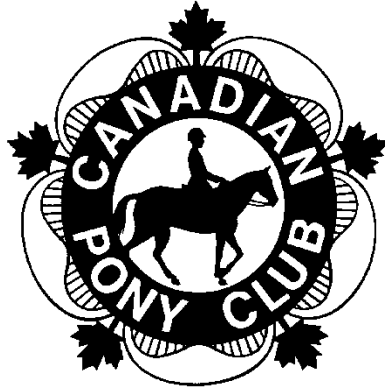


# CANADIAN PONY CLUB



## NATIONAL TETRATHLON RULES

**2013**

Revised April 2013

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## ***National Tetrathlon Rules***

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## Canadian Pony Club National Tetrathlon Rules

### A. OBJECTIVES OF TETRATHLON

The object of Tetrathlon is to encourage, promote and develop a Pony Club member's interest in horses and horsemanship by combining her/his riding with other athletic activities. Tetrathlon provides the Pony Club with a challenging competition requiring sound practical horsemanship, general athletic ability and sportsmanship.

### B. FOREWORD

The Tetrathlon Rules that follow are based on the Rules of Pentathlon Canada, which are those used by Union International de Pentathlon Moderne (**UIPM**) for Olympic and International Modern Pentathlon Competitions. The Olympic Modern Pentathlon consists of five phases: Riding, Fencing, Shooting, Swimming and Running. Points are awarded for performance in each of the events and the winner is the one who amasses the greatest number of points after the five phases.

The Pony Club competition excludes the Fencing phase, hence the name Tetrathlon. The Rules for the other phases have been changed or modified to suit our Pony Club needs. These Rules are outlined in the appropriate sections that follow.

Riding - Competitors ride a cross-country and a stadium jumping course or a combination thereof, following Equine Canada (EC) Eventing Rules (Section D) except where stated. **These rules are mandatory at National Championships. The rules covering falls and refusals must be followed at all Branch and Regional Competitions as well.**

**For all other phases of Tetrathlon, CPC has received permission from both Pentathlon Canada and UIPM to use their rules for situations not covered in these rules.**

Although the full Tetrathlon can be completed in one day, it is very tiring for both the competitors and officials, and of course, it cannot produce the best results. It may be easier for the organizer to hold the riding phases on one day and the run, swim and shoot on a separate day.

It is important for Organizers not to lose sight of the objectives of this type of competition from the Pony Club point of view. Pressures are bound to be put on them to reduce the importance of the Riding phase in one way or another. These must be resisted.

If athletes join the Pony Club to learn their riding for this type of competition, it is fine provided it is remembered that their interest in horses should not stop at only what is required in the Riding phase. They should be encouraged to take part in the other Pony Club activities and to improve their knowledge of the horse and their all round riding ability.

## 1. SCOPE OF THE RULES:

- 1.1 These rules are to be used for all Canadian Pony Club Tetrathlon Championships. This includes all Canadian International, National, Eastern, Western and Zone Tetrathlon Championships.
- 1.2 These rules are optional for Regional and Branch Tetrathlon Competitions. They may act as guidelines for Branch competitions. **However, the rules regarding falls and refusals must be followed at all competitions.**
- 1.3 Where it is necessary to enforce local rules (ie: additional or alternate rules not included in these rules), these must be clearly posted and announced to the competitors as part of the second official announcement for the competition. They shall not contradict these rules.
- 1.4 All organizers and officials must be familiar with the Canadian Pony Club Risk Management Guide.

## 2. FORM OF THE COMPETITION:

- 2.1 The Tetrathlon Championship will be primarily a team competition. Competitors will normally enter as teams. Competitors entered as individuals may be accepted and made up into Scramble Teams by the organizing committee. Individuals will be allowed to compete separately only when the Organizing Committee is unable to place them on a team.
- 2.2 The Tetrathlon competition shall have four parts: Air Pistol Shooting, Swimming, Riding and Running. Where possible, the events should be run in that order.

## 3. DIVISIONS OFFERED:

- 3.1 Senior Women: female competitors 15 to 20 years of age prior to January 1 of the current year.
- 3.2 Junior Women: female competitors 12 to 14 years of age prior to January 1 of the current year.
- 3.3 Novice Women\* female competitors are 11 years and under prior to January 1 of the current year.
- 3.4 Senior Men male competitors 15 to 20 years of age prior to January 1 of the current year.
- 3.5 Junior Men male competitors 12 to 14 years of age prior to January 1 of the current year.
- 3.6 Novice Men\* male competitors are 11 years and under prior to January 1 of the current year.
- 3.7 Region and Branch competitions may offer additional divisions:
  - 3.7.1 Tadpole Novice competitor 8 years and under prior to Jan 1
  - 3.7.2 Green Junior First year Junior competitor
  - 3.7.3 Green Senior First year Senior competitor
  - 3.7.4 Intermediate (similar to Green Junior and Green Senior combined)

\*Novice Competitors - No competitions for the Novice Level will be organized at the National Competitions. Organizers of all Regional and Branch Competitions are strongly encouraged to include the Novice Level at their competition.

#### **4. MAKEUP OF TEAMS:**

- 4.1 A Regional team shall be made up of four competitors; two juniors, two seniors plus an adult chaperone who is at least 25 years of age prior to January 1 of the current year. There should always be a minimum of 2 persons for a team of four competitors with any Regional Team competing at a National Competition. If all team members are of the same gender at least one adult (coach or chaperone) must be of the same gender. A Coach and Chaperone of each gender is strongly recommended if it is a mixed gender team.
- 4.2 If a team sends a separate coach she/he must be at least 19 years old, and mature enough to manage her/his respective team(s)
- 4.3 Teams of three competitors may compete. In these cases, a "Ghost Score" will be determined to represent the fourth score. The Ghost Score will be determined by averaging the scores of the other three team members in each phase of the competition. A maximum of one Ghost per team is allowed.
- 4.4 Teams selected for International competition shall consist of a maximum of four women, four men and two Chaperone/Coaches. The chaperone must be a minimum of 25 years of age prior to January 1 of the current year. It is recommended that the coach be a minimum of 25 years of age (but must be at least 21 years of age) prior to January 1 of the current year. The coach and chaperone should represent both sexes. It is recommended that, wherever possible, the coach and/or chaperone not be a member of the immediate family of a competitor. The selection committee will choose the team members including the Coach and Chaperone. The selection committee will generally be comprised of the National Tetrathlon Chair, plus up to 4 Regional Tetrathlon Chairs (who do not have candidates), or other knowledgeable Tetrathlon people.
- 4.5 The coach or chaperone will be responsible for all competitors on her/his team and take full responsibility for seeing that the competitors follow all rules and regulations of the competitions. It is the coach/chaperone's responsibility to transmit to team members any changes or additional instructions which may be given affecting competitors. It is the responsibility of the officials/organizers to see that all coaches/chaperones are notified in writing (preferably), and/or orally of any such changes or instructions.

#### **5. ENTRIES:**

- 5.1 The Regional Tetrathlon Chair or committee must approve the members chosen to represent their Region at National competitions. Entry forms must be signed by the District Commissioner, Regional Tetrathlon Chair and by a Riding Instructor who has seen the proposed competitor(s) riding over fences. Only applications sent in by the Regional Tetrathlon Chairperson will be accepted. Applications sent in by branches or individuals will not be accepted.
- 5.2 A cheque for all entry fees should accompany the forms.
- 5.3 Original applications and original supporting documentation must be mailed by Canada Post, postmarked by the established date or sent by Courier and dated by the established deadline. Applications may be e-mailed or faxed for notification purposes only but will not be considered as the "official" application.
- 5.4 All chaperones and coaches must be approved by their regional chair or the DC in the case of Regional Championships.
- 5.5 Only Regions and members in good standing will be accepted.

- 5.6 The organizing committee may also, with permission from the National Tetrathlon Chair, invite teams from other countries to compete.
- 5.7 Two teams may represent a region at a Tetrathlon Championship. Additional teams and/or individuals may be accepted at the discretion of the organizing committee.
- 5.8 After closing date of entries, no substitutions of horses or competitors may be made except in the case of illness, lameness or other unavoidable circumstances. Late substitutions must be approved by the District Commissioner or Regional Tetrathlon Chair who must inform the National Organizer in a timely manner.

## 6. QUALIFICATIONS:

### 6.1 Competitors:

- 6.1.1 Novices are 11 years and under prior to January 1 of the current year. All competitors at Novice Division at a Regional Competition must have attained at least the 'D' Standard level (test Level 1) .
- 6.1.2 Juniors are 12 to 14 years of age prior to January 1 of the current year. All competitors at Junior Division at a National Competition must have attained a 'D2' Standard level (test Level 3) and be riding competently at a minimum of the E.C. Entry level with a maximum fence height of 0.85m (2'9").
- 6.1.3 Seniors are 15 to 20 years prior to January 1 of the current year. All competitors at Senior Division at a National Competition must have attained a full 'C' Standard level (test Level 4) and be riding competently at the E.C Training level with a maximum height of 1m or 3'3".
- 6.1.4 Competitors applying for International Competition must have obtained a full C2' Standard level (test level 6) and be riding competently at the E.C. Training level.
- 6.1.5 Competitors may compete in any age division above their own, but not in one below their own division. A participant may not compete in more than one division at a competition, nor will she/he switch divisions during the course of a competition.
- 6.1.6 To encourage participation and safety at Regional Competitions, provision may be made for competitors to ride at their own level of competence. Juniors and Seniors considering participation at National and International Competitions are subject to the provisions in 6.1.3 to 6.1.7.
- 6.1.7 All competitors must have paid their membership dues for the current year and be otherwise in good standing with their Branch, Region and the Canadian Pony Club.
- 6.1.8 All competitors must have a properly completed Acceptance of Risk form on file with their Region or the National Office.
- 6.1.9 As a guideline, competitors selected to a Regional Team should be capable of attaining a minimum of 3200 points at their Regional Championship or at a previous Regional Competition or Clinic in their current division. Please note that this is a guideline only and is not meant to exclude capable athletes.

6.1.10 Any competitor from the host region and adjacent Region(s) must, as a condition of entry, agree to share their mount with a suitable visiting competitor at their respective level. (To assist the National organizer, the mount owner may indicate to the organizer that their mount can be used at a higher level or go more than the normal required times, if necessary, to run a competitive and fair event.) It is the responsibility of the competitor supplying a horse to ensure the horse is in top physical shape and can compete safely over the cross-country/stadium course at the specified level, i.e. Junior or Senior.

## 6.2 Horses

6.2.1 All horses must be at least five (5) years old.

6.2.2 No stallions are allowed.

6.2.3 It is recommended that horses used at National Tetrathlon Championships have been regularly ridden by a member of the Canadian Pony Club. A horse may be shared by two competitors. A pool of satisfactory horses must be provided by the Organizers for competitors out of Province, where such distances involved may otherwise prevent participation in a National competition (see rule 6.1.10). Where it is necessary for a horse to be used by more than two riders, the third ride must be on a separate day.

6.2.4 At the National Championships it is the organizers' responsibility to ensure that there are sufficient suitable horses for each level of competition. The organizer/committee therefore has the authority to seek out other suitable horses to ensure a safe and fair event for all participants.

6.2.5 In the case that sufficient qualified horses cannot be found using the method above, then it will be left up to the discretion of the Organizer in consultation with the National Tetrathlon Chair.

## 7. AWARDS

7.1 Overall Team Championships. A Championship Rosette shall be awarded to each member of the winning teams at a Championship. Rosettes shall be awarded to the first eight places (Medals or Trophies may be awarded to the first three places, with Rosettes up to 8<sup>th</sup> place).

7.2 Overall Individual Championships. Rosettes shall be awarded to the first eight places for high point individual athletes. (Medals or Trophies may be awarded to the first three places, with Rosettes to 8th place)

7.3 Ribbons shall be given to the first five places for division winners of each tetrathlon phase (shooting, swimming, riding, running). If the number of competitors exceeds 15 in any phase, ribbons shall be given to the first eight places.

## 8. OFFICIALS

### 8.1 General:

All Regions are required to have an official on site with EC TD or CPC ATD qualifications for any riding phases that include a cross country riding portion or jumping over natural obstacles at all Regional and National competitions. The TD may be of any EC level. The Canadian Pony Club strongly recommends that certified officials be used whenever possible.



