

# Scottish Saltires Modern Pentathlon Club Biathlon

Sunday – 4<sup>th</sup> October 2015

## Registration (Aberdeen Sports Village Swimming Pool Foyer)

Class	Registration Opens
U10, U11 Girls & Boys; U12 Boys; Teachers	09.45
U12 Girls	10.00
U13, U14, U15, U16, U17, U19 Girls & Boys	10.30

## Swimming (Aberdeen Sports Village – 50m x 8 lane Swimming Pool)

Class	Heats	Warm up	Start
U10, U11, U12 Girls & Boys; Teachers	1 to 11	10.30	10.45
U13, U14, U15, U16, U17, U19 Girls & Boys	12 to 20	11.10	11.25

## Running Aberdeen Sports Village – (400m Track)

Class	Heat/s	Report	Start
U10 Girls & U11 Boys	1 & 2	12.05	12.15
U10 Boys	3	12.15	12.25
U11 Girls	4 & 5	12.20	12.30
U12 Girls; Women Teachers	6 & 7	12.30	12.40
U12 Boys; Male Teachers	8	12.40	12.50
U13 Girls	9	12.45	12.55
U13 Boys	10	12.53	13.03
U14 & U15 Girls	11	13.01	13.11
U15, U16, U17 & U19 Boys	12	13.09	13.19
U16, U17, U19 Girls	13	13.17	13.27

## Presentations (Aberdeen Sports Village Indoor Track)

	Approximate Start
U10, U11 Girls & Boys	13.00
All other Classes	14.15

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

**Results will be produced on the day and will be available on the Pentathlon GB website as soon as possible after the event. Scores will automatically be added to the rankings lists for both the British Modern Biathlon Championships (28<sup>th</sup> & 29<sup>th</sup> November 2015) and the British Schools' Modern Biathlon Championships (19<sup>th</sup> & 20<sup>th</sup> March 2016).**

The rankings list for the British Modern Biathlon Championships will be published on 22<sup>nd</sup> October and on 15<sup>th</sup> December for the British Schools' Modern Biathlon Championships.

Please check the Pentathlon GB website [www.pentathlongb.org](http://www.pentathlongb.org) to see if you have qualified.

## Notes for Competitors:

- This competition will be run in accordance with the 2015 Pentathlon GB Rules for Modern Biathlon which are available from the resources page of the Pentathlon GB website – <https://www.pentathlongb.org/pentathlongb/resources.php?tab=rules>
- Please ensure that you make yourselves familiar with the Rules before competing as it is distressing for everybody should the rules be contravened and a penalty applied.
- In order that this event can run to time please be ready for your class 15 minutes prior to the advertised start time so no delays are incurred.
- Whilst we will do our best to get results out within 30 minutes of the finish of each event, please be patient – the stats team are only human!
- If you or your parents wish to take photographs or videos poolside it will be necessary to complete a form at the registration desk.
- Please only take essential items into the Swimming Pool area as space is very restricted.
- Do not leave bags unattended and do not occupy the area where results are displayed.
- Competitors are requested to not to loiter in the run and swim changing areas, to be discreet and respect the privacy of others.
- Competitors are asked to remove all footwear before entering the changing rooms.
- Please keep to designated competition areas.

### Parking:

- Aberdeen Sports Village is also hosting the European Netball Championships and there is a match on Sunday morning. This may mean parking will be busy. There should be space at the swimming pool car park but there is also free street parking.

### Registration:

- Please arrive at the time specified on the timetable.
- **One nominated representative for each school should collect the Registration pack and advise us of any known withdrawals.**

### Swim:

- The swimwear (swimsuit, cap and goggles) of all competitors in all competitions shall be in accordance with the FINA General Rules and Bylaws on swimwear, in force on the date of the competition.
- Please remove all outdoor footwear before entering the changing rooms or swimming pool if conditions are wet. (Please remember a change of shoes, spectators too)

### Run:

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

### Refreshments:

- There are two cafes at the Aberdeen Sports Village but might be busy due to the netball event so it might be a good idea to bring your own snacks.

### Withdrawals:

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

### Taster Sessions:

- Pentathlon consists of the diverse disciplines of running and swimming, but also shooting, fencing and riding. At the competition, there will taster shooting (laser) and fencing sessions between 12.00 and 14.00 plus information about how athletes can get involved in pentathlon.
- If you are interested in finding out more or trying shooting or fencing please register your interest at the registration desk or email [trishprise@aol.com](mailto:trishprise@aol.com).

### . Distances:

- Under 10, Under 11, Under 12 athletes and Teachers run 800m & swim 50m
- Under 13, Under 14 athletes run 1600m and swim 100m
- Under 15, Under 16, Under 17 & Under 19 athletes run 1600 and swim 200m