

# PONY CLUB AUSTRALIA



# PONY CLUB AUSTRALIA

## 2019 NATIONAL TETRATHLON RULES

## Table of Contents

<b>THE EVENT</b>	<b>4</b>
<b>ORGANISATION</b>	<b>5</b>
<b>Team Format</b>	<b>5</b>
<b>Participation</b>	<b>5</b>
<b>Official Technical Delegate</b>	<b>5</b>
<b>Medical</b>	<b>5</b>
<b>Veterinary</b>	<b>5</b>
<b>Communication</b>	<b>5</b>
<b>Stewards and Judges</b>	<b>6</b>
<b>Jury of Appeal</b>	<b>6</b>
<b>Protests</b>	<b>6</b>
<b>Legal Liabilities</b>	<b>6</b>
<b>GENERAL RULES</b>	<b>7</b>
<b>Scheduling</b>	<b>7</b>
<b>Scoring</b>	<b>7</b>
<b>Ties</b>	<b>7</b>
<b>Elimination and Disqualification</b>	<b>7</b>
<b>Unauthorised Assistance</b>	<b>7</b>
<b>Dress</b>	<b>7</b>
<b>RIDING</b>	<b>8</b>
<b>General</b>	<b>8</b>
<b>The Course</b>	<b>8</b>
<b>Dress</b>	<b>8</b>
<b>Scoring</b>	<b>8</b>
<b>Penalties</b>	<b>8</b>
<b>Slip Rail and Gate</b>	<b>9</b>
<b>Time</b>	<b>10</b>
	<b>2</b>

<b>RUNNING</b>	<b>11</b>
<b>Running Phase Courses and General Rules</b>	<b>11</b>
<b>Scoring the Running Phase</b>	<b>11</b>
<b>Timing &amp; Optimum Times</b>	<b>12</b>
<b>Start</b>	<b>12</b>
<b>Dress</b>	<b>13</b>
<b>Directions for Running Tables</b>	<b>13</b>
<b>SWIMMING</b>	<b>19</b>
<b>General Rules for Swimming Phase</b>	<b>19</b>
<b>The Pool</b>	<b>20</b>
<b>Distances</b>	<b>21</b>
<b>Scoring</b>	<b>21</b>
<b>Time &amp; Optimum Time</b>	<b>21</b>
<b>Start of Swimming Phase</b>	<b>22</b>
<b>Swimming Styles</b>	<b>22</b>
<b>Directions on Use of Swimming Tables</b>	<b>23</b>
<b>SHOOTING</b>	<b>30</b>
<b>General</b>	<b>30</b>
<b>Method</b>	<b>30</b>
<b>Equipment</b>	<b>31</b>
<b>Targets</b>	<b>32</b>
<b>Scoring</b>	<b>32</b>
<b>Safety</b>	<b>33</b>

## THE EVENT

The aim of the Pony Club Tetrathlon is to provide participants with a challenging competition requiring sound practical horsemanship and general athletic ability. Thus all-rounders should be encouraged to further their interest in riding and the horse by combining riding with other activities, thereby retaining their interest in the Pony Club.

The scoring system is similar to the Modern Pentathlon method in that competitors score positive points according to the standard of their performance in each phase. In the Running, Swimming and the Riding Phases, competitors have marks deducted from the optimum score according to their performance standard. In the Shooting Phase positive marks are awarded for shots on target scales such that scores are commensurate with those of other phases.

Ideally each phase should have an equal influence on the final result (except that riding should have slightly more weight) but in practice this is unlikely to be achieved exactly. It should be appreciated that the influence of a phase is governed by the spread of the scores, not by the maximum achieved or achievable

For any eventuality not covered in the Riding phase of the Tetrathlon Rule Book refer to current Equestrian Australia Jumping Rules. In any unforeseen or exceptional circumstances, it is the duty of the official/s responsible to make a decision in a sporting spirit and in accordance with the intention of these rules.