- 8.2 **The Organizer:**  
The Organizer is the person responsible for the overall management of a Competition. If a Competition is being sponsored by a Region, Committee or Club, one individual should be designated as the Organizer and that individual should be responsible for answering all questions about the management of the Competition.
- 8.3 **Safety Officer**  
The organizer must appoint a Safety Officer as defined in the Canadian Pony Club Risk Management Guide. This person will prepare, distribute and implement a safety plan AND coordinate emergency responses during a competition. This person is not a medical officer and should not participate directly in providing emergency care, but rather should arrange for and facilitate the response by appropriate personnel and then record and document any incidents(s). This person should not be assigned to any other function pertaining to the hosting of the competition.
- 8.4 **Chief Steward:**  
A Chief Steward shall be appointed by the Organizer. She/he shall be present throughout the Competition to ensure that it is conducted in accordance with the Rules, and that the correct results are produced from each phase. She/he shall be responsible for inspecting the courses before they are shown to the competitors. This should be done in conjunction with the Technical Chair of each respective phase. She/he is authorized to insist on alterations if, in her/his opinion, a course does not fall within the limits laid down in the Rules, or is unsuitable for Competition.
- 8.5 **Chief Scorer:**  
There should be a Chief Scorer for the entire Competition. She/he shall, with her/his assistants, be responsible for receiving results for each phase and keeping accumulated records and totals posted throughout the Competition.
- 8.6 **Technical Chair:**  
The Organizer shall appoint a Technical Chair for each of the four phases of the Competition. This person must be qualified with extensive experience in their designated field. Each Chair shall be responsible for organization, including the judging and scoring of the phase.
- 8.7 **Judges and Timekeepers:**  
Judges, Timekeepers, Scrutinizers for Shooting phase, etc., shall be appointed by the Technical Chair and the Organizer, and if necessary, will be trained by the Technical Chair or another qualified individual prior to the competition.
- 8.8 **Jury of Appeal:**  
The Jury of Appeal shall be appointed by the Organizer and it should consist of herself/himself, the Technical Chair, with the Chief Steward acting as Chair. Their decision, after due investigation, is final.

## **9. LEGAL LIABILITY**

- 9.1 Neither the organizer, nor any persons acting on her/his behalf, shall be liable for loss, damage, accident, injury, illness, or death to competitors, horses, spectators, or any property whatsoever.
- 9.2 As a precondition of participation, all horse owners, and participants or their legal guardian, must sign a waiver to this effect.

- 9.3 If an EC TD or CPC ATD is not used for the competition in the cross-country riding phase, derby phase, short course, or any phase using natural obstacles, the competition will not be sanctioned and not covered by our insurance. The results may not be posted on the web site and scores may not be used for qualifying.**

## **10. Ties**

- 10.1 In the event of a tie in the final standings, the points in the Riding phase shall decide the winner. If these points are also the same, the results shall be declared a tie. If the tie concerns qualifying for further competition, all parties will qualify.
- 10.2 See also Articles 13.11.4, 13.11.5, 14.5.2, 14.5.3, 15.7.4, 15.7.5 and 16.8.5 for breaking ties in the individual phases.

## **11. PROTESTS AND OBJECTIONS**

- 11.1 Apart from the Technical Chair and Officials of the competition, only official Coaches, District Commissioners, Regional Chairs or their appointed representatives are entitled to lodge objections or protests.
- 11.2 Should a protest be raised, the first course of action will be to approach the Technical Chair of the particular Phase. If her/his decision is not satisfactory then a written protest must be made and addressed to the Chief Steward, accompanied by a deposit of Twenty Dollars. This deposit will be forfeited unless the Jury of Appeal decides that there were good and reasonable grounds for the objection.
- 11.3 Protests must be made not later than one hour after the scores have been posted, or in the case of protests against the qualification of competitors or horses, no later than three hours before the start of the phase.

## **12. GENERAL RULES**

- 12.1 Any interference or unseemly behaviour by a competitor or third party with another competitor during the days of the phases of the competition may be penalized up to and including elimination, at the discretion of the Jury of Appeal. Serious cases may involve disqualification of the individual and/or team from the phase involved, and/or from the whole competition, at the discretion of the Jury of Appeal.
- 12.2 Unseemly behaviour on the part of the competitors, team officials or team supporters will be reported as soon as possible by the Chief Steward to the Board of Directors of the Canadian Pony Club and penalties for the individual(s) or Branch(s) involved may ensue.
- 12.3 Competitors, coaches and chaperones are not to leave the competition grounds or facility during the competition without notification and prior approval of the event organizers. Those in violation of this policy may face disciplinary action.
- 12.4 All competitors selected to attend a National Championship are expected to compete in all four phases unless injury or illness, certified in writing by their Regional Representative, occurs during the event. In the event that a competitor cannot participate in one or more phases at a National Championship, the jury of appeal must be notified in a timely manner prior to the start of that phase of the competition. Failure to comply will result in disqualification of that competitor from all individual awards. Exceptional cases may be considered by the organizing committee.

- 12.5 Each region that hosts the National Championships must produce a budget outlining the cost of organizing the event. This will enable the following year's national organizers to benefit from the experience of those who have done this before.
- 12.6 It is recommended that the yearly location of the National Championships be balanced between the East and the West in order to control the high costs involved in travel. It is also recommended that the location of the National Eastern/Western or Zone Championships be planned three years in advance, in order to allow the host region/province sufficient time to prepare and meet the financial requirements of hosting the competition.

### 13. RIDING

#### 13.1 The Course:

- 13.1.1 The riding phase shall consist of a stadium jumping course to be followed by a cross-country course, and these two phases should be separated by approximately 20 minutes to allow time for a vet check and any changes of tack and equipment that the rider/horse owner deems to be appropriate.
- 13.1.2 The requirements of the Senior riding level are to follow the specifications of EC Training level with the exception of jump heights and widths as described in 13.2.1.
- 13.1.3 The requirements of the Junior riding level are to follow the specifications for EC Entry level with the exception of jump heights and widths as described in 13.2.2.
- 13.1.4 At National Championships, senior riders have the option of electing to ride the Junior course instead of the Senior course. A Senior rider completing the Junior course will be assigned a 250 point penalty for each phase where the Junior option was taken. A Senior rider completing the Junior course will not be eligible for ribbons or awards in the riding division, and will not place ahead of another Senior competitor who completed the Senior riding course, in the overall individual ratings.
- 13.1.5 If the riding Ground Jury feels that a suitable loaned horse cannot be found for a Senior rider, the Ground Jury may, after discussion with the Jury of Appeal and the competitor's Regional Representative, require that Senior competitor ride the Junior course. If this occurs, the Ground jury's decision is final and the rules pertaining to the riding scores will be the same as outlined in 13.1.4.
- 13.1.6 The length of the cross-country course shall be approximately 2200 meters for the Senior and Junior divisions, with not more than 20 or less than 18 jumping efforts. Derby and or Short courses for Seniors shall have a 8-10 cross-country efforts with 8-10 Stadium jumps with a distance of 1600-2200 meters. Derby and or Short courses for Juniors shall have 7-9 cross-country efforts with 7-9 Stadium jumps with a distance of 1100-1800 metres. Course designers should bear in mind that the object is to test the rider rather than the horse.
- 13.1.7 The layout of the Riding facility will be a major factor in determining the distance necessary for an appropriate course. The distances above are simply meant as a guideline. The Organizing committee at their discretion will run a Derby style course which offers Natural style or x-country jumps (ie. ditch, banks, step ups, step downs, water, etc.) within a Stadium course. The Committee also may offer a Short Course style which will offer Stadium jumps at the beginning of the course then move onto a cross-country course and then ride back to finish off in the Stadium.

- 13.1.8 When cross country fences are at maximum height and width or are technically difficult (including ditches, banks and water), the organizers are encouraged to provide an optional obstacle that may be jumped instead, at a penalty to the rider. (see 13.5)
- 13.1.9 Once flagged, the riding course shall be closed prior to any Regional or National competition. This means competitors may not ride their horse or any other horse on any part of the course (no obstacle or combination of obstacles) during this time and no horse that is going to be used in the competition shall be allowed on any part of the course during this time.
- 13.1.10 The number of jumping efforts on the Stadium course will be 12 for Seniors, 10 for Juniors. The Senior course should contain one double and/or one triple. The Junior course may contain one double. The Novice course will be designed at the discretion of the course designer.
- 13.1.11 The distance of the Stadium courses will be set by the course designer.

## 13.2 Obstacles

- 13.2.1 Senior division - maximum height shall be 1.0 meters (3'3") for both cross-country and stadium fences. Obstacles with spread only (water, ditch, etc.) shall not exceed 2.0 meters (6'6"). Obstacles with both height and spread (oxer, etc.) shall not exceed a spread of 1.2 meters (4') at the highest point and 1.5 meters (5') at the base. If the maximum spread is used, height of the obstacle shall not exceed .9 meters (3').
- 13.2.2 Junior division - maximum height shall be .85 meters (2'9") for both cross-country and stadium fences. Obstacles with spread only shall not exceed 1.5 meters (5'). Obstacles with both height and spread shall not exceed a spread of .75 meters (2'6") at the highest point and 1.2 (4') meters at the base.
- 13.2.4 All obstacles on course must be numbered.
- 13.2.5 An optional obstacle, where flagged, may be taken with penalty (see 13.5).
- 13.2.6 Regional and National Competitions should use at the organizer's discretion, a slip rail and/or gate obstacle, as per the International Tetrathlon competitions.

The following information is provided courtesy of the USPC Tetrathlon Rules:

- 13.2.6.1. Slip Rail and Gate. Either the slip rail or gate, when used, will be placed about one-third the distance into the course and the other two-thirds the distance. Each is numbered consecutively as obstacles on the course, but they are not counted as jumping efforts.
- 13.2.6.2. Slip Rail – Specifications: Two fences (4' to 5' high by 6' to 8' wide) with bases anchored to the ground, will serve as wings for the slip rail opening. The opening between the wings will be 6' minimum to 8' maximum. The two slip rails will be standard 2x4's that are 8' long for a 6' opening and 10' long for an 8' opening. The top of the lower rail, which remains in place, shall be 10" above the ground. The top of the upper rail, which is to be lowered to the ground at one end or slid back into the wing, shall be 3' to 4' above the ground.

**How Ridden:** The rider approaches the slip rail between the flagged cones (red on the right, white on the left), halts, dismounts, lowers one end of the top rail to the ground (or slides it fully back into the wing), walks the horse in hand over the lower rail (left in place), replaces the top rail, remounts from the ground and continues on course. Two cones or similar markers will be placed about 20' apart and 10' in front of the slip rail obstacle. Time to negotiate the slip rail will be started when the horse's chest passes between these markers. The slip rail is considered to have been successfully negotiated when the slip rail has been replaced. A mounting block may be used without incurring point penalties. The use of a mounting block is at the discretion of the course designer and show jumping steward. If used, the mounting block should be at least 15 meters or yards from the split rail. It is recommended that the mounting block be natural, such as a log or flower box, and the course designer may integrate the mounting block into the course (e.g., place the flower box next to a jump) and specifically designate it as such.

13.2.6.3 Gate – Specifications: Two fence sections (4' to 5' high by 6' to 8' wide) with bases securely anchored to the ground, will serve as wings for the gate. The opening shall be 6' minimum to 8' maximum to accommodate a typical farm gate of pipe, metal panels or wood. A "stop" on the near side of the post adjacent to the latching end of the gate will permit the gate to be opened in the forward direction only. A loop of rope or other flexible material, fastened to the top of the opening end of the gate, will be placed completely over the inner post of the adjacent wing to secure the gate. The post will extend upward approximately 5" above the gate height to accommodate the loop.

**How Ridden:** The mounted rider approaches the gate between the flagged cones, opens it, walks through, closes the gate, secures it by placing the rope loop completely over the post, and continues on course. Two cones or similar markers will be placed about 20' apart and 10' in front of the gate obstacle. Time to negotiate the gate will be started when the horse's chest passes between these markers. The gate is considered to have been successfully negotiated when the loop has been placed completely over the post.

### 13.3 Speed

13.3.1 Optimum time for completing the cross-country course is calculated on a speed of 400 to 450 meters per minute for the Senior division, 350 to 400 meters per minute for the Junior division. Optimum time for Derby and or Short courses for the Senior division, speed should be at 425 metres/min. Optimum time for Derby and or Short courses for Juniors division, the speed should be at 375 metres/min. The actual speed for each course is to be determined by the Technical Delegate or a delegated person with expertise in this area. The competitors must be advised of the speed during registration.

13.3.2 The time allowed for a round is based on the length and speed on a course by division. Time is added to allow negotiation of the Slip Rail and Gate. The time allowed must be clearly shown on the plan of the course. Time Allowed = (length of course / speed) + time allowed for slip rail and gate.

