



### **Scottish Tetrathlon Information**

**Saturday 19<sup>th</sup> November 2016 Training Day, Kilgraton School, Perthshire**

**Sunday 20<sup>th</sup> November 2016 Scottish Tetrathlon Competition, Kilgraton School, Perthshire.**

**Saturday 19<sup>th</sup> November 2016 Training Day, Kilgraton School, Perthshire:**

**Time: 1200hrs – 1600hrs**

**Information:** This training day is aimed at giving athletes who have less experience in Pentathlon competition the opportunity to get up to speed with the rule of the sport, also to give coaching sessions on laser shooting and fencing. No experience needed on either element.

This is ideal for those who have some questions or are unsure of the way the new combined event works in Modern Pentathlon. It is also an ideal opportunity to improve on technical skill before the Scottish Tetrathlon the following day.

If you would like to attend then please tick the relevant box on the entry form and send it to [coaching@scottishpentathlon.org](mailto:coaching@scottishpentathlon.org)

**Cost: £5 for the whole session (to be paid on the day)**

**Coaching staff:** Scottish Pentathlon Coach Sam Sanderson and other relevant coaches.

**Sunday 20<sup>th</sup> November 2016 Scottish Tetrathlon Competition, Kilgraton School, Perthshire:**

**Time: 1100hrs-1730hrs**

**Cost: Tetrathlon entry - £20/ Triathlon entry - £15 (to be paid on the day)**

**Information:** This is the first Scottish Tetrathlon to be held. As such the competition will be run as a training competition (winners and prizes still to be awarded) as a training competition this is an ideal opportunity for those who would like to come and have a go at the sport of Pentathlon the perfect platform to do so. It is also the perfect opportunity for any Pentathletes to compete in another full Tetrathlon before the end of 2016 and working towards the selection competitions. On the day it will be run under competition format but with coaches on hand to help assist if needed, also other staff members there to answer any questions anyone may have. Open to all abilities and experience.

Time Table: (Check the timetable on the day incase of changes)

1100hrs-1130hrs	Registration
1130hrs-1300hrs	Swim ( <i>all athletes</i> )
1300hrs-1500hrs	Combined ( <i>all athletes</i> ) ( <i>This is due to lighting conditions</i> )
1500hrs-1700hrs	Fencing ( <i>all Tetrathletes</i> )

Presentations will be held ASAP after the final event of the Triathlon/Tetrathlon Competitions

Age Groups and Distances (all ages are age on 31<sup>st</sup> December 2016)

Age Group	Swim Distance	Combined Distance
Under 13	100m	2 x shoot/2 x 400m run
Under 15	100m	2 x shoot/2 x 800m run
Under 17	200m	3 x shoot/3 x 800m run
Under 19	200m	4 x shoot/4 x 800m run
Junior + Senior	200m	4 x shoot/4 x 800m run

**Volunteers:**

This is the first competition of this level to be held in Scotland and as such will need helpers and volunteers to make it run smoothly and to time, if you are free and you are able to help on the day then please let Sam Sanderson know ([coaching@scottishpentathlon.org](mailto:coaching@scottishpentathlon.org)) all help of any kind would be much appreciated, the main areas of help required would be timing on the swim and timing on the combined.