A competitor is ultimately responsible for knowing these Rules and complying with them. The appointment of a steward or official, whether or not provided for in these Rules, does not absolve the competitor from such responsibility.

## ORGANISATION

### Team Format

Tetrathlon teams may be mixed Boys and Girls, with a maximum of 3 boys per team.

Rider's Age – at 1st January in the year of competition.

- Sub-juniors: 10 years and under 13 years (aged 10, 11 or 12 years at 1<sup>st</sup> January)
- Juniors: 13 years and under 17 years (aged 13, 14, 15 or 16 at 1<sup>st</sup> January)
- Seniors: 17 years and under 26 years (aged 17, 18, 19, 20, 21, 22, 23, 24 or 25 at 1<sup>st</sup> January)

Teams may each consist of 6 athletes with the best 3 overall scores to count towards the team score. All members of the team's individual overall score will count towards Individual Girl or Boy placing. Details of the requirements for each phase are given in the appropriate phase sections.

### Participation

Competitors must be current financial members of an affiliated Pony Club in their home State. Minimum age for horses is 4 years of age. All competitors are required to abide by the PCA, Affiliated Bodies and associated event venue Codes of Conduct.

### Official Technical Delegate

The host state shall appoint an Official Technical Delegate for the event. The Official must be PCA or EA accredited and should be able to oversee and liaise with Section Stewards on safety, conduct and fairness in all phases of the event.

The Official Technical Delegates duties are:

- The Official Technical Delegate is responsible for inspecting the riding and running courses, other phase venues and arrangements for all phases before these are shown to the competitors. The Official Technical Delegate is authorised to insist on alterations if they are not in all respects within the limits laid down in the Rules or, in the Official Technical Delegate's opinion, are unsuitable for the competition.
- The Official Technical Delegate will be present during the entirety of the Tetrathlon to ensure that it is conducted in accordance with the Rules, will be present at the briefing of phase judges, will act as Chairman of the Jury of Appeal and give what other help and guidance may be required.
- The Official Technical Delegate should check that the Medical, Veterinary and First Aid arrangements comply with requirements of all facilities for all phases.
- The Official Technical Delegate is authorised to eliminate or disqualify individuals or a team for any misconduct which in their opinion justifies this action.

**The Official Technical Delegate should not be called upon to undertake any other duties at the event.**

### Medical

A first aid service must be present at all times during all phases of the event. An Emergency vehicle should be able to access all parts of each phase venue.

### Veterinary

Veterinary services to be provided as per PCA rules for Jumping.

### Communication

The Organiser will ensure adequate communication is maintained involving all emergency services and key officials during all phases.

## Stewards and Judges

Each phase will have a Section Steward who has sufficient experience to conduct their phase in accordance with the rules. Section Stewards will be appointed by the Organisers.

## Jury of Appeal

The Jury of Appeal will consist of

- a member of the organising committee,
- the Section Steward of the phase concerned, and
- the Official Technical Delegate, who should act as Chairman, and will have a casting vote.

The Jury of Appeal must remain on the ground until half an hour after the scores for each phase have been published.

## Protests

Competitors are entitled to lodge objections or protests. Formal protests may only be lodged by the Team Manager on behalf of the Competitor. Formal protests must be made in writing and addressed to the Official Technical Delegate. The originator of a protest may amplify his/her case before the Jury of Appeal, but will not be present at their deliberations.

Formal protests must be accompanied by a deposit of \$50, which is forfeited unless the Jury of Appeal decides that there were sound and reasonable grounds for the objection. Formal protests must be lodged not later than half an hour after the incident which gave rise to them or half an hour after scores have been published. The Jury of Appeal will give its decision after investigation and its decision is final.

If a formal protest has been lodged, then a protest indicator will be placed on the score sheet for that class. This is to inform other competitors and officials that a protest is being heard and therefore scores may not be final.