Time Allowed for Slip Rail and Gate: 15 seconds for each – total 30 seconds

Example: International division – 850 meter course at a pace of 325 meters per minute

$$TA = 850 / 325 + 30 = 3:07$$

13.3.3 Optimum time for completing the stadium course is calculated on a speed of 350 meters per minute for the Senior division, 325 meters per minute for the Junior division.

13.3.4 There shall be penalties for fast speeds as well as for slow speeds in the cross-country phase. There shall be no penalty for a fast speed if the competitor arrives at the finish line within a time buffer zone of thirty (30) seconds shorter than the posted optimum time. As an example, if the posted optimum time is four minutes, there would be no fast speed penalty if the competitor reaches the finish line within a time from three minutes and thirty seconds to four minutes. There is no time window for Stadium phase. Points will be only deducted for times slower than the posted time for the stadium phase.

13.3.5 The Technical Delegate has the authority to use a slower speed or alter the course if weather or other conditions make the specified speeds or course unsafe.

13.4 Scoring

13.4.1 750 points are awarded for each riding phase, if organizers are running a separate stadium and cross country course and the penalty points are to be deducted from that total according to the specific type of infraction.

13.4.2 If the event is run with either cross-country, derby, short course or stadium phase only, then everyone will start with 1500 and points will be deducted from that total.

13.5 Penalties for Cross-Country/Stadium	Penalty Points
Knock-down (stadium course)	25 points
First refusal, run out or circle of horse at an obstacle on stadium or cross-country	50 points
Second refusal, run out or circle of horse at the same obstacle on stadium or cross-country	75 points
Third refusal, run out or circle of horse on cross country course, not at the same obstacle (Junior & Novice)	125 points
Third refusal, run out or circle of horse on cross country (Senior)	Elimination and Mandatory Retirement
Third refusal, run out or circle of horse on the entire course on stadium	Elimination and Mandatory Retirement
Third refusal, run out or circle of horse at the same obstacle on the cross country course (Junior & Novice)	Elimination and Mandatory Retirement
Fourth refusal, run out or circle anywhere on the cross country course (Junior & Novice)	Elimination and Mandatory Retirement
Third refusal, run out or circle anywhere on Short Course and or Derby course (Novice, Junior, Senior)	Elimination and Mandatory Retirement
Competitions where the fixed height of the Obstacle on the Cross Country test is less than 1.00m, third refusal, run out or circle at the same obstacle or after the fourth refusal, run out or circle anywhere on Short Course and or Derby Course (Novice, Junior, Senior)	Elimination and Mandatory Retirement

Going around an obstacle without first having presented the horse three times	Elimination
Taking the optional obstacle on x-country	50 points
Fall of rider while riding the cross country and/or stadium jumping competition(s)	Elimination
Fall of horse while riding the cross country and/or stadium jumping competition(s).	Elimination
Error of course, not rectified	Elimination
Omission of obstacle, boundary or compulsory marker flags	Elimination
Jumping obstacles in wrong order	Elimination
Retaking an obstacle already jumped	Elimination
Jumping an obstacle from the wrong side	Elimination
Jumping an obstacle flagged for another division	Elimination
Every second over the optimum time	2 points
Every second under the optimum time and the thirty second buffer zone	2 points
Maximum penalty points for any stadium obstacle and or combination	350 points
Use of abusive or unsportsmanlike language while on course	200 points
Senior competitor riding the Junior stadium or cross-country course (Nov. 06)	250 points/phase

**13.5.1 Scoring the Slip Rail and Gate – courtesy of the USPC National Tetrathlon Rules**

Failures to dismount, take down or fully slide the slip rail into the wing, pass through and replace the slip rail, and remount within 60 seconds..... 150 points

When a rider has exceeded the 60 second time limit at a slip rail, the judge at that obstacle shall signal the rider to proceed to the next obstacle by sounding a bell, whistle or horn.

Failures to open, pass through a gate mounted, and resecure the gate within 60 seconds 150 points

When a rider has exceeded the 60 second time limit at a gate, the judge at that obstacle shall signal the rider to proceed to the next obstacle by sounding a bell, whistle or horn.

Failure to shut and secure gate mounted or slip rail dismounted, when it is otherwise correctly negotiated (in both cases from the departure side of the obstacle) .....50 points

Receiving assistance to remount\* after the slip rail:

- Seniors and Juniors .....60 points
- Intermediate .....45 points
- Novice 30 points
- Non-qualifying divisions .....10 points

*\*A mounting block may be used without incurring point penalties. The use of a mounting block is at the discretion of the course designer and show jumping steward.*

Jumping the gate or slip rail in any direction .....Elimination

Failure to pass between the cones when approaching the slip rail or gate.....60 points

(Note: should rider not pass through the cones, the obstacle judge will start the clock as the chest of the horse passes the extended line of the cones.)

Maximum penalty that can be incurred at the slip rail or gate .....210 points

13.6 Special Conditions

13.6.1 There will be an official walk of the course, for competitors only, prior to the ride. All others may walk the course, with/without competitors at a different time.

13.6.2 After 3 refusals at one fence or 4 refusals in total (Junior or Novice) or 3 refusals (Seniors) on the Cross Country Course or 3 refusals in total on the Stadium Course, a rider is eliminated and must leave the course without attempting to jump any further obstacles.

13.6.3 A competitor must undergo a safety check by the appropriate official prior to the cross-country phase under penalty of elimination.

13.6.4 A cool-out check will be carried out after the cross-country phase. Cool-out procedure will follow Rally Rules. Failure to complete the cool-out check will result in elimination.

13.6.5 NO walking, circling, stopping, weaving or serpentine shall be allowed between the second last obstacle and the finish line. Failure to follow this rule will result in 100 penalty points being awarded to the competitor.

13.6.7 Any disregard of the well-being of the rider's horse will be penalized up to 100 points.

13.6.8 All practice jumps will be flagged and jumping these jumps in the wrong direction will result in elimination.

13.6.9 Outside assistance is forbidden and may be penalized by elimination. This shall include:

13.6.9(a) Posting friends at certain points to call directions or make signals in passing;

13.6.9(b) Intentionally joining another competitor and continuing the course in company with her/him;

13.6.9(c) For a fence Judge or Official to call back or assist a competitor by directions to rectify an error in course.



- 13.6.10 If the organizers deem it impossible to hold separate stadium and x-country phases at the National Competition, then at the discretion of the National Tetrathlon Committee, alternate arrangements can be instituted.
- 13.6.11 A fall of rider on either the Cross Country or Stadium Course results in Elimination. Horse and rider must immediately retire and leave the course.
- 13.6.12 A fall of the horse during any part of the cross country or stadium jumping will result in elimination in that phase. Horse and rider must immediately retire and leave the course.
- 13.6.13 If the horse that has fallen is required to be ridden again that day, the horse must be passed by the competition veterinarian.
- 13.6.14 The competitor who becomes unseated at any time, any where on the grounds must be examined by designated medical personnel and receive medical clearance and must fill out the Acceptance of Risk form found in Appendix 4 at the back of this document. The competitor and coach/trainer or parent/designated adult supervisor must sign the acceptance of risk form. If the coach/trainer or parent/designated adult supervisor is not available to sign the form, the competitor may not continue.

### 13.7 Dress

- 13.7.1 An ASTM/SEI/BSI approved helmet with safety harness fastened must be worn at all times when mounted under penalty of elimination.
- 13.7.2 If a competitor's safety harness comes undone at any time while mounted, they shall not proceed until they refasten it under penalty of elimination.
- 13.7.3 Cross-country shirts with long sleeves must be worn for both stadium and cross-country. Protective eventing vests must be worn on the Cross Country Course. A body protective vest must be worn. An inflatable vest is permitted only if worn over the body protective vest. (revised 2011)
- 13.7.4 Only blunt spurs without rowels may be worn. If a spur is curved, the curve must be downwards.
- 13.7.5 All competitors must display current medical information on the left arm during any mounted activities.
- 13.7.6 Junior and under riders may not wear a stopwatch for the cross country portion of the competition.
- 13.7.7 **Clothing Policy**  
All members are expected to be appropriately attired during all Pony Club competitions or events. Shirts must be worn that have sleeves (to the point of the shoulder) and must cover the midriff. Shorts must be mid-thigh or longer (unless discipline specific). Swimsuits are to be worn at swim activities only. Attire is to be respectful. All Regions are to ensure their competitors are aware of this policy. (added AGM 2013)

### 13.8 Whips and Saddlery

- 13.8.1 Blinkers or hoods of any kind are forbidden.
- 13.8.2 Only unrestricted running martingales with rein stoppers are permitted. Reins must be attached directly to the bit(s) or directly to the bridle in the case of Gags or Hackamores.
- 13.8.3 Wire snaffles are forbidden.

13.8.4 No rider may carry, use or permit to be used a whip exceeding 76.2 cm (30 inches) in length overall. No sharp or cutting edges are allowed.

13.8.5 In the interest of safety, it is strongly recommended that members riding in saddles that do not have a hinged stirrup bar that allows the bar to lay flat, use safety stirrups or break-away stirrups for all mounted activities.

13.9 Disqualification

The Technical Chairperson or Chief Judge may disqualify a competitor at any stage of the riding phase:

13.9.1(a) For unsafe or dangerous riding; or

13.9.1 (b) If, in her/his opinion, the horse is lame, sick or exhausted; or

13.9.1 (c) For misuse of whip or spur, or ill-treatment of the horse; or

13.9.1(d) For any breach of the rules

13.10 Order of Ride

The riding will be divided over the two days of a National competition. It is strongly suggested that horse owners ride on the first day, followed by borrowers on the second day. It is realized that the riding discipline at a National event with horse owners and out of province riders is the most difficult to complete, therefore, the riding order is left to the discretion of the Organizer.

13.11 Other

13.11.1 Unforeseen cases shall be judged by the Jury of Appeal.

13.11.2 An ambulance with qualified personnel must be on site throughout the entire Riding Phase (at all National competitions), or someone qualified in emergency first aid and a posted Emergency plan in place.

13.11.3 A Veterinarian and a Farrier must be on call throughout National Competitions.

13.11.4 Ties: Although two competitors may receive the same overall riding score, they will be ranked according to their cross country time. The rider with the closest to the optimum cross country time will place ahead of the other rider.

13.11.5 If the Cross country times are identical, the tie will remain. In this case, the ribbon will be awarded to the winner of a coin toss. The other competitor tied for this position will be awarded the next place in the riding competition.

**14. RUNNING**

14.1 The Course

14.1.1 Course length shall be as follows:

Men	Women
Senior Division - 2000 meters	Senior Division - 2000 meters
Junior Division - 2000 meters	Junior Division - 2000 meters
Novice Division - 1000 meters	Novice Division - 1000 meters

14.1.2 The course shall be laid out over natural country, to include hills, but there should be no **hindrances that could deny the runners an unhampered race.**

14.1.3 At National Championships, the start and finish lines will be at or near the same location. In the event that a loop running course is impossible, an alternate arrangement may be made in consultation with the National Tetrathlon Chair.

14.2 Scoring (see Appendix 1: Running Scoring)

14.2.1 The optimum running times shall be:

Men	Women
Senior Division - 7 minutes.	Senior Division - 8 minutes
Junior Division - 7 min. 40 sec.	Junior Division - 8 min., 30 sec.
Novice Division - 4 min. 5 sec.	Novice Division - 4 min., 15 sec.

14.2.2 Each of these times earns 1,000 points.

14.2.3 For all divisions, 2 points shall be added for each second under the time, or 2 points subtracted for each second over the time.

14.2.4 Running scores will be determined by rounding decimals to the nearest full second.

14.2.5 Start order will be set with the fastest runners starting first. The group may be divided into men's and women's competitions at the discretion of the organizer.

14.3 Timing

14.3.1 Competitors should be started at one minute intervals and timed from the moment the starter signals them to leave until they cross the finish line.

14.3.2 A countdown start shall be used.

14.3.3 Running time will be recorded to the nearest tenth or hundredth of a second, depending on the accuracy of the timing equipment.

14.3.4 Runners leaving before they are told will be recalled to start again, being penalized only for the time lost in doing so. A runner starting late will not be eliminated but his/her official time starts from the moment she/he should have started.

14.3.5 Whenever possible, experienced starters and times should be used at National Championships. If it is necessary to use inexperienced volunteers, sufficient time must be allotted to adequately train these volunteers.

14.3.6 Final running times will be determined by an experienced finish judge.

14.4 Control

14.4.1 The courses shall be well marked so that a runner keeps a coloured flag or arrow or other marker on his right and a white flag or arrow on his left. The course must be clearly marked with distance indicators at 500m intervals. There shall be a sufficient number of course judges to properly control the course.

14.4.2 If there is a "complicated" or "tricky" section on course, this area should have more markings and course workers to assist the runner if needed.

