



TETRATHLON – AN EXPLANATION

Minimus

Age group: 8-11 (often split into 'mini-mini' – 8 + 9 And 'minimus' – 10 + 11)

Shoot: 7m static targets, two handed, .177 air pistol

Run: 1000m usually cross country sometimes track

Swim: As far as you can in 2 minutes – any stroke, can stop! – ask for a side lane if concerned

Riding: 76cm cross country (61cm for mini-mini if split class) usually L fences



What's on offer:

- 1st minimus training course was held in 2009 over a weekend at Kilgraston school in October – hopefully this will be repeated annually
- Winter triathlons (4 in the series) include minimus and mini-mini classes
- There are minimus and mini-mini classes at Area competitions and the Scottish Championships. These two competitions are the climax to the season.

Junior

Age group: 12-14

Shoot: 7m, turning targets, single handed

Run: 1500m



Swim: As far as you can in 3 minutes

Riding: 91cm cross country



What's on offer:

- Juniors are eligible for the Easter training course run by Scottish Tetrathlon, run over four days in the Easter holidays. This course provides training in running, swimming, fencing and general fitness.
- Winter triathlons (4 in the series) include Junior classes
- Juniors have the opportunity to be selected to compete for Scotland at the Junior Regional competition. This competition was started by Scottish tetrathlon in 2007. Teams of 5 from each of the eight regions (Scotland, N.England, Wales and borders, SW England, Southern England, Central England, East England and N.Ireland.) plus invited teams from S.Ireland. This year the competition was held in Yorkshire. Selection Criteria can be found on the Scottish Tetrathlon website www.tetrathlon.org
- There are Junior classes at both Area competitions and the Scottish Championships which complete the year for Juniors.
- Bold Juniors can move up a class before they are 15.

Intermediate

Age group: 15-21

Shoot: 10m, turning targets, single handed

Run: Girls 1500m, Boys 2000m

Swim: As far as you can in 3 minutes.

Riding: 1m cross country



What's on offer:

- There are no intermediate classes in the winter series therefore intermediates compete either in Junior or Open classes, dependent on their age
- Intermediates are eligible for the Easter training course run by Scottish tetrathlon, run over four days in the Easter holidays. This course provides training in running, swimming, fencing and general fitness.
- There are intermediate classes at Area competitions and Scottish Championships. Area competitions are qualifying competitions for the Pony Club Championships currently based at Hartpury College, Gloucester. Championships are held on the 3rd weekend in August. Qualifying rules/criteria are found in the Tetrathlon rule book. Championships are definitely the peak of the season for Intermediates. The championships are both an individual competition as well as a team one.
- Once an Intermediate has competed at an Open tetrathlon competition (must include riding) they cannot move back down to Intermediate.
- Having been placed in the top 20 (as an individual) in the Intermediate Championships a competitor must move up to Open, with the exception of the first year of competing at this level. A rider must move up to Open if they (not the combination) have achieved a clear round for two consecutive years at Championships

Open

Age group: 15-21

Shoot: 10m, turning targets, single handed

Run: Girls 1500m, Boys 3000m

Swim: Girls as far as you can in 3 minutes, Boys as far as you can in 4 minutes.

Riding: 1.10m cross country



What's on offer:

- Winter triathlons include Open classes and your results from these are used to calculate Scottish rankings which may be used in team selection.
- Opens are eligible for the Easter training course run by Scottish tetrathlon, run over four days in the Easter holidays. This course provides training in running, swimming, fencing and general fitness. However if you are ranked highly in the British rankings (calculated from the three main events of the season, Area, Regionals and Championships) then you may be invited down to the GB training course held at the same time, currently at Millfield School.
- There are open classes at Area competitions and Scottish Championships. Area competitions are qualifying competitions for the Pony Club Championships currently based at Hartpury College, Gloucester. Championships are held on the 3rd weekend in August. Qualifying rules/criteria are found in the Tetrathlon rule book. The championships are both an individual competition as well as a team one, teams of 3/4 boys or girls as well as a 'mixed team' of up to 2 competitors of each sex can be entered.
- Opens have the opportunity to be selected to compete for Scotland at the UK Regional competition. Teams of 5 from each of the eight regions (Scotland, N.England, Wales and borders, SW England, Southern England, Central England, East England and N.Ireland.) plus invited teams from S.Ireland. The organisation of the competition rotates between the regions each year and this year was hosted by Wales. Selection Criteria can be found on the Scottish Tetrathlon website www.tetrathlon.org
- The UK pony club is part of a bi-annual tetrathlon exchange with USA, Canada, Australia and Eire. Every two years a team of four boys and four girls are selected to compete for UK. The countries take it in turn to host the competition with UK and Eire sharing the job. Selection for this team is made from your performance at the British training camp and your British rankings (calculated from your scores at Area, UK regional and Championships from the previous year)



Tetrathlon being a multi-sport event can lead onto many things. Primarily it is designed to lead onto Modern Pentathlon, the Olympic Sport consisting of shooting, swimming, running, riding and fencing. Many International athletes have progressed from tetrathlon including Kate Allenby, Louise Helyer, Heather Fell, Mhairi Spence and Freyja Prentice. Modern Pentathlon differs slightly from tetrathlon, the age classes are Youth E (10 yrs), D (11 & 12yrs), C(13 & 14yrs), B(15 & 16yrs) and A(17 & 18yrs) before moving to Junior (19 to 21 yrs) and Senior (21yrs +). Also the riding is not cross country but showjumping and you don't ride your own horse but instead one drawn from a pool of provided horses.

For more information about Modern Pentathlon visit the Northern Saltires website
www.scottishsaltirespentathlon.com

Tetrathlon has also provided many keen pistol shooters, who have progressed in the single discipline now shooting for Scotland and are knocking on the door of Commonwealth Games qualifying scores