## Legal Liabilities

Neither the Organising Committee, nor any person acting on their behalf or the PCA or the host state accept liability for any loss, damage, accident, injury or illness to horses, competitors, spectators or any person or property whatsoever.

## Reservation of Right

The organisers reserve the right:

- a. To cancel any class or event
- b. To divide any class.
- c. To transfer competitors between sections of a class.
- d. To alter the advertised times.

## GENERAL RULES

### Scheduling

The order for completing the four phases (riding, running, shooting and swimming) will be at the discretion of the organiser. The event may be held over one day or up to four consecutive days

### Scoring

The scores of a competitor in each of the four phases are added together to give an overall score for the individual competitor. To earn an overall score a competitor must start, or attempt to start, each phase and must continue until eliminated or compelled to retire because of an accident, or the exhaustion of himself or his horse. A competitor who fails to follow the above rule will, unless granted exemption by the organiser and the Official Technical Delegate, score zero for his overall score and will not be eligible for any awards.

A team score is calculated by adding the individual overall scores of the three highest placed competitors in the team of six.

### Ties

In the event of equality in final scores, the riding phase shall decide the final placing. If these are the same, the result shall be declared a tie.

### Elimination and Disqualification

Elimination from a phase will be determined by the section steward of the phase concerned (or by the scorers on his/her behalf) or by the Official Technical Delegate in cases of misconduct.

Elimination for any reason in the riding phase will incur a penalty of 400. This will be added to the penalties already incurred on the round, to the point of elimination. At the point of elimination the rider must leave the course. They will then incur 50 penalties per jumping effort on the course not completed and 200 penalties each for the gate or slip rail if not completed. All penalties incurred will be deducted from the optimum score of 1400.

Disqualification is determined by the Official Technical Delegate on a report by the Section Steward of the phase concerned or the Ground Jury. A competitor who is disqualified at any stage of the competition scores zero for the whole competition and takes no further part in it and will not be eligible for any awards.

### Unauthorised Assistance

Competitors may be encouraged or supported but may not be given direction or coaching during any phase of the competition. This is deemed as unauthorised assistance and may lead to elimination of the competitor at the discretion of the Official Technical Delegate. Direction and coaching may be given by the designated team coach during the warm up stage of any phase prior to commencement of the competitive component of the phase.

### Dress

All competitors in National Tetrathlon should be neatly dressed in the designated uniform of their home State. Please refer to Rules for individual phases for further specifications.

Competitors **MUST BE** in the designated uniform of their home State for the presentations.

Ribbons may be permanently withheld from competitors who are not in attendance at the presentations, unless prior permission for the absence has been obtained from a member of the Organising Committee. Such permission will only be granted in special circumstances.

# RIDING

## General

The riding phase will consist of a jumping/derby course and may include a gate and/or a slip rail. In a Derby, some cross country style fences of any type may be included in the form of portable or permanent obstacles, secured and built to standard of PCA Eventing rules. The bulk of the obstacles however should have a faultable rail.

## The Course

The length of the course shall be no less than 350 meters and will not exceed 850 meters.

The course shall be limited to a minimum of 8 and a maximum of 14 jumping efforts.

No course shall contain more than one double and one triple combination or two double combinations, if a triple is not included.

The slip rail and gate are not included as efforts.

Maximum height of fences will be Subjunior 70cm, Junior 80cm and Senior 90cm.

Safety Cups are compulsory for all PCA Jumping Competitions. They must be used on the back rails of spread fences and middle and back rails of triple bars. This also includes practice fences in the collecting ring. These cups must be in use at all times and must NOT be removed from the wing stands.

## Dress

Competitor number, safety helmet, and riding boots **MUST BE WORN AT ALL TIMES** whilst riding. Competitors should be neatly dressed in the designated uniform of their home state. This is to include appropriate riding pants.

Gear check for horse will be conducted as per host state rules for Jumping.