14.4.3 An official walk of the course shall be conducted prior to the run.

14.4.4 A competitor may be given instruction, encouragement or information along the way, but it shall be forbidden for anyone to run with or near her/him, as these actions will be considered as pace making, and the competitor will be eliminated and awarded zero in the Running phase.

#### 14.5 Other

14.5.1 Unforeseen cases shall be judged by UIPM/Pentathlon Canada Rules

14.5.2 Ties: Although two runners may receive the same running score, they will be ranked according to their final time.

14.5.3 If the running times are identical to 100<sup>th</sup> of a second, the tie will remain. In this case, the ribbon will be awarded to the winner of a coin toss and the other competitor be awarded the next placing in the running competition.

### 15. SWIMMING

#### 15.1 Distance

15.1.1 The swimming distances shall be as follows:

Novice Division - at the discretion of the Organizer (100m is often used)

Junior Division - 200 meters

Senior Division - 200 meters

#### 15.2 Method

15.2.1 Competitors will swim in heats, the number in each heat depending upon the width of the pool.

15.2.2 The composition of the heats shall be such that all members of a particular heat swim at about the same speed. Heats can be bulk seeded (consisting of both Junior and Seniors or male/female in order to create the most evenly matched heats possible). The object is to have a close and exciting event regardless of division or gender.

15.2.3 A competitor may start the swim already in the water providing she/he is touching the starting end of the pool when the starting signal is given.

15.2.4 A swimmer may swim any style or styles, and rules relating specifically to breaststroke, backstroke and butterfly swimming shall not apply.

15.2.5 A swimmer may choose to start from the pool deck instead of the starting block. In this case, the same starting rules will apply.

15.2.6 On the whistle, followed by the command "SWIMMERS ON THE BLOCKS" the competitors stand on the blocks and prepare to start (the swimmer must become immobile).

15.2.7 On the command "TAKE YOUR MARKS" the competitors immediately come to a steady position (the swimmer must remain immobile until the start signal is given).

15.2.8 The starter will then give the start signal (proper starting equipment must be used, i.e. a starter's pistol or an electronic starter, no whistles).

15.2.9 There shall be 2 or 3 spotters at the end of the pool to ensure that each swimmer touches the wall at the end of each lap. If a swimmer does not touch the wall, and then fails to return to touch, she/he will be eliminated and receive 0 points for the Swimming phase.

15.2.10 No swimmer shall walk on the bottom of the pool or pull on the lane rope in the direction of progress. The penalty for this is disqualification.

### 15.3 False Starts

15.3.1 The start signal will be immediately repeated if there is a false start.

15.3.2 The 1<sup>st</sup> False start is assessed against the heat, not the swimmer. The swimmer taking the second and subsequent false starts in the heat will be penalized 20 points regardless of how many false starts she/he had personally.

### 15.4 Timing

15.4.1 Two or three timers shall be assigned to each of the lanes, and it is their responsibility to time the swimmer in that lane.

15.4.2 The timers shall start their watches when the start signal is given, and stop their watches when the swimmer in their lane touches the wall after completing the appropriate distance.

15.4.3 Whenever possible, experienced timers should be used at National Championships. If it is necessary to use inexperienced volunteers, sufficient time must be allocated to adequately train the timers.

15.4.4 Calculation of final swimming times shall be done according to UIPM/Pentathlon Canada rules, by an experienced finish judge.

### 15.5 Scoring (see Appendix 2: Swimming Scoring)

15.5.1 The optimum times are as follows:

	Men	Women
Senior Division	2:22	2:38
Junior Division	2:39	2:50
Novice Division	At the discretion of the organizer	

15.5.2 Each of these times earns 1000 points

15.5.3 For all divisions, 3.5 points shall be added for each half (1/2) second under the time, or 3.5 points shall be subtracted for each half (1/2) - second over the time. For each second more than 71.5s over optimum, 2 points are subtracted for each half (1/2) second over optimum +71.5s. Calculation of full and half seconds will be made by rounding the official time to the nearest full or half-second.

### 15.6 Preparation of the Pool

15.6.1 Proper "Wave-Breaker" lane ropes shall be used to divide the pool into lanes.

15.6.2 A Diving block shall be positioned at the starting end of each lane.

15.6.3 Backstroke flags shall be positioned at each end of the pool.

15.6.4 A rope that can be dropped in the event of a false start shall be positioned halfway down the length of the pool.

## 15.7 Other

15.7.1 Unforeseen cases shall be judged by UIPM/Pentathlon Canada Rules.

15.7.2 At the National level a qualified starter shall start each heat.

15.7.3 All swimmers shall remain in the water until the last swimmer in the heat finishes her/his race.

15.7.4 Ties: Although two swimmers may receive the same swimming score, they will be ranked according to their calculated final time.

15.7.5 If the swimming times are identical to 100<sup>th</sup> of a second, the tie will remain. In this case, the ribbon will be awarded to the winner of a coin toss and the other competitor be awarded the next placing in the swimming competition.

## 16. SHOOTING

### 16.1 Safety

16.1.1 The essential point in all shooting practices and competitions is that they should be organized and run with the knowledge that the air pistol is as dangerous as a proper firearm. It is very important to instill into the young athletes that the safety rules must be obeyed at all times. This point cannot be over stressed.

16.1.2 The organizer of any competition shall require that all air pistols be deposited with the Organizing Committee on registration for the competition, and released to the competitor for the shooting phase only, and then resumed for safe keeping until the end of the whole competition.

16.1.3 All competitors, coaches, pumpers (Novices only) and range officers must wear eye protection while on the range.

### 16.2 Equipment

16.2.1 General - The Technical Delegate for shooting shall have the right to examine a shooter's equipment and apparel. It is the competitor's responsibility to submit questionable equipment for inspection and approval in sufficient time prior to the beginning of the shooting competition so that it will not inconvenience either the competitors or officials. The TD has the right to prohibit the use of any equipment they don't think is acceptable.

16.2.2 Air Pistol - Any type of compressed air or CO2 handgun that does not exceed the following specifications:

16.2.2(a) caliber 4.5 mm (.177 inches). Pellets must be of soft lead or similar composition. Projectiles of steel or other hard projectiles of steel or other hard metals in any shape or form are strictly forbidden.

16.2.2(b) the grips must be fixed, not adjustable during competitions. Dimensions may not exceed those specifications in paragraph (e).

16.2.2(c) thumb rest and hand heel rests are permitted provided they conform to the overall dimensions required in paragraph (e).

16.2.2(d) no part of the grip or accessories is permitted to encircle the hand.

16.2.2(e) the pistol with all its accessories must be capable of fitting into a box which has inside dimensions of 420 mm long x 200 mm wide x 50 mm deep.

16.2.2(f) barrel or balancing weights may not extend beyond the muzzle of the gun;

16.2.2(g) maximum total weight, ready to shoot: 1,500 grams.

16.2.3 All guns must pass weight and dimension tests or they will not be allowed to be used (to be strictly enforced at National Championships).

16.2.4 At National Championships the organizers must ensure that a CO<sub>2</sub> and a compressed air cylinder is available on site to allow competitors to fill their cylinders.

### 16.3 Sight

16.3.1 Correcting lenses may not be attached to the pistol in either the rear or front sights. Correcting lenses must be worn by the shooter, if required.

16.3.2 Only open rear sights are allowed. The front sight may be post or blade type only.

### 16.4 Targets

16.4.1 The targets used will be the National Rifle Association 10 meter Air Pistol target.

16.4.2 Distance from the firing line to the target shall be 10 meters for all competitors.

16.4.3 Targets shall be placed with the centre line of the target at 1.4 meters above the ground, 1 meter apart.

16.4.4 Each competitor's targets will operate on an individual wind down and back mechanism (at Nationals). (These mechanisms are recommended at the Regional level, if possible).

16.4.5 When wind down mechanisms are used, a maximum of 2 pellets shall be shot per target.

### 16.5 Course

16.5.1 Competitors will step to the line on command and have seven minutes for gun preparation. Dry firing and aiming exercises will be allowed during this time (dry firing means that no gas may be expelled).

16.5.2 Competitors will have ten minutes in which to shoot as many pellets at their two practice targets as they wish.

- 16.5.3 Competitors will have thirty-five minutes in which to shoot their 20 competition shots, on the Range Officer's command to "START".
- 16.5.4 \*Note to organizers - as an organizational hint, plan on one hour per line.
- 16.5.5 Competitors will be allowed only two errors (i.e. shooting 3 shots on a target followed by one on the next target), on the third error, the high scoring shot will be discarded.
- 16.5.6 If a gun malfunctions during the course of the competitive fire, the shooter will raise her/his arm, the Range Master will note time remaining and the competitor, once having received permission from the Range Master, can step off the line to repair or replace the gun. Once back on the line, the competitor will signal the Range Master and will be allowed to finish her/his shooting sequence. It is the responsibility of the competitor and coaches to make sure their equipment is in top condition before the competition.
- 16.5.7 At no time will there be any coaching, cocking of guns, or loading by others on the line (Novice competitors will be allowed to have someone cock his/her gun). At any point during practice or competitive shooting, the competitor may step away from the line by first raising his/her arm and getting permission from the Range Master and then confer with his/her coach away from the shooting line. During this time the clock is still counting down.
- 16.5.8 Once the time has run out the command will be given "STOP" and the shooting sequence for that line will be over regardless if all 20 competitive shots have been fired. Exceptions will be allowed only for a malfunctioning gun (see rule 16.5.6).

## 16.6 Shooting Position

- 16.6.1 The shooter shall stand free with both feet on the ground, without any other support and within the provided boundaries. The pistol shall be held and discharged with only one hand. Novice competitors should use two hands.
- 16.6.2 The pistol must be held at arm's length.
- 16.6.3 The nearest edge of the shooting bench or stand must be placed 10cm ahead of the 10m firing range (firing line).

## 16.7 Hit Scoring

- 16.7.1 The value of a shot is determined by the outer edge of the pellet hole. If the edge of the pellet hole cuts or marks the outside of the scoring ring, the shot will be given the higher value.
- 16.7.2 All shots by the competitor after he/she has been given the "START" command will be counted in his/her score, even if the pistol is accidentally discharged.
- 16.7.3 A maximum of 20 pellets may be used during the scoring series. Firing of extra pellets will result in that competitor's highest score on that target not being scored.

## 16.8 Scoring (see Appendix 3: Shooting Scoring)

- 16.8.1 Each shot will be awarded a score between 10 for a bull and 1 for the outermost ring. The sum of scores from all shots is the "shooting score".
- 16.8.2 For a 20 shot competition, if the shooting score is 165, the "Tetrathlon score" for shooting is 1000 points. For every point that the shooting score is above or below 165, the Tetrathlon score is 1000 +/-5 points. For a 15 shot competition, the Tetrathlon score is 1000 +/-7 points for every



point that the shooting score is above or below 123. For a 10 shot competition, the Tetrathlon score is 1000 +/-10 points for every point that the shooting score is above or below 82.

16.8.3 Targets must be numbered in sequence and pre-marked with the competitor's number and/or name. Targets should be scored after each string.

16.8.4 The targets will be returned to the competitors for inspection after the shooting scores have been posted. Competitors have 30 minutes to review their targets and appeal the shot scores. If the competitor is satisfied with the scoring, they should sign the release sheet.

16.8.5 Ties: When a tie exists in the final shooting score, the scores will remain the same but placement will be determined by the highest shot on the last targets. If these are the same, the second to last targets will be examined and so on until the tie is broken.

#### 16.9 Range Safety

16.9.1 A Certified or experienced Range Officer will be responsible for the safe conduct of the range throughout all phases.

16.9.2 Guns shall be kept pointed down range at all times.

16.9.3 No handling of firearms shall be allowed on the firing line while persons are down range.

16.9.4 The "COMMAND - CEASE FIRE" must be immediately obeyed.

16.9.5 No one shall go forward of the firing line until authorized by the Range Officer.

16.9.6 RANGE SAFETY MUST BE STRICTLY ENFORCED AT ALL COMPETITIONS. A penalty of up to 100 points may be assessed for any violation of range safety (at the Range Master's discretion). Repeated offenses can lead to disqualification.

#### 16.10 Other

16.10.1 Spotters should be positioned behind each few shooters to watch for rule infractions, egg shooting extra pellets.

16.10.2 Unforeseen cases shall be judged by UIPM/CMPA rules.

### 17. Hosting an International Tetrathlon Competition

17.1 When hosting an international competition, organizers must follow Canadian National Tetrathlon Rules.

17.2 In scoring, the lowest overall individual score will be dropped for team scoring purposes.

17.3 International competitors may be limited, at the discretion of the organizers to a single riding phase.

### 18. RULE REVIEW

The Rules may be reviewed from time to time. It is the duty of the National Tetrathlon Chair to distribute proposed rule changes to the National Tetrathlon Committee, which is composed of one rep from each Region. Once the rule changes have been approved by the Committee, they must then be submitted to the Risk Management Committee and Management Committee for approval, before being submitted to the Board for final approval.

