

Pony Club NSW - AREA ONE INAUGURAL TRIATHLON



RIDE ...



RUN ...



SWIM



to be held at the Camden Bicentennial Equestrian Park
on Saturday 28th January 2012 commencing at 8.30am.

ENTRIES CLOSE 12th January 2012 (see entry form attached)

Expressions of Interest prior to Xmas for planning purposes only lbe00843@bigpond.net.au

Open to all financial Pony Club riders.

The Area 1 Triathlon is a combined ride (jumping), running race and a swimming race. Riders jump in their show jumping grade. Jumps will be a mixture of cross country and show jumps and other obstacles ridden to optimum time.

*Novice riders Under 11 may have an adult runner beside them or be on the lead
Ungraded riders will 'jump' a course of poles on the ground combined with simple obstacles (eg. take a cup from one pole and place on another pole)

Age Group	Ride	Run	Swim
Under 9 – Novice *	10 obstacles	3 mins	2 mins
Under 9 – Open	10 obstacles	750 m	50 m
9 & under 11 years – Novice *	10 obstacles	5 mins	3 mins
9 & under 11 years – Open	15 obstacles	1 km	75 m
11 & under 13 years – Novice	15 obstacles	7 mins	4 mins
11 & under 13 years – Open	20 obstacles	1.5 kms	100 m
13 & under 15 years – Novice	15 obstacles	9 mins	5 mins
13 & under 15 years – Open	20 obstacles	2 kms	150 m
15 & under 17 years – Novice	20 obstacles	10 mins	6 mins
15 & under 17 years – Open	25 obstacles	2.5 kms	200 m
17 & under 25 years – Novice	20 obstacles	12 mins	7 mins
17 & under 25 years – Open	25 obstacles	3 kms	250 m

POINTS: Points towards the overall score will be awarded as follows:-

- The winner of each phase will be awarded the number of points of the competitors in that section (eg. if there are 20 competitors in the Under 9 Novice, the winner will receive 20 points and the 20th finishing competitor one point)
- Competitors who are eliminated, disqualified or retire from any section will not receive points for that phase.
- The winner and placegetters in each section must receive points in each phase
- The overall winner and placegetters will be the competitors with the most points at the end of the triathlon that have gained points in each phase.

The competition has been designed so that everyone can have a go and enjoy a new event for Pony Club. Even if you are not a great runner or swimmer you can still compete and if you are great at all three phases then the competition will provide a challenge.

Competitors need to make sure that their horses and they are fit.

**Competitors must be financial members of PCA NSW for 2012
PCA NSW Rules apply to the Jumping Phase.**