



North West Biathlon
Championships and Open
Triathlon

Sunday 11th March 2012

**at Salt Ayre Leisure Centre,
Lancaster**

This is the qualifier for the National Biathlon Championships which will be held in Sutton Coldfield on Sunday 13th May 2012

Full details and entry forms can be found on the website, www.prestonswimming.co.uk.

Please can all entry forms be returned to me by Wednesday 22nd February.

You MUST be a member of PentathlonGB to enter this competition. Membership is £7.00 per year. Membership forms can be downloaded from the PentathlonGB website, www.pentathlongb.org.

Thanks,
Karen Walker.

(entry form below)



PENTATHLON·GB
NORTH WEST

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Dear Team Manager

Thursday, 26 January 2012

North West Biathlon Championships & Open Triathlon

Please find enclosed entry forms for the North West Biathlon Championships and Open Triathlon to be held at Salt Ayre Sports Centre, Lancaster on Sunday 11th March 2012. This qualifying competition for the National Biathlon Championships at Sutton Coldfield on Sunday 13th May is a closed competition restricted to North West Competitors only. The top six individual biathletes and the top three club teams of three competitors from each class will qualify for the Nationals. Please note that clubs entering teams must be affiliated to Pentathlon-GB.

There will be an Open Triathlon Competition run in conjunction with the Biathlon which will be open to individuals from the North West and other Regions. A team competition will be included for groups of 3 athletes competing in the same class and category. Trophies will be awarded depending on entry numbers in accordance with section 2.16.2 of the rulebook.

The run will take place on the **400m synthetic athletic track** with every competitor completing the relevant number of laps for their run distance. The swim and the shoot will be held in the Sports Centre.

The Pentathlon-GB 2011 rule book for biathlon and triathlon will apply. Age groups and points tables are listed overleaf. All competitors entering these Championships must be members of Pentathlon-GB. Membership forms can be obtained from the website www.pentathlongb.org or the organiser. The current rate for junior membership is £7 per annum. Completed forms and payment can be included with entries.

All affiliated clubs in the region have been sent a form to nominate volunteers for officiating at competitions. Please ensure that this has been completed and returned before submitting your entries.

It is essential that each club with multiple entries nominates at least three officials on the entry form to assist with the run, shoot and swim.

Please note that no part of the competition will be started without the full number of officials as required by the risk assessment for the event

Entries should be addressed to :

Martin Highton 22 King Street Whalley CLITHEROE Lancashire BB7 9SL

before the closing date of **Monday 27th February 2012**. Please note that late entries will not be accepted.

Final Instructions will be sent out by email one week before the event, if you need a copy by post, please include a stamped self addressed envelope.

I look forward to seeing you in Lancaster,

Regards

MARTIN

AGE GROUPS & SCORING

SWIM

Masters Men Over 35	MM	100m in 1 min 25 secs = 1000pts ± 8pts per 0.33 sec
Senior Men Over 21	SM	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Junior Men 19 to 21	JM	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths A 17 to 18	YAB	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths B 15 to 16	YBB	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths C 13 to 14	YCB	100m in 1 min 14 secs = 1000pts ± 8pts per 0.33 sec
Youths D 11 to 12	YDB	50m in 35 secs = 1000pts ± 12pts per 0.33 sec
Youths E 10 Years	YEB	50m in 40 secs = 1000pts ± 12pts per 0.33 sec
Masters Women Over 35	MW	100m in 1 min 35 secs = 1000pts ± 8pts per 0.33 sec
Senior Women Over 21	SW	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Junior Women 19 to 21	JW	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths A 17 to 18	YAG	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths B 15 to 16	YBG	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths C 13 to 14	YCG	100m in 1 min 14 secs = 1000pts ± 8pts per 0.33 sec
Youths D 11 to 12	YDG	50m in 35 secs = 1000pts ± 12pts per 0.33 sec
Youths E 10 Years	YEG	50m in 40 secs = 1000pts ± 12pts per 0.33 sec

RUN

Masters Men Over 35	MM	1500m in 6 min 00 secs = 1000pts ± 3pts per 0.5 sec
Senior Men Over 21	SM	1500m in 5 min 00 secs = 1000pts ± 3pts per 0.5 sec
Junior Men 19 to 21	JM	1500m in 5 min 00 secs = 1000pts ± 3pts per 0.5 sec
Youths A 17 to 18	YAB	1500m in 5 min 00 secs = 1000pts ± 3pts per 0.5 sec
Youths B 15 to 16	YBB	1500m in 5 min 05 secs = 1000pts ± 3pts per 0.5 sec
Youths C 13 to 14	YCB	1500m in 5 min 30 secs = 1000pts ± 3pts per 0.5 sec
Youths D 11 to 12	YDB	1000m in 3 min 40 secs = 1000pts ± 4pts per 0.5 sec
Youths E 10 Years	YEB	500m in 1 min 50 secs = 1000pts ± 6pts per 0.5 sec
Masters Women Over 35	MW	1000m in 4 min 00 secs = 1000pts ± 4pts per 0.5 sec
Senior Women Over 21	SW	1500m in 5 min 30 secs = 1000pts ± 3pts per 0.5 sec
Junior Women 19 to 21	JW	1500m in 5 min 30 secs = 1000pts ± 3pts per 0.5 sec
Youths A 17 to 18	YAG	1500m in 5 min 30 secs = 1000pts ± 3pts per 0.5 sec
Youths B 15 to 16	YBG	1500m in 5 min 30 secs = 1000pts ± 3pts per 0.5 sec
Youths C 13 to 14	YCG	1500m in 5 min 45 secs = 1000pts ± 3pts per 0.5 sec
Youths D 11 to 12	YDG	1000m in 3 min 50 secs = 1000pts ± 4pts per 0.5 sec
Youths E 10 Years	YEG	500m in 1 min 50 secs = 1000pts ± 6pts per 0.5 sec

SHOOT

4.5mm (.177") calibre compressed air or CO₂ pistol fired at a standing target from a distance of 10 metres.

Youth C, D, and E 10 competition shots, 3, 3 then 4 shots per target, 20 seconds allowed per shot

86 Target Points = 1000pts ± 12 pts per Target Point

Youth A, B, Junior, 20 competition shots, 4 shots per target, 20 seconds allowed per shot

Senior and Masters 172 Target Points = 1000pts ± 12 pts per Target Point

Men and women in the Masters classes are given bonus points over the scratch age of 40.

Ages as at 31st December 2012

North West Biathlon Championships & Open Triathlon
Salt Ayre Sports Centre, Lancaster Sunday 11th
March 2012

INDIVIDUAL ENTRY FORM

Name	
Address	
E-mail address	Tel No.
Pentathlon-GB Number	
Age at 31.12.2012	Class
Category <small>(please circle)</small>	Biathlon
Triathlon	
Swim Time for relevant distance	
Club	
Team competition for groups of 3 athletes competing in the same class and category. Please name the other two team members that have completed individual entry forms.	
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Entry fees

NW Biathlon	£10
Open Triathlon (includes biathlon for NW)	£12
Team entry (per team per category)	£6
TOTAL	

Cheques should be made payable to **MPAGB (North West)**

I certify that I agree to be bound by the rules of the competition and that Pentathlon-GB and the competition organisers will not accept any responsibility, financial or other for any loss, injury or illness of any person during the competition.

Signed:..... Countersigned:.....

.....Date:.....

(Signature of parent or guardian if under 18 years of age.)

All individuals entering the competition must be members of Pentathlon-GB.