**APPENDIX 1: Running Scoring Tables**

**SENIOR RUN (2km)**

MEN										WOMEN											
	:00	:01	:02	:03	:04	:05	:06	:07	:08	:09		:00	:01	:02	:03	:04	:05	:06	:07	:08	:09
06:00	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102	07:00	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102
06:10	1100	1098	1096	1094	1092	109	1088	1086	1084	1082	07:10	1100	1098	1096	1094	109	1090	1088	1086	1084	1082
06:20	1080	1078	1076	1074	1072	107	1068	1066	1064	1062	07:20	1080	1078	1076	1074	107	1070	1068	1066	1064	1062
06:30	1060	1058	1056	1054	1052	105	1048	1046	1044	1042	07:30	1060	1058	1056	1054	105	1050	1048	1046	1044	1042
06:40	1040	1038	1036	1034	1032	103	1028	1026	1024	1022	07:40	1040	1038	1036	1034	103	1030	1028	1026	1024	1022
06:50	1020	1018	1016	1014	1012	101	1008	1006	1004	1002	07:50	1020	1018	1016	1014	101	1010	1008	1006	1004	1002
07:00	1000	998	996	994	992	990	988	986	984	982	08:00	1000	998	996	994	992	990	988	986	984	982
07:10	980	978	976	974	972	970	968	966	964	962	08:10	980	978	976	974	972	970	968	966	964	962
07:20	960	958	956	954	952	950	948	946	944	942	08:20	960	958	956	954	952	950	948	946	944	942
07:30	940	938	936	934	932	930	928	926	924	922	08:30	940	938	936	934	932	930	928	926	924	922
07:40	920	918	916	914	912	910	908	906	904	902	08:40	920	918	916	914	912	910	908	906	904	902
07:50	900	898	896	894	892	890	888	886	884	882	08:50	900	898	896	894	892	890	888	886	884	882
08:00	880	878	876	874	872	870	868	866	864	862	09:00	880	878	876	874	872	870	868	866	864	862
08:10	860	858	856	854	852	850	848	846	844	842	09:10	860	858	856	854	852	850	848	846	844	842
08:20	840	838	836	834	832	830	828	826	824	822	09:20	840	838	836	834	832	830	828	826	824	822
08:30	820	818	816	814	812	810	808	806	804	802	09:30	820	818	816	814	812	810	808	806	804	802
08:40	800	798	796	794	792	790	788	786	784	782	09:40	800	798	796	794	792	790	788	786	784	782
08:50	780	778	776	774	772	770	768	766	764	762	09:50	780	778	776	774	772	770	768	766	764	762
09:00	760	758	756	754	752	750	748	746	744	742	10:00	760	758	756	754	752	750	748	746	744	742
09:10	740	738	736	734	732	730	728	726	724	722	10:10	740	738	736	734	732	730	728	726	724	722
09:20	720	718	716	714	712	710	708	706	704	702	10:20	720	718	716	714	712	710	708	706	704	702
09:30	700	698	696	694	692	690	688	686	684	682	10:30	700	698	696	694	692	690	688	686	684	682
09:40	680	678	676	674	672	670	668	666	664	662	10:40	680	678	676	674	672	670	668	666	664	662
09:50	660	658	656	654	652	650	648	646	644	642	10:50	660	658	656	654	652	650	648	646	644	642
10:00	640	638	636	634	632	630	628	626	624	622	11:00	640	638	636	634	632	630	628	626	624	622
10:10	620	618	616	614	612	610	608	606	604	602	11:10	620	618	616	614	612	610	608	606	604	602
10:20	600	598	596	594	592	590	588	586	584	582	11:20	600	598	596	594	592	590	588	586	584	582
10:30	580	578	576	574	572	570	568	566	564	562	11:30	580	578	576	574	572	570	568	566	564	562
10:40	560	558	556	554	552	550	548	546	544	542	11:40	560	558	556	554	552	550	548	546	544	542
10:50	540	538	536	534	532	530	528	526	524	522	11:50	540	538	536	534	532	530	528	526	524	522
11:00	520	518	516	514	512	510	508	506	504	502	12:00	520	518	516	514	512	510	508	506	504	502
11:10	500	498	496	494	492	490	488	486	484	482	12:10	500	498	496	494	492	490	488	486	484	482
11:20	480	478	476	474	472	470	468	466	464	462	12:20	480	478	476	474	472	470	468	466	464	462
11:30	460	458	456	454	452	450	448	446	444	442	12:30	460	458	456	454	452	450	448	446	444	442
11:40	440	438	436	434	432	430	428	426	424	422	12:40	440	438	436	434	432	430	428	426	424	422
11:50	420	418	416	414	412	410	408	406	404	402	12:50	420	418	416	414	412	410	408	406	404	402
12:00	400	398	396	394	392	390	388	386	384	382	13:00	400	398	396	394	392	390	388	386	384	382
12:10	380	378	376	374	372	370	368	366	364	362	13:10	380	378	376	374	372	370	368	366	364	362
12:20	360	358	356	354	352	350	348	346	344	342	13:20	360	358	356	354	352	350	348	346	344	342
12:30	340	338	336	334	332	330	328	326	324	322	13:30	340	338	336	334	332	330	328	326	324	322
12:40	320	318	316	314	312	310	308	306	304	302	13:40	320	318	316	314	312	310	308	306	304	302
12:50	300	298	296	294	292	290	288	286	284	282	13:50	300	298	296	294	292	290	288	286	284	282
13:00	280	278	276	274	272	270	268	266	264	262	14:00	280	278	276	274	272	270	268	266	264	262
13:10	260	258	256	254	252	250	248	246	244	242	14:10	260	258	256	254	252	250	248	246	244	242
13:20	240	238	236	234	232	230	228	226	224	222	14:20	240	238	236	234	232	230	228	226	224	222
13:30	220	218	216	214	212	210	208	206	204	202	14:30	220	218	216	214	212	210	208	206	204	202
13:40	200	198	196	194	192	190	188	186	184	182	14:40	200	198	196	194	192	190	188	186	184	182
13:50	180	178	176	174	172	170	168	166	164	162	14:50	180	178	176	174	172	170	168	166	164	162
14:00	160	158	156	154	152	150	148	146	144	142	15:00	160	158	156	154	152	150	148	146	144	142

# JUNIOR RUN (2km)

MEN											WOMEN										
	:00	:01	:02	:03	:04	:05	:06	:07	:08	:09		:00	:01	:02	:03	:04	:05	:06	:07	:08	:09
06:40	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102	07:30	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102
06:50	1100	1098	1096	1094	1092	109	1088	1086	1084	1082	07:40	1100	1098	1096	1094	109	1090	1088	1086	1084	1082
07:00	1080	1078	1076	1074	1072	107	1068	1066	1064	1062	07:50	1080	1078	1076	1074	107	1070	1068	1066	1064	1062
07:10	1060	1058	1056	1054	1052	105	1048	1046	1044	1042	08:00	1060	1058	1056	1054	105	1050	1048	1046	1044	1042
07:20	1040	1038	1036	1034	1032	103	1028	1026	1024	1022	08:10	1040	1038	1036	1034	103	1030	1028	1026	1024	1022
07:30	1020	1018	1016	1014	1012	101	1008	1006	1004	1002	08:20	1020	1018	1016	1014	101	1010	1008	1006	1004	1002
07:40	1000	998	996	994	992	990	988	986	984	982	08:30	1000	998	996	994	992	990	988	986	984	982
07:50	980	978	976	974	972	970	968	966	964	962	08:40	980	978	976	974	972	970	968	966	964	962
08:00	960	958	956	954	952	950	948	946	944	942	08:50	960	958	956	954	952	950	948	946	944	942
08:10	940	938	936	934	932	930	928	926	924	922	09:00	940	938	936	934	932	930	928	926	924	922
08:20	920	918	916	914	912	910	908	906	904	902	09:10	920	918	916	914	912	910	908	906	904	902
08:30	900	898	896	894	892	890	888	886	884	882	09:20	900	898	896	894	892	890	888	886	884	882
08:40	880	878	876	874	872	870	868	866	864	862	09:30	880	878	876	874	872	870	868	866	864	862
08:50	860	858	856	854	852	850	848	846	844	842	09:40	860	858	856	854	852	850	848	846	844	842
09:00	840	838	836	834	832	830	828	826	824	822	09:50	840	838	836	834	832	830	828	826	824	822
09:10	820	818	816	814	812	810	808	806	804	802	10:00	820	818	816	814	812	810	808	806	804	802
09:20	800	798	796	794	792	790	788	786	784	782	10:10	800	798	796	794	792	790	788	786	784	782
09:30	780	778	776	774	772	770	768	766	764	762	10:20	780	778	776	774	772	770	768	766	764	762
09:40	760	758	756	754	752	750	748	746	744	742	10:30	760	758	756	754	752	750	748	746	744	742
09:50	740	738	736	734	732	730	728	726	724	722	10:40	740	738	736	734	732	730	728	726	724	722
10:00	720	718	716	714	712	710	708	706	704	702	10:50	720	718	716	714	712	710	708	706	704	702
10:10	700	698	696	694	692	690	688	686	684	682	11:00	700	698	696	694	692	690	688	686	684	682
10:20	680	678	676	674	672	670	668	666	664	662	11:10	680	678	676	674	672	670	668	666	664	662
10:30	660	658	656	654	652	650	648	646	644	642	11:20	660	658	656	654	652	650	648	646	644	642
10:40	640	638	636	634	632	630	628	626	624	622	11:30	640	638	636	634	632	630	628	626	624	622
10:50	620	618	616	614	612	610	608	606	604	602	11:40	620	618	616	614	612	610	608	606	604	602
11:00	600	598	596	594	592	590	588	586	584	582	11:50	600	598	596	594	592	590	588	586	584	582
11:10	580	578	576	574	572	570	568	566	564	562	12:00	580	578	576	574	572	570	568	566	564	562
11:20	560	558	556	554	552	550	548	546	544	542	12:10	560	558	556	554	552	550	548	546	544	542
11:30	540	538	536	534	532	530	528	526	524	522	12:20	540	538	536	534	532	530	528	526	524	522
11:40	520	518	516	514	512	510	508	506	504	502	12:30	520	518	516	514	512	510	508	506	504	502
11:50	500	498	496	494	492	490	488	486	484	482	12:40	500	498	496	494	492	490	488	486	484	482
12:00	480	478	476	474	472	470	468	466	464	462	12:50	480	478	476	474	472	470	468	466	464	462
12:10	460	458	456	454	452	450	448	446	444	442	13:00	460	458	456	454	452	450	448	446	444	442
12:20	440	438	436	434	432	430	428	426	424	422	13:10	440	438	436	434	432	430	428	426	424	422
12:30	420	418	416	414	412	410	408	406	404	402	13:20	420	418	416	414	412	410	408	406	404	402
12:40	400	398	396	394	392	390	388	386	384	382	13:30	400	398	396	394	392	390	388	386	384	382
12:50	380	378	376	374	372	370	368	366	364	362	13:40	380	378	376	374	372	370	368	366	364	362
13:00	360	358	356	354	352	350	348	346	344	342	13:50	360	358	356	354	352	350	348	346	344	342
13:10	340	338	336	334	332	330	328	326	324	322	14:00	340	338	336	334	332	330	328	326	324	322
13:20	320	318	316	314	312	310	308	306	304	302	14:10	320	318	316	314	312	310	308	306	304	302
13:30	300	298	296	294	292	290	288	286	284	282	14:20	300	298	296	294	292	290	288	286	284	282
13:40	280	278	276	274	272	270	268	266	264	262	14:30	280	278	276	274	272	270	268	266	264	262
13:50	260	258	256	254	252	250	248	246	244	242	14:40	260	258	256	254	252	250	248	246	244	242
14:00	240	238	236	234	232	230	228	226	224	222	14:50	240	238	236	234	232	230	228	226	224	222
14:10	220	218	216	214	212	210	208	206	204	202	15:00	220	218	216	214	212	210	208	206	204	202
14:20	200	198	196	194	192	190	188	186	184	182	15:10	200	198	196	194	192	190	188	186	184	182
14:30	180	178	176	174	172	170	168	166	164	162	15:20	180	178	176	174	172	170	168	166	164	162
14:40	160	158	156	154	152	150	148	146	144	142	15:30	160	158	156	154	152	150	148	146	144	142