The Jury of Appeal, Official Technical Delegate, or designated medical representative, may at any time exclude from the competition any competitor who in their opinion is severely injured or unfit to ride.

## Scoring

1400 Marks are awarded for a clear round within the Time Allowed.

## Penalties

- |                              |                           |
|------------------------------|---------------------------|
| • Rail Knockdown             | 30 Penalties              |
| • First Refusal              | 60 Penalties              |
| • Second Refusal             | 100 Penalties             |
| • Third Refusal              | Elimination               |
| • First Refusal + Knockdown  | 60 Penalties + 6 seconds  |
| • Second Refusal + Knockdown | 100 Penalties + 6 seconds |
| • Fall of Rider              | Elimination               |
| • Fall of Horse              | Elimination               |



- Failure to dismount, take down and pass through slip rail dismounted within 60 seconds 200 Penalties
- Failure to open and pass through the gate within 60 seconds 200 Penalties
- Failure to shut gate mounted, or replace slip rail dismounted within the 60 seconds allowed, when it is otherwise correctly negotiated (in both cases from the departure side of the obstacle) 50 Penalties
- Jumping the gate or slip rail 60 Penalties
- Receiving assistance to re-mount after the slip rail 60 Penalties
- Failure to attempt to complete negotiation of the gate or slip rail (including shutting/replacing) for 60 seconds Elimination
- Horse resisting rider anywhere on course other than at the gate or slip rail for longer than 60 seconds Elimination
- Each commenced second over the time 1 Penalty
- Exceeding the time limit Elimination

Elimination for any reason in the riding phase will incur a penalty of 400. This will be added to the penalties already incurred on the round, to the point of elimination. At the point of elimination the rider must leave the course. They will then incur 50 penalties per jumping effort on the course not completed and 200 penalties each for the gate or slip rail.

### Slip Rail and Gate

- Failure to attempt to complete negotiation of the gate or slip rail (including shutting/replacing) for 60 seconds Elimination
- Failure to open and pass through the gate, mounted within 60 seconds 200 Penalties
- Failure to dismount, take down and pass through the slip rail within 60 seconds 200 Penalties
- Failure to shut gate mounted, or replace slip rail dismounted within 60 seconds allowed, when it is otherwise correctly negotiated (in both cases from the departure side of the obstacle) 50 Penalties
- Assistance by the allocated Steward to re-mount after the slip rail 60 Penalties  
A mounting block will be available for use by competitors but will be no further than 15 metres from the slip rail. Using the mounting block does not incur penalties.
- A competitor, or horse whilst in hand, who jumps the gate or slip rail must return around, over or through so as to rectify his error of course. 60 Penalties  
Before the obstacle is re-negotiated the gate must be shut or the slip rail replaced. The allocated Steward (only) should assist as appropriate.

- The maximum penalty (other than for falls) which can be incurred at the gate or slip rail

260 Penalties

### Time

Time allowed will be calculated on a speed of 325 metres per minute or as directed by the Section Steward to reflect environmental conditions. The time limit will be double the time allowed plus 30 seconds for the gate and slip rail. A total of 15 seconds will be added to the calculated time allowed to cater for the time required to negotiate each of the gate and slip rail (30 seconds in total)

No penalties will be imposed for competitors completing the riding phase under the time allowed.

## Running

The physical challenge of the running phase requires the competitor to complete the course in the fastest possible time and must avoid the need for too much navigation. The course shall be cross country in nature and may include obstacles that must be negotiated.

