

Crows Nest Pony Club



Tetrathlon

Sunday, 18th November 2018

at Crows Nest Pony Club, 188 Pierces Creek Road, Crows Nest and
Crows Nest Pool, Cnr Curnow St & New England Highway.

Start: 8.00am at the Crows Nest Pool

Entry Fee: \$20

ENTRIES CLOSE: MONDAY 12TH NOVEMBER

OFFICIAL CLASSES & UNOFFICIAL CLASSES

Includes the "CLUB CHALLENGE"

Rules as per PCA (Pony Club Australia) 2017 National Tetrathlon rules with a few scoring modifications as stated below for the running of unofficial events.

Trophies to 4th place in each class.

Canteen in operation all day.

Camping available at Pony Club grounds. Limited Power – generators welcome.

Hot showers and toilets available.

Steel Horse yards available. Electric tape yards okay.

ABSOLUTELY NO DOGS ALLOWED ON THE GROUNDS.

PIC NO: QFCN1247

**PCAQ HORSE HEALTH DEC FORMS TO BE PRESENTED ON ARRIVAL AND PRIOR TO
COMPETITION**

Disclaimer:

Neither the organizing committee nor PCAQ Inc accepts any liability for accidents, damages, injury or illness to horses, owners, riders, grounds, spectators or any other persons property.

All events run in accordance to PCAQ rules.

Reservation of Rights:

The Organisers reserve the right:

- (a) to cancel any class or event.
- (b) to divide any class.
- (c) to alter the advertised times
- (d) to refuse any entry, with or without stating the reason
- (e) to transfer competitors between sections of a class
- (f) to combine classes if less than 3 competitors

Chief Steward and enquiries to:

Cassie O'Brien ph:0409 571327 or email: grants@crowsnestponyclub.org.au

This day is being run to encourage people to have a go at the sport of Tetrathlon. The unofficial classes are set so that a competitor can choose what distance they are comfortable swimming or running, and what height they may be comfortable jumping. Scoring is done on a points system against optimum times with points deducted for time over the optimum time as follows:

6 penalty points/second over optimum time for SWIMMING

3 penalty points/second over optimum time for RUNNING

Shooting phase will be conducted as per rules. Laser pistols will be provided. 5 minute warm ups will allowed prior to each competitors shooting round to adjust to the laser pistol.

OFFICIAL CLASSES					
		Swim	Run	S/Jump	Shoot
CLASS 1	17 yrs +	200m	3000m	90cm	10m 1 handed
CLASS 2	13 - 16 yrs	200m	2000m	80cm	10m 1 handed
CLASS 3	10 – 12 yrs	100m	1000m	70cm	7m 1 or 2 handed

UNOFFICIAL CLASSES					
CLASS 4 – 17 yrs +					
Swim	Points	Run	Points	S/Jump	Points
200m	1100	3000m	1100	90cm	1400
100m	900	2000m	900	80cm	1200
50m	700	1000m	700	70cm	1000
25m	500	800m	500	60cm	800
		400m	300	50cm	500
Pistol - Shoot 5 shots in 2 mins x 2 - @ 10m 1 handed					
CLASS 5 – 13 – 16 years					
Swim	Points	Run	Points	S/Jump	Points
200m	1100	2000m	1100	80cm	1400
100m	900	1000m	900	70cm	1200
50m	700	800m	700	60cm	1000
25m	500	400m	500	50cm	800
Pistol - Shoot 5 shots in 2 mins x 2 - @ 10m 1 handed					
CLASS 6 10 - 12 years					
Swim	Points	Run	Points	S/Jump	Points
100m	1100	1000m	1100	70cm	1400
50m	900	800m	900	60cm	1200
25m	700	400m	700	50cm	1000
Pistol - Shoot 5 shots in 2 mins x 2 - @ 7m 2 handed					

CLASS 7					
Under 10 years					
Swim	Points	Run	Points	S/Jump	Points
50m	1100	800m	1100	60cm	1400
25m	800	400m	800	50cm	1200
Pistol - Shoot 5 shots in 2 mins x 2 - @ 7m 2 handed					

OPTIMUM TIMES

17yrs +					
Swim	Boys	Girls	Run	Boys	Girls
200m	2:05	2:18	3000m	9:45	12:00
100m	0:56	0:59	2000m	6:20	7:45
50m	0:26	0:29	1000m	2:40	2:55
25m	0:10	0:11	800m	2:10	2:20
			400m	0:54	1:00
13-16yrs					
Swim	Boys	Girls	Run	Boys	Girls
200m	2:15	2:21	2000m	6:45	8:00
100m	0:57	1:00	1000m	2:50	3:05
50m	0:26	0:29	800m	2:15	2:22
25m	0:11	0:13	400m	0:55	1:01
10-12 yrs					
Swim	Boys	Girls	Run	Boys	Girls
100m	1:07	1:09	1000m	3:30	3:45
50m	0:30	0:32	800m	2:30	2:40
25m	0:14	0:15	400m	1:05	1:10
Under 10 years					
Swim	Boys	Girls	Run	Boys	Girls
50m	0:39	0:41	800m	2:40	2:58
25m	0:19	0:21	400m	1:15	1:20

These times are state championship times, competitors are not expected to be able to achieve these times unless they are State Champions in these disciplines. Full points are allocated if you run under these optimum times and points will be deducted for any times taken over the optimum time. For example: A boy in the 10-12 years age group chooses the largest distance in the run section which has a optimum time of 3:30 seconds for the 1000m run. This run is worth 1100 points. For every second over the optimum time he will be deducted 3 penalty points. If he runs 60 seconds slower than the optimal time he will have 180 points deducted from his 1100 points, (920 point total) which still has him scoring more points than someone who achieves the optimum time competing in only 800m for the same age group.

Club challenge

Entries \$10 per team

Each pony club can nominate one or multiple teams for the club challenge.

Teams may consist 2, 3 or 4 persons but each team may only have one Senior (17+ yrs) competitor per team.

Each team must nominate a team member for each discipline. The times and scores from their individual rounds will be used to calculate the team score.

Competitors cannot change their nominated discipline once competition has begun.

Teams can be made from mixed clubs if required.

Trophies to the Champion and Reserve Champion Club Team.

Enter your team today to gain bragging rights over the other clubs.

Examples of team structures

4 team members

Team 1 has Doug (swimming), Peter (shooting), Paul (running) and Jessica (jumping).

3 team members

Team 2 has Sophie (Swimming and Shooting), Jackie (running) and Becky (jumping)

2 team members

Team 3 has Jack (Swimming and running) and Sarah (Jumping and shooting)