## GREEN JUNIOR RUN (1.5km)

MEN											WOMEN										
	:00	:01	:02	:03	:04	:05	:06	:07	:08	:09		:00	:01	:02	:03	:04	:05	:06	:07	:08	:09
04:50	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102	05:30	1120	1118	1116	1114	1112	1110	1108	1106	1104	1102
05:00	1100	1098	1096	1094	1092	109	1088	1086	1084	1082	05:40	1100	1098	1096	1094	109	1090	1088	1086	1084	1082
05:10	1080	1078	1076	1074	1072	107	1068	1066	1064	1062	05:50	1080	1078	1076	1074	107	1070	1068	1066	1064	1062
05:20	1060	1058	1056	1054	1052	105	1048	1046	1044	1042	06:00	1060	1058	1056	1054	105	1050	1048	1046	1044	1042
05:30	1040	1038	1036	1034	1032	103	1028	1026	1024	1022	06:10	1040	1038	1036	1034	103	1030	1028	1026	1024	1022
05:40	1020	1018	1016	1014	1012	101	1008	1006	1004	1002	06:20	1020	1018	1016	1014	101	1010	1008	1006	1004	1002
05:50	1000	998	996	994	992	990	988	986	984	982	06:30	1000	998	996	994	992	990	988	986	984	982
06:00	980	978	976	974	972	970	968	966	964	962	06:40	980	978	976	974	972	970	968	966	964	962
06:10	960	958	956	954	952	950	948	946	944	942	06:50	960	958	956	954	952	950	948	946	944	942
06:20	940	938	936	934	932	930	928	926	924	922	07:00	940	938	936	934	932	930	928	926	924	922
06:30	920	918	916	914	912	910	908	906	904	902	07:10	920	918	916	914	912	910	908	906	904	902
06:40	900	898	896	894	892	890	888	886	884	882	07:20	900	898	896	894	892	890	888	886	884	882
06:50	880	878	876	874	872	870	868	866	864	862	07:30	880	878	876	874	872	870	868	866	864	862
07:00	860	858	856	854	852	850	848	846	844	842	07:40	860	858	856	854	852	850	848	846	844	842
07:10	840	838	836	834	832	830	828	826	824	822	07:50	840	838	836	834	832	830	828	826	824	822
07:20	820	818	816	814	812	810	808	806	804	802	08:00	820	818	816	814	812	810	808	806	804	802
07:30	800	798	796	794	792	790	788	786	784	782	08:10	800	798	796	794	792	790	788	786	784	782
07:40	780	778	776	774	772	770	768	766	764	762	08:20	780	778	776	774	772	770	768	766	764	762
07:50	760	758	756	754	752	750	748	746	744	742	08:30	760	758	756	754	752	750	748	746	744	742
08:00	740	738	736	734	732	730	728	726	724	722	08:40	740	738	736	734	732	730	728	726	724	722
08:10	720	718	716	714	712	710	708	706	704	702	08:50	720	718	716	714	712	710	708	706	704	702
08:20	700	698	696	694	692	690	688	686	684	682	09:00	700	698	696	694	692	690	688	686	684	682
08:30	680	678	676	674	672	670	668	666	664	662	09:10	680	678	676	674	672	670	668	666	664	662
08:40	660	658	656	654	652	650	648	646	644	642	09:20	660	658	656	654	652	650	648	646	644	642
08:50	640	638	636	634	632	630	628	626	624	622	09:30	640	638	636	634	632	630	628	626	624	622
09:00	620	618	616	614	612	610	608	606	604	602	09:40	620	618	616	614	612	610	608	606	604	602
09:10	600	598	596	594	592	590	588	586	584	582	09:50	600	598	596	594	592	590	588	586	584	582
09:20	580	578	576	574	572	570	568	566	564	562	10:00	580	578	576	574	572	570	568	566	564	562
09:30	560	558	556	554	552	550	548	546	544	542	10:10	560	558	556	554	552	550	548	546	544	542
09:40	540	538	536	534	532	530	528	526	524	522	10:20	540	538	536	534	532	530	528	526	524	522
09:50	520	518	516	514	512	510	508	506	504	502	10:30	520	518	516	514	512	510	508	506	504	502
10:00	500	498	496	494	492	490	488	486	484	482	10:40	500	498	496	494	492	490	488	486	484	482
10:10	480	478	476	474	472	470	468	466	464	462	10:50	480	478	476	474	472	470	468	466	464	462
10:20	460	458	456	454	452	450	448	446	444	442	11:00	460	458	456	454	452	450	448	446	444	442
10:30	440	438	436	434	432	430	428	426	424	422	11:10	440	438	436	434	432	430	428	426	424	422
10:40	420	418	416	414	412	410	408	406	404	402	11:20	420	418	416	414	412	410	408	406	404	402
10:50	400	398	396	394	392	390	388	386	384	382	11:30	400	398	396	394	392	390	388	386	384	382
11:00	380	378	376	374	372	370	368	366	364	362	11:40	380	378	376	374	372	370	368	366	364	362
11:10	360	358	356	354	352	350	348	346	344	342	11:50	360	358	356	354	352	350	348	346	344	342
11:20	340	338	336	334	332	330	328	326	324	322	12:00	340	338	336	334	332	330	328	326	324	322
11:30	320	318	316	314	312	310	308	306	304	302	12:10	320	318	316	314	312	310	308	306	304	302
11:40	300	298	296	294	292	290	288	286	284	282	12:20	300	298	296	294	292	290	288	286	284	282
11:50	280	278	276	274	272	270	268	266	264	262	12:30	280	278	276	274	272	270	268	266	264	262
12:00	260	258	256	254	252	250	248	246	244	242	12:40	260	258	256	254	252	250	248	246	244	242
12:10	240	238	236	234	232	230	228	226	224	222	12:50	240	238	236	234	232	230	228	226	224	222
12:20	220	218	216	214	212	210	208	206	204	202	13:00	220	218	216	214	212	210	208	206	204	202
12:30	200	198	196	194	192	190	188	186	184	182	13:10	200	198	196	194	192	190	188	186	184	182
12:40	180	178	176	174	172	170	168	166	164	162	13:20	180	178	176	174	172	170	168	166	164	162
12:50	160	158	156	154	152	150	148	146	144	142	13:30	160	158	156	154	152	150	148	146	144	142

# NOVICE RUN (1km)

MEN											WOMEN										
	:00	:01	:02	:03	:04	:05	:06	:07	:08	:09		:00	:01	:02	:03	:04	:05	:06	:07	:08	:09
03:00	1130	1128	1126	1124	1122	1120	1118	1116	1114	1112	03:10	1130	1128	1126	1124	1122	1120	1118	1116	1114	1112
03:10	1110	1108	1106	1104	1102	1100	1098	1096	1094	1092	03:20	1110	1108	1106	1104	1102	1100	1098	1096	1094	1092
03:20	1090	1088	1086	1084	1082	1080	1078	1076	1074	1072	03:30	1090	1088	1086	1084	1082	1080	1078	1076	1074	1072
03:30	1070	1068	1066	1064	1062	1060	1058	1056	1054	1052	03:40	1070	1068	1066	1064	1062	1060	1058	1056	1054	1052
03:40	1050	1048	1046	1044	1042	1040	1038	1036	1034	1032	03:50	1050	1048	1046	1044	1042	1040	1038	1036	1034	1032
03:50	1030	1028	1026	1024	1022	1020	1018	1016	1014	1012	04:00	1030	1028	1026	1024	1022	1020	1018	1016	1014	1012
04:00	1010	1008	1006	1004	1002	1000	998	996	994	992	04:10	1010	1008	1006	1004	1002	1000	998	996	994	992
04:10	990	988	986	984	982	980	978	976	974	972	04:20	990	988	986	984	982	980	978	976	974	972
04:20	970	968	966	964	962	960	958	956	954	952	04:30	970	968	966	964	962	960	958	956	954	952
04:30	950	948	946	944	942	940	938	936	934	932	04:40	950	948	946	944	942	940	938	936	934	932
04:40	930	928	926	924	922	920	918	916	914	912	04:50	930	928	926	924	922	920	918	916	914	912
04:50	910	908	906	904	902	900	898	896	894	892	05:00	910	908	906	904	902	900	898	896	894	892
05:00	890	888	886	884	882	880	878	876	874	872	05:10	890	888	886	884	882	880	878	876	874	872
05:10	870	868	866	864	862	860	858	856	854	852	05:20	870	868	866	864	862	860	858	856	854	852
05:20	850	848	846	844	842	840	838	836	834	832	05:30	850	848	846	844	842	840	838	836	834	832
05:30	830	828	826	824	822	820	818	816	814	812	05:40	830	828	826	824	822	820	818	816	814	812
05:40	810	808	806	804	802	800	798	796	794	792	05:50	810	808	806	804	802	800	798	796	794	792
05:50	790	788	786	784	782	780	778	776	774	772	06:00	790	788	786	784	782	780	778	776	774	772
06:00	770	768	766	764	762	760	758	756	754	752	06:10	770	768	766	764	762	760	758	756	754	752
06:10	750	748	746	744	742	740	738	736	734	732	06:20	750	748	746	744	742	740	738	736	734	732
06:20	730	728	726	724	722	720	718	716	714	712	06:30	730	728	726	724	722	720	718	716	714	712
06:30	710	708	706	704	702	700	698	696	694	692	06:40	710	708	706	704	702	700	698	696	694	692
06:40	690	688	686	684	682	680	678	676	674	672	06:50	690	688	686	684	682	680	678	676	674	672
06:50	670	668	666	664	662	660	658	656	654	652	07:00	670	668	666	664	662	660	658	656	654	652
07:00	650	648	646	644	642	640	638	636	634	632	07:10	650	648	646	644	642	640	638	636	634	632
07:10	630	628	626	624	622	620	618	616	614	612	07:20	630	628	626	624	622	620	618	616	614	612
07:20	610	608	606	604	602	600	598	596	594	592	07:30	610	608	606	604	602	600	598	596	594	592
07:30	590	588	586	584	582	580	578	576	574	572	07:40	590	588	586	584	582	580	578	576	574	572
07:40	570	568	566	564	562	560	558	556	554	552	07:50	570	568	566	564	562	560	558	556	554	552
07:50	550	548	546	544	542	540	538	536	534	532	08:00	550	548	546	544	542	540	538	536	534	532
08:00	530	528	526	524	522	520	518	516	514	512	08:10	530	528	526	524	522	520	518	516	514	512
08:10	510	508	506	504	502	500	498	496	494	492	08:20	510	508	506	504	502	500	498	496	494	492
08:20	490	488	486	484	482	480	478	476	474	472	08:30	490	488	486	484	482	480	478	476	474	472
08:30	470	468	466	464	462	460	458	456	454	452	08:40	470	468	466	464	462	460	458	456	454	452
08:40	450	448	446	444	442	440	438	436	434	432	08:50	450	448	446	444	442	440	438	436	434	432
08:50	430	428	426	424	422	420	418	416	414	412	09:00	430	428	426	424	422	420	418	416	414	412
09:00	410	408	406	404	402	400	398	396	394	392	09:10	410	408	406	404	402	400	398	396	394	392
09:10	390	388	386	384	382	380	378	376	374	372	09:20	390	388	386	384	382	380	378	376	374	372
09:20	370	368	366	364	362	360	358	356	354	352	09:30	370	368	366	364	362	360	358	356	354	352
09:30	350	348	346	344	342	340	338	336	334	332	09:40	350	348	346	344	342	340	338	336	334	332
09:40	330	328	326	324	322	320	318	316	314	312	09:50	330	328	326	324	322	320	318	316	314	312
09:50	310	308	306	304	302	300	298	296	294	292	10:00	310	308	306	304	302	300	298	296	294	292
10:00	290	288	286	284	282	280	278	276	274	272	10:10	290	288	286	284	282	280	278	276	274	272
10:10	270	268	266	264	262	260	258	256	254	252	10:20	270	268	266	264	262	260	258	256	254	252
10:20	250	248	246	244	242	240	238	236	234	232	10:30	250	248	246	244	242	240	238	236	234	232
10:30	230	228	226	224	222	220	218	216	214	212	10:40	230	228	226	224	222	220	218	216	214	212
10:40	210	208	206	204	202	200	198	196	194	192	10:50	210	208	206	204	202	200	198	196	194	192
10:50	190	188	186	184	182	180	178	176	174	172	11:00	190	188	186	184	182	180	178	176	174	172
11:00	170	168	166	164	162	160	158	156	154	152	11:10	170	168	166	164	162	160	158	156	154	152