### Running Phase Courses and General Rules

1. The length of courses shall be:
  - a. Senior level competitors 3000 metres
  - b. Juniors 2000 metres
  - c. Sub junior 1000 metres
2. To facilitate accurate timing and to assure equal amounts of uphill and downhill terrain in the course, the start and finish should be close to the same elevation and within 20 meters of each other.
3. The competitor may not be given notification of course deviation, information, guidance or instructions, including reading out split times – this will incur elimination from the phase.
4. It is forbidden for anyone to run with or near a competitor or in any way act as a pacer. This is considered unauthorised assistance and will result in a penalty of 30 seconds incurred for each breach of this rule from the phase with a score of zero for the phase.
5. A competitor may be given encouragement along the way. Cheering and shouting the competitor's name is allowed.
6. Competitors are not allowed to wear headphones or earbuds/plugs during the competition. The use of any radio or telephone communication equipment during the race is prohibited during the competition.

**Unforeseen occurrences during the running phase which are not covered by these rules, will be resolved by the Section Steward in collaboration with the Official Technical Delegate.**

### Scoring the Running Phase

Running times earning 1100 points are based on Championships times for age and gender groups.

- For the 3,000 Metre distance, a penalty of three points per second is deducted for each second over the Optimum Time, which earns 1100 points. A bonus of three points is added for each second under the Optimum Time.
- For the 2,000 Metre distance, a penalty of four and one half (4.5) points per second is deducted for each second over the Optimum Time, which earns 1100 points. A bonus of four and a half points is added for each second under the Optimum Time
- For the 1000 Metre distance, a penalty of six points per second is deducted for each second over the Optimum Time, which earns 1100 points. A bonus of six points is added for each second under the Optimum Time (*See the following tables.*)

## Timing & Optimum Times

There will be at least three watches running to officiate time.

If electronic timers are used, hand held watches must be used as back up.

Times on each device will be recorded to the nearest hundredth of a second.

The three recorded times will be averaged.

Times recorded to the nearest 1/100th of a second will then be rounded to the nearest second for scoring with .01 to .49 being rounded down to the lower second and 0.5 to 0.99 being rounded up to the next higher second.

Optimum Times earning 1100 points are:

	BOYS	GIRLS
Senior Division 3000m	10 min. 45s	12 min. 30s
Junior Division 2000m	7 min 00s	8 min. 00s
Subjunior Division 1000m	3 min. 30s	3 min. 45s

## Start

1. The running event for all divisions may be started in any one of the following formats at the discretion of the Organiser. Individual starts are recommended.
  - a. *Individual Start:* Runners shall be started at one minute intervals and timed from the moment the starter signals them to leave until they cross the finish line. A countdown start shall be used, with a warning at 30 seconds, 15 seconds, 10 seconds, 5, 4, 3, 2, 1, go. Runners leaving before being 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 or her time starts from the moment he or she should have started.
  - b. *Group Start:* Starting commands will be: "Runners to your mark" followed by a gun or whistle. False starts are called back by a second shot or whistle.
2. The starting order shall be posted or announced at least one hour before the scheduled start time for the race.
3. Fifteen minutes before the start time of the first runner, a "first call" will be announced. Ten minutes before the start a second call will be announced. Five minutes before the start a final call will be announced. The race has officially started with the first call.

## Control

1. Running courses shall be well marked so that a runner keeps a red flag or marker on the right and a white flag or marker on the left. While passing through any set of flags or markers on course, the runner must immediately be able to look ahead and see the next set of flags or markers.
  - a. If a runner deviates from the marked course in a manner that shortens the required distance, the runner is eliminated and his score will be zero.
  - b. If a runner deviates in a manner that lengthens the course there will be no additional penalty other than the extra time required to run the course.
2. A runner must pass through all course flags and markers. Failure to do so will result in elimination
3. The Section Steward will assign enough spotters to watch all gates. A spotter may watch more than one gate. A spotter at the finish line will record the order of finish as well as finishing times.
4. Where there are compulsory turning points in the course or where a specific route is to be followed (eg over an obstacle), red and white markers will be used. Where appropriate, yellow or orange direction indicators will be used. All markers must have the same significance as on a riding course
5. The Section steward must approve the course before it is opened for competitors to walk.

6. An official course walk and running course(s) map(s) are recommended and should include the start, finish, all markers and turning points. Participation is not mandatory.

