATIONAL / INTERNATIONAL ELIGIBILITY CHART

Membership	
National	Active or Affiliate
International	Active
Age	
National	Juniors - 12 years old prior to Jan. 1 Seniors - 15 yrs. old prior to Jan. 1
International	Seniors 15 - 20
Rating	
National	Juniors D2 – Entry, Seniors C - Pre-Training. Seniors C2 - Training
International	C2 - Training
Qualifying Period	
National	Same year
International	Within the last 2 years
Qualifiers	
National	All riders must have completed at least one cross country course without being eliminated at a Pony Club Tet competition or a recognized Horse Trials at a level equal to or above the division they are entering within two years of the National Tetrathlon competition.
International	All riders must have successfully completed at least 1 cross country course at the senior level without being eliminated at a Pony Club national Tetrathlon or 3 recognized Horse Trials at the level of the exchange or above within the 2 years previous to the International Exchange and successfully completed a Tetrathlon competition at the senior level. (revised 2017)
Verification of Results	
National	Signature of DC and Regional Tet Chair
International	PC Passport or results sheet from Nationals and official results from horse trials.
Min Performance	
National	Juniors Entry Seniors Training
Internetional	Seniors Training must have competed at least once at Senior Nationals
International	during the past two years, obtaining at least 3200 pts.
Required Documents	
National	Entry Forms
International	National Package from hosting Country



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Signatures	
National	Regional Chair and Reg PPG Chair. Regional Chair will sign a general declaration that they are aware the competitor is competing at the event.
International	Regional Chair, Regional Tet Chair, National Tet Chair
Letters of Reference	
National	Three letters from individuals familiar with the requirements and the applicant (not a family member) e.g. DC, coach, competition official, examiner, addressing the following: Rider maturity, ability to take direction from a coach/chaperone other than their own, experience riding a horse unfamiliar to them in competition.
International	DC, Regional Chair, Coach
Medical Fitness	
National	If a member has an illness, injury or medical condition that may interfere with their ability to participate fully, a medical certificate may be required.
International	If a member has an illness, injury or medical condition that may interfere with their ability to participate fully, a medical certificate may be required.