**APPENDIX 2: Swimming Scoring Tables**

**SENIOR SWIM (200m)**

**Men:**

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:5 0	1224	122 1	1217	121 4	121 0	1207	120 3	1200	1196	1193	1189	1186	1182	1179	1175	1172	1168	1165	1161	1158
2:0 0	1154	1151	1147	1144	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	109 5	1091	1088
2:1 0	1084	108 1	1077	107 4	107 0	1067	106 3	1060	105 6	1053	104 9	1046	104 2	1039	103 5	103 2	1028	102 5	1021	1018
2:2 0	1014	1011	1007	100 4	100 0	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947
2:3 0	944	940	937	933	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877
2:4 0	874	870	867	863	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807
2:5 0	804	800	797	793	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737
3:0 0	734	730	727	723	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667
3:1 0	664	660	657	653	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597
3:2 0	594	590	587	583	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527
3:3 0	524	520	517	513	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475
3:4 0	473	471	469	467	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435
3:5 0	433	431	429	427	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395
4:0 0	393	391	389	387	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355
4:1 0	353	351	349	347	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315
4:2 0	313	311	309	307	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275
4:3 0	273	271	269	267	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235
4:4 0	233	231	229	227	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195
4:5 0	193	191	189	187	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155
5:0 0	153	151	149	147	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115
5:1 0	113	111	109	107	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75
5:2 0	73	71	69	67	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35
5:3 0	33	31	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0

**Women:**

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
2:0 0	1266	126 3	1259	125 6	125 2	1249	124 5	1242	123 8	1235	123 1	1228	122 4	1221	121 7	121 4	1210	120 7	1203	1200
2:1 0	1196	1193	1189	1186	1182	1179	1175	1172	1168	1165	1161	1158	1154	1151	1147	1144	1140	1137	1133	1130
2:2 0	1126	1123	1119	1116	1112	1109	1105	1102	109 8	1095	109 1	1088	108 4	1081	107 7	107 4	1070	106 7	1063	1060
2:3 0	1056	105 3	1049	104 6	104 2	1039	103 5	1032	102 8	1025	102 1	1018	101 4	1011	100 7	100 4	1000	996	993	989
2:4 0	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933	930	926	923	919
2:5 0	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863	860	856	853	849
3:0 0	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793	790	786	783	779
3:1 0	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723	720	716	713	709
3:2 0	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653	650	646	643	639
3:3 0	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583	580	576	573	569
3:4 0	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513	510	506	503	499
3:5 0	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467	465	463	461	459
4:0 0	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427	425	423	421	419

4:1 0	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387	385	383	381	379
4:2 0	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347	345	343	341	339
4:3 0	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307	305	303	301	299
4:4 0	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267	265	263	261	259
4:5 0	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227	225	223	221	219
5:0 0	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187	185	183	181	179
5:1 0	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147	145	143	141	139
5:2 0	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107	105	103	101	99
5:3 0	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67	65	63	61	59
5:4 0	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25	23	21	19
5:5 0	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0	0	0	0	0

## JUNIOR SWIM (200m)

### Men:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
2:00	1273	1270	1266	1263	1259	1256	1252	1249	1245	1242	1238	1235	1231	1228	1224	1221	1217	1214	1210	1207
2:10	1203	1200	1196	1193	1189	1186	1182	1179	1175	1172	1168	1165	1161	1158	1154	1151	1147	1144	1140	1137
2:20	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074	1070	1067
2:30	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004	1000	996
2:40	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933	930	926
2:50	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863	860	856
3:00	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793	790	786
3:10	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723	720	716
3:20	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653	650	646
3:30	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583	580	576
3:40	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513	510	506
3:50	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467	465	463
4:00	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427	425	423
4:10	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387	385	383
4:20	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347	345	343
4:30	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307	305	303
4:40	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267	265	263
4:50	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227	225	223
5:00	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187	185	183
5:10	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147	145	143
5:20	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107	105	103
5:30	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67	65	63
5:40	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25	23
5:50	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0	0	0

### Women:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
2:10	1280	1277	1273	1271	1266	1263	1259	1256	1252	1249	1245	1242	1238	1235	1231	1228	1224	1221	1217	1214
2:20	1210	1207	1203	1200	1196	1193	1189	1186	1182	1179	1175	1172	1168	1165	1161	1158	1154	1151	1147	1144
2:30	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074
2:40	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004
2:50	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933
3:00	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863
3:10	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793
3:20	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723
3:30	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653
3:40	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583
3:50	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513
4:00	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467
4:10	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427
4:20	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387



0																				
4:3 0	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347
4:4 0	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307
4:5 0	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267
5:0 0	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227
5:1 0	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187
5:2 0	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147
5:3 0	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107
5:4 0	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67
5:5 0	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27
6:0 0	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0

## GREEN JUNIOR SWIM (150m)

### Men:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:4 0	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074
1:5 0	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004
2:0 0	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933
2:1 0	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863
2:2 0	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793
2:3 0	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723
2:4 0	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653
2:5 0	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583
3:0 0	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513
3:1 0	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467
3:2 0	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427
3:3 0	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387
3:4 0	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347
3:5 0	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307
4:0 0	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267
4:1 0	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227
4:2 0	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187
4:3 0	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147
4:4 0	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107
4:5 0	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67
5:0 0	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27
5:1 0	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0

### Women:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:5 0	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074
2:0 0	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004
2:1 0	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933
2:2 0	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863
2:3 0	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793
2:4 0	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723
2:5 0	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653
3:0 0	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583
3:1 0	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513
3:2 0	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467
3:3 0	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427
3:4 0	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387
3:5 0	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347
4:0 0	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307
4:1 0	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267

<b>0</b>																				
<b>4:2 0</b>	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227
<b>4:3 0</b>	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187
<b>4:4 0</b>	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147
<b>4:5 0</b>	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107
<b>5:0 0</b>	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67
<b>5:1 0</b>	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27
<b>5:2 0</b>	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0

## NOVICE SWIM (100m)

### Men:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:10	1140	1137	1133	1130	1126	1123	1119	1116	1112	1109	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074
1:20	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004
1:30	1000	996	993	989	986	982	979	975	972	968	965	961	958	954	951	947	944	940	937	933
1:40	930	926	923	919	916	912	909	905	902	898	895	891	888	884	881	877	874	870	867	863
1:50	860	856	853	849	846	842	839	835	832	828	825	821	818	814	811	807	804	800	797	793
2:00	790	786	783	779	776	772	769	765	762	758	755	751	748	744	741	737	734	730	727	723
2:10	720	716	713	709	706	702	699	695	692	688	685	681	678	674	671	667	664	660	657	653
2:20	650	646	643	639	636	632	629	625	622	618	615	611	608	604	601	597	594	590	587	583
2:30	580	576	573	569	566	562	559	555	552	548	545	541	538	534	531	527	524	520	517	513
2:40	510	506	503	499	497	495	493	491	489	487	485	483	481	479	477	475	473	471	469	467
2:50	465	463	461	459	457	455	453	451	449	447	445	443	441	439	437	435	433	431	429	427
3:00	425	423	421	419	417	415	413	411	409	407	405	403	401	399	397	395	393	391	389	387
3:10	385	383	381	379	377	375	373	371	369	367	365	363	361	359	357	355	353	351	349	347
3:20	345	343	341	339	337	335	333	331	329	327	325	323	321	319	317	315	313	311	309	307
3:30	305	303	301	299	297	295	293	291	289	287	285	283	281	279	277	275	273	271	269	267
3:40	265	263	261	259	257	255	253	251	249	247	245	243	241	239	237	235	233	231	229	227
3:50	225	223	221	219	217	215	213	211	209	207	205	203	201	199	197	195	193	191	189	187
4:00	185	183	181	179	177	175	173	171	169	167	165	163	161	159	157	155	153	151	149	147
4:10	145	143	141	139	137	135	133	131	129	127	125	123	121	119	117	115	113	111	109	107
4:20	105	103	101	99	97	95	93	91	89	87	85	83	81	79	77	75	73	71	69	67
4:30	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27
4:40	25	23	21	19	17	15	13	11	9	7	5	3	1	0	0	0	0	0	0	0

### Women:

	0.0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5
1:20	1105	1102	1098	1095	1091	1088	1084	1081	1077	1074	1070	1067	1063	1060	1056	1053	1049	1046	1042	1039
1:30	1035	1032	1028	1025	1021	1018	1014	1011	1007	1004	1000	996	993	989	986	982	979	975	972	968
1:40	965	961	958	954	951	947	944	940	937	933	930	926	923	919	916	912	909	905	902	898
1:50	895	891	888	884	881	877	874	870	867	863	860	856	853	849	846	842	839	835	832	828
2:00	825	821	818	814	811	807	804	800	797	793	790	786	783	779	776	772	769	765	762	758
2:10	755	751	748	744	741	737	734	730	727	723	720	716	713	709	706	702	699	695	692	688
2:20	685	681	678	674	671	667	664	660	657	653	650	646	643	639	636	632	629	625	622	618
2:30	615	611	608	604	601	597	594	590	587	583	580	576	573	569	566	562	559	555	552	548
2:40	545	541	538	534	531	527	524	520	517	513	510	506	503	499	497	495	493	491	489	487
2:50	485	483	481	479	477	475	473	471	469	467	465	463	461	459	457	455	453	451	449	447
3:00	445	443	441	439	437	435	433	431	429	427	425	423	421	419	417	415	413	411	409	407
3:10	405	403	401	399	397	395	393	391	389	387	385	383	381	379	377	375	373	371	369	367
3:20	365	363	361	359	357	355	353	351	349	347	345	343	341	339	337	335	333	331	329	327
3:30	325	323	321	319	317	315	313	311	309	307	305	303	301	299	297	295	293	291	289	287

3:4 0	285	283	281	279	277	275	273	271	269	267	265	263	261	259	257	255	253	251	249	247
3:5 0	245	243	241	239	237	235	233	231	229	227	225	223	221	219	217	215	213	211	209	207
4:0 0	205	203	201	199	197	195	193	191	189	187	185	183	181	179	177	175	173	171	169	167
4:1 0	165	163	161	159	157	155	153	151	149	147	145	143	141	139	137	135	133	131	129	127
4:2 0	125	123	121	119	117	115	113	111	109	107	105	103	101	99	97	95	93	91	89	87
4:3 0	85	83	81	79	77	75	73	71	69	67	65	63	61	59	57	55	53	51	49	47
4:4 0	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15	13	11	9	7
4:5 0	5	3	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

**APPENDIX 3: Shooting Scoring Tables**

<b>20 Shot</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>0</b>	175	180	185	190	195	200	205	210	215	220
<b>10</b>	225	230	235	240	245	250	255	260	265	270
<b>20</b>	275	280	285	290	295	300	305	310	315	320
<b>30</b>	325	330	335	340	345	350	355	360	365	370
<b>40</b>	375	380	385	390	395	400	405	410	415	420
<b>50</b>	425	430	435	440	445	450	455	460	465	470
<b>60</b>	475	480	485	490	495	500	505	510	515	520
<b>70</b>	525	530	535	540	545	550	555	560	565	570
<b>80</b>	575	580	585	590	595	600	605	610	615	620
<b>90</b>	625	630	635	640	645	650	655	660	665	670
<b>100</b>	675	680	685	690	695	700	705	710	715	720
<b>110</b>	725	730	735	740	745	750	755	760	765	770
<b>120</b>	775	780	785	790	795	800	805	810	815	820
<b>130</b>	825	830	835	840	845	850	855	860	865	870
<b>140</b>	875	880	885	890	895	900	905	910	915	920
<b>150</b>	925	930	935	940	945	950	955	960	965	970
<b>160</b>	975	980	985	990	995	1000	1005	1010	1015	1020
<b>170</b>	1025	1030	1035	1040	1045	1050	1055	1060	1065	1070
<b>180</b>	1075	1080	1085	1090	1095	1100	1105	1110	1115	1120
<b>190</b>	1125	1130	1135	1140	1145	1150	1155	1160	1165	1170

<b>15 Shot</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>0</b>	139	146	153	160	167	174	181	188	195	202
<b>10</b>	209	216	223	230	237	244	251	258	265	272
<b>20</b>	279	286	293	300	307	314	321	328	335	342
<b>30</b>	349	356	363	370	377	384	391	398	405	412
<b>40</b>	419	426	433	440	447	454	461	468	475	482
<b>50</b>	489	496	503	510	517	524	531	538	545	552
<b>60</b>	559	566	573	580	587	594	601	608	615	622
<b>70</b>	629	636	643	650	657	664	671	678	685	692
<b>80</b>	699	706	713	720	727	734	741	748	755	762
<b>90</b>	769	776	783	790	797	804	811	818	825	832
<b>100</b>	839	846	853	860	867	874	881	888	895	902
<b>110</b>	909	916	923	930	937	944	951	958	965	972
<b>120</b>	979	986	993	1000	1007	1014	1021	1028	1035	1042
<b>130</b>	1049	1056	1063	1070	1077	1084	1091	1098	1105	1112
<b>140</b>	1119	1126	1133	1140	1147	1154	1161	1168	1175	1182

<b>10 Shot</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>0</b>	180	190	200	210	220	230	240	250	260	270
<b>10</b>	280	290	300	310	320	330	340	350	360	370
<b>20</b>	380	390	400	410	420	430	440	450	460	470
<b>30</b>	480	490	500	510	520	530	540	550	560	570
<b>40</b>	580	590	600	610	620	630	640	650	660	670
<b>50</b>	680	690	700	710	720	730	740	750	760	770
<b>60</b>	780	790	800	810	820	830	840	850	860	870
<b>70</b>	880	890	900	910	920	930	940	950	960	970
<b>80</b>	980	990	1000	1010	1020	1030	1040	1050	1060	1070
<b>90</b>	1080	1090	1100	1110	1120	1130	1140	1150	1160	1170

**Appendix 4**



**CANADIAN PONY CLUB  
National and Regional Tetrathlon**

**Canadian Pony Club Acceptance of Risk Form for Tetrathlon**

Competition Name \_\_\_\_\_ Date \_\_\_\_\_

This form must be completed and signed by all competitors who have been eliminated due to being unseated, and who wish to continue the competition.