## Dress

Competitors are to wear their designated home state uniform and clearly display their competitor number at all times in a manner designated by their Section Steward.

- Running shoes with spikes are not permitted.
- Competitors must wear a top. Singlets may be worn for the running phase only,
- Use of ipods, headphones and mobile phones is not permitted.

## Directions for Running Tables

The tables for scoring running are found on the following pages. Read across the top of the table for the minutes and down the first column for the seconds on the appropriate page.

Senior Boys Running – 3000 Metres							
Seconds	Minutes						
	9	10	11	12	13	14	15
0	1415	1235	1055	875	695	515	335
1	1412	1232	1052	872	692	512	332
2	1409	1229	1049	869	689	509	329
3	1406	1226	1046	866	686	506	326
4	1403	1223	1043	863	683	503	323
5	1400	1220	1040	860	680	500	320
6	1397	1217	1037	857	677	497	317
7	1394	1214	1034	854	674	494	314
8	1391	1211	1031	851	671	491	311
9	1388	1208	1028	848	668	488	308
10	1385	1205	1025	845	665	485	305
11	1382	1202	1022	842	662	482	302
12	1379	1199	1019	839	659	479	299
13	1376	1196	1016	836	656	476	296
14	1373	1193	1013	833	653	473	293
15	1370	1190	1010	830	650	470	290
16	1367	1187	1007	827	647	467	287
17	1364	1184	1004	824	644	464	284
18	1361	1181	1001	821	641	461	281
19	1358	1178	998	818	638	458	278
20	1355	1175	995	815	635	455	275
21	1352	1172	992	812	632	452	272
22	1349	1169	989	809	629	449	269
23	1346	1166	986	806	626	446	266
24	1343	1163	983	803	623	443	263
25	1340	1160	980	800	620	440	260
26	1337	1157	977	797	617	437	257
27	1334	1154	974	794	614	434	254
28	1331	1151	971	791	611	431	251
29	1328	1148	968	788	608	428	248
30	1325	1145	965	785	605	425	245
31	1322	1142	962	782	602	422	242
32	1319	1139	959	779	599	419	239
33	1316	1136	956	776	596	416	236
34	1313	1133	953	773	593	413	233
35	1310	1130	950	770	590	410	230
36	1307	1127	947	767	587	407	227
37	1304	1124	944	764	584	404	224
38	1301	1121	941	761	581	401	221
39	1298	1118	938	758	578	398	218
40	1295	1115	935	755	575	395	215
41	1292	1112	932	752	572	392	212
42	1289	1109	929	749	569	389	209
43	1286	1106	926	746	566	386	206
44	1283	1103	923	743	563	383	203
45	1280	<b>1100</b>	920	740	560	380	200
46	1277	1097	917	737	557	377	197
47	1274	1094	914	734	554	374	194
48	1271	1091	911	731	551	371	191
49	1268	1088	908	728	548	368	188
50	1265	1085	905	725	545	365	185
51	1262	1082	902	722	542	362	182
52	1259	1079	899	719	539	359	179
53	1256	1076	896	716	536	356	176
54	1253	1073	893	713	533	353	173
55	1250	1070	890	710	530	350	170
56	1247	1067	887	707	527	347	167
57	1244	1064	884	704	524	344	164
58	1241	1061	881	701	521	341	161
59	1238	1058	878	698	518	338	158

