



**Scottish Saltires  
Modern Pentathlon Club  
BIATHLON  
Swim/Run Event**



**Time Trial for British Biathlon Championships.**

Sunday 4th October 2015

Aberdeen Sports Village, AB24 5RU

(Entries open 1st Sept and close Monday 21st Sept)

In april this year, 40 plus local school children qualified and competed in the British Schools Biathlon Championships which were held in London in the Olympic pool and park. They all qualified at our time trial last October 2014 which was held in Aberdeen. This year, we are very fortunate to be able to use the world class facilities at Aberdeen Sports Village, with no added cost to the entry fee from last year. This is a local event with a wide range of abilities welcome. In the past we have had some experienced swimmers and runners competing but we have had many first timers and inexperienced competitors, all who leave feeling they have achieved something by completing the event.

Event starts at 10.30 am. First prizegiving 1.30pm approx. Exact times for swim and run given 4 days before the event.

Those born in 2006 and older can enter. Includes adult classes too!

Includes team competition (3 in team from same category, gender and school.)

Awards 1st-6th individual, 1st-3rd team. All who complete receive a medal.

Individual entry £6

Team entry free with individual entry(we organise teams from ind. Entries).

**This is how it works;**

Swim first, timed swim with distance depending on age (table also on Pentathlon GB web site, [www.pentathlongb.com/competitions/calendar](http://www.pentathlongb.com/competitions/calendar)). About an hour after you swim you then run with distance depending on age (see table). The faster you swim and run, the more points you get with your times being converted into swim points and run points. The points are added together and the person with the most points wins. All who finish the swim and run will be presented with a medal.

<b>CLASS</b> Age taken as 31/12/1015	<b>YEAR OF BIRTH</b>	<b>RUN DISTANCE</b>	<b>SWIM DISTANCE</b>
U10	2006	800m	50m
U11	2005	800m	50m
U12	2004	800m	50m
U13	2003	1600m	100m
U14	2002	1600m	100m
U15	2001	1600m	200m
U16	2000	1600m	200m
U17	1999	1600m	200m
U19	1997/1998	1600m	200m
Teachers	N/A	800m	50m

**How to enter;** Enter online at [www.pentathlongb.org](http://www.pentathlongb.org). Entries open on 1st September 2015at 11am.

You do not have to pay to join Pentathlon GB or Scottish Pentathlon to compete in this biathlon. Entry fee is £6. There is plenty of information on the website.

Any queries contact [trishprise@aol.com](mailto:trishprise@aol.com)