These competitors must be examined by designated medical personnel and receive medical clearance before being allowed to continue.

In consideration for my continued participation in this competition:

I AGREE that I voluntarily choose to continue to participate in this competition.

BY SIGNING BELOW, I AGREE to be bound by all applicable rules. I have been checked by the competition medical personnel.

Rider \_\_\_\_\_ Signature \_\_\_\_\_

Parent or Designated Adult Supervisor \_\_\_\_\_

Signature \_\_\_\_\_  
(Mandatory for all members under 18)

Coach/trainer \_\_\_\_\_ Signature \_\_\_\_\_  
(Optional)

I confirm that the above named competitor has medical clearance to continue in the competition.

Medical Officer \_\_\_\_\_ Signature \_\_\_\_\_

Competition Officials Approval

President of Ground Jury \_\_\_\_\_ Signature \_\_\_\_\_

Technical Delegate \_\_\_\_\_ Signature \_\_\_\_\_

Please attach this form to the incident report and send to the National Office.

## Appendix 5

### Build a USPC Slip Rail Fence

#### INSTRUCTIONS:

These plans meet specifications found in current Tetrathlon Rules.

Other designs may also meet specifications.

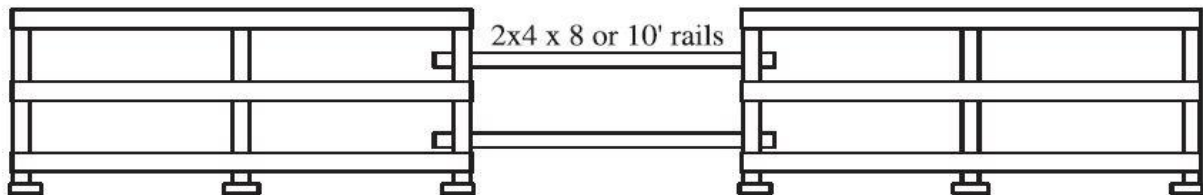
- Use pressure-treated lumber throughout.
- Fasten slats (decking) to 4 x 4 posts w/four 2-1/2" drywall screws.
- Pre-drill and counter sink screws and/or nail holes.
- Fasten bases (2" x 6" x 2') to bottom of posts with 4" – 5" spikes.
- For stability, drill 3/4" holes near outside edges of bases and drive in 2' x 1/2" rebar with top 3" bent at 90 degrees. Requires acetylene torch. Two per wing should be enough.

#### COST ESTIMATE:

Using Home Depot prices (7-10-01), about \$90.00

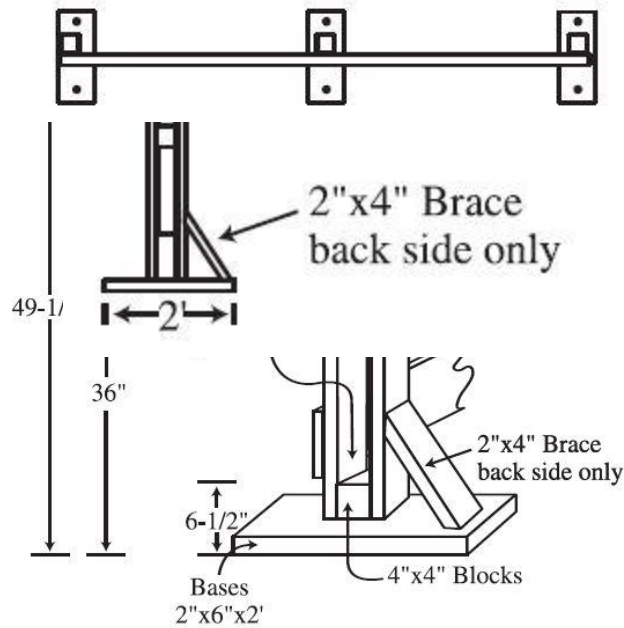
- 4 ea. 8' x 4 x 4 (four outside posts)
- 5 ea. 8' x 2 x 4 (two for rails, two cut in half for inside posts, 1 for braces)
- 2 ea. 8' x 2 x 6 (six bases – two left over for gate wing bases)

Wings 6' - 8' wide



- 6 ea. 8' x 5/4 Decking





Build a USPC Tetrathlon Gate

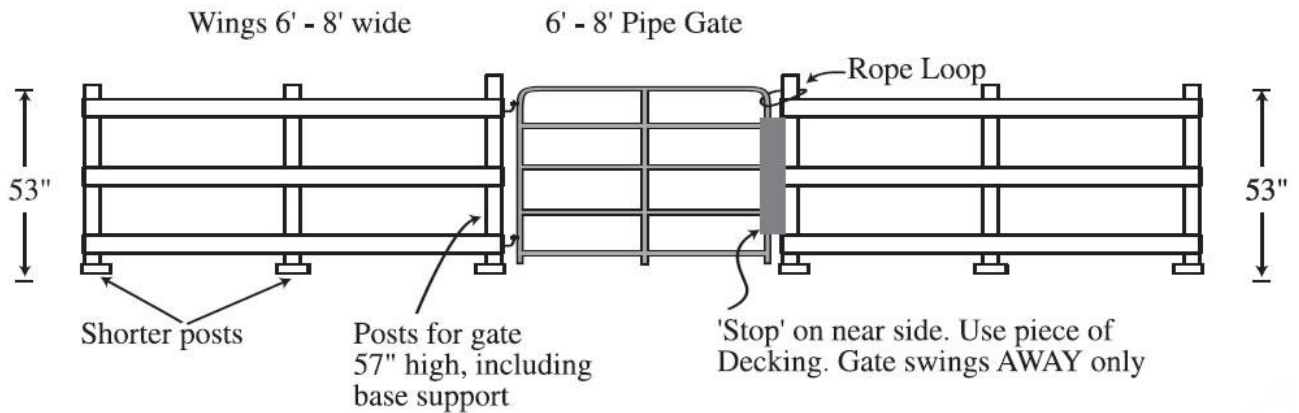
**INSTRUCTIONS:**

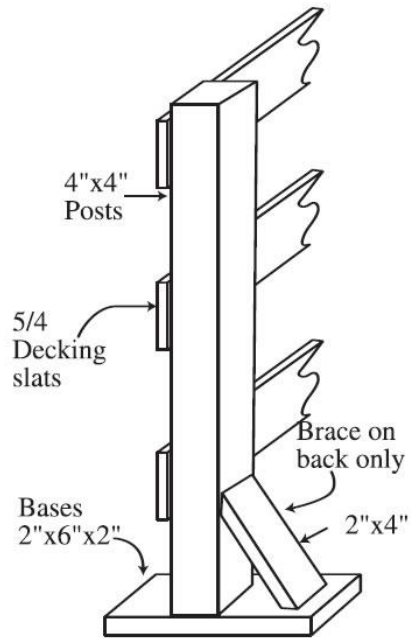
These plans meet specifications found in current Tetrathlon Rules. Other designs may also meet specifications.

- Use pressure-treated lumber throughout.
- Inside posts are higher to take typical pipe or slat farm gate.
- Drill holes for gate support hardware with standing drill press. These must be 'true.' Hand drill not accurate. Usually 5/8".

**COST ESTIMATE:**

Using Home Depot prices (7-10-01), about \$145.00





## Appendix 6 Eligibility Requirements

### Membership

**National** Active or Affiliate

**International** Active

### Age

**National** Juniors - 12 years old prior to Jan. 1 Seniors - 15 yrs old prior to Jan. 1

**International** Seniors 15-20

### Rating

**National** Juniors D2 Entry Level Seniors C Pre-Training Level

**International** C2-Training

### Qualifying Period

**National** Same year

**International** Within the last 2 years

### # and type of Qualifiers

All riders must have completed at least one cross country course without being eliminated at a Pony Club Tet competition or a recognized Horse Trials at a level equal to or above the division they are entering within two years of the National Tetrathlon competition.

All riders must have completed at least one cross country course without being eliminated at a Pony Club Tetrathlon or a recognized Horse Trials at Training level or above within the 2 years previous to the International Exchange.

**National**

**International**

### Verification of Results

**National** Signature of DC and Regional Tet Chair

**International** PC Passport or results sheet from Nationals

### Min Performance

**National** Juniors Entry Seniors PreTraining

Seniors Training must have competed at least once at Senior Nationals during the past two years, obtaining at least 3200 pts.

**International**

### Required Documents

**National** Entry Forms

**International** National Package

### Signatures

**National** Regional Chair and Reg Tet Chair. Regional Chair will sign a general declaration that they are aware the competitor is competing at the event.

**International** Regional Chair, Regional Tet Chair, National Tet Chair

### Letters of Reference

Three letters from individuals familiar with the requirements and the applicant (not a family member) eg. DC, coach, competition official, examiner, addressing the following: Rider maturity, ability to take direction from a coach/chaperone other than their own, experience riding a horse unfamiliar to them in competition.

**National**

**International** DC, RC, Coach

### Medical Fitness

**National** If a member has an illness, injury or medical condition that may interfere with their ability to participate fully, a medical certificate may be required.

**International** If a member has an illness, injury or medical condition that may interfere with their ability to participate fully, a medical certificate may be required.

## Appendix 7 Concussion Policy

### CPC GUIDE ON CONCUSSION IN OUR SPORT

CPC Risk Management Committee has reviewed the “Consensus Statement on Concussion in Sport 3<sup>rd</sup> International Conference on Concussion in Sport Held in Zurich, Nov 2008.”

After this review our recommendations to Organizers, Coaches and Parents are as follows:

1. If a rider has any blow to the head, face, neck or other part of the body that causes an impulsive force to the head, they should be screened for acute symptoms of concussion.
2. Symptoms to screen for include: loss of consciousness, seizure, amnesia, headache, pressure in head, neck pain, nausea or vomiting, dizziness, blurred vision, balance problems, sensitivity to light or noise, feeling slowed down or in a fog, “Don’t feel right”, difficulty concentrating or remembering, fatigue, confusion, drowsiness, emotional or irritable, sadness or anxiousness.
3. Any athlete with a suspected concussion should be immediately removed from riding, should not be left alone or allowed to drive, and should be referred for medical assessment.
4. Same day return to riding should only be allowed with medical clearance that there was not a concussion.
5. When a concussion is diagnosed CPC recommends that parents and coaches follow the Graduated Return to Riding Protocol (table 1) allowing at least 24 hours for each stage. This is adapted from the Consensus Return to Play Protocol and time frames may be extended for children under 10 where recovery can be more complicated.

**TABLE 1. Graduated Return to Riding Protocol**

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation	Objective of Each Stage
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% MPHR; no resistance training	Increase HR
3. Sport-specific exercise	Light flat riding, walk/trot in controlled setting	Add movement
4. Non-contact training drills	Progression to more complex riding on flat	Exercise, coordination, and cognitive load
5. Full contact practice	Following medical clearance, participate in normal training activities (lessons and jumping)	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal competitive riding	

#### **THIS CHILD’S BRAIN IS MORE IMPORTANT THAN THIS COMPETITION, TEST, OR LESSON.**

This guide is to intend to support the existing rules regarding falls, and shall not be used to overrule the decision of an official, examiner, instructor or safety officer to not allow a participant to continue.