**Senior Girls Running – 3000 Metres**

Seconds	Minutes						
	10	11	12	13	14	15	16
0	1550	1370	1190	1010	830	650	470
1	1547	1367	1187	1007	827	647	467
2	1544	1364	1184	1004	824	644	464
3	1541	1361	1181	1001	821	641	461
4	1538	1358	1178	998	818	638	458
5	1535	1355	1175	995	815	635	455
6	1532	1352	1172	992	812	632	452
7	1529	1349	1169	989	809	629	449
8	1526	1346	1166	986	806	626	446
9	1523	1343	1163	983	803	623	443
10	1520	1340	1160	980	800	620	440
11	1517	1337	1157	977	797	617	437
12	1514	1334	1154	974	794	614	434
13	1511	1331	1151	971	791	611	431
14	1508	1328	1148	968	788	608	428
15	1505	1325	1145	965	785	605	425
16	1502	1322	1142	962	782	602	422
17	1499	1319	1139	959	779	599	419
18	1496	1316	1136	956	776	596	416
19	1493	1313	1133	953	773	593	413
20	1490	1310	1130	950	770	590	410
21	1487	1307	1127	947	767	587	407
22	1484	1304	1124	944	764	584	404
23	1481	1301	1121	941	761	581	401
24	1478	1298	1118	938	758	578	398
25	1475	1295	1115	935	755	575	395
26	1472	1292	1112	932	752	572	392
27	1469	1289	1109	929	749	569	389
28	1466	1286	1106	926	746	566	386
29	1463	1283	1103	923	743	563	383
30	1460	1280	<b>1100</b>	920	740	560	380
31	1457	1277	1097	917	737	557	377
32	1454	1274	1094	914	734	554	374
33	1451	1271	1091	911	731	551	371
34	1448	1268	1088	908	728	548	368
35	1445	1265	1085	905	725	545	365
36	1442	1262	1082	902	722	542	362
37	1439	1259	1079	899	719	539	359
38	1436	1256	1076	896	716	536	356
39	1433	1253	1073	893	713	533	353
40	1430	1250	1070	890	710	530	350
41	1427	1247	1067	887	707	527	347
42	1424	1244	1064	884	704	524	344
43	1421	1241	1061	881	701	521	341
44	1418	1238	1058	878	698	518	338
45	1415	1235	1055	875	695	515	335
46	1412	1232	1052	872	692	512	332
47	1409	1229	1049	869	689	509	329
48	1406	1226	1046	866	686	506	326
49	1403	1223	1043	863	683	503	323
50	1400	1220	1040	860	680	500	320
51	1397	1217	1037	857	677	497	317
52	1394	1214	1034	854	674	494	314
53	1391	1211	1031	851	671	491	311
54	1388	1208	1028	848	668	488	308
55	1385	1205	1025	845	665	485	305
56	1382	1202	1022	842	662	482	302
57	1379	1199	1019	839	659	479	299
58	1376	1196	1016	836	656	476	296
59	1373	1193	1013	833	653	473	293

Junior Boys Running – 2000 Metres

Seconds	6	7	Minutes 8	9	10
0	1370	1100	830	560	290
1	1365.5	1095.5	825.5	555.5	285.5
2	1361	1091	821	551	281
3	1356.5	1086.5	816.5	546.5	276.5
4	1352	1082	812	542	272
5	1347.5	1077.5	807.5	537.5	267.5
6	1343	1073	803	533	263
7	1338.5	1068.5	798.5	528.5	258.5
8	1334	1064	794	524	254
9	1329.5	1059.5	789.5	519.5	249.5
10	1325	1055	785	515	245
11	1320.5	1050.5	780.5	510.5	240.5
12	1316	1046	776	506	236
13	1311.5	1041.5	771.5	501.5	231.5
14	1307	1037	767	497	227
15	1302.5	1032.5	762.5	492.5	222.5
16	1298	1028	758	488	218
17	1293.5	1023.5	753.5	483.5	213.5
18	1289	1019	749	479	209
19	1284.5	1014.5	744.5	474.5	204.5
20	1280	1010	740	470	200
21	1275.5	1005.5	735.5	465.5	195.5
22	1271	1001	731	461	191
23	1266.5	996.5	726.5	456.5	186.5
24	1262	992	722	452	182
25	1257.5	987.5	717.5	447.5	177.5
26	1253	983	713	443	173
27	1248.5	978.5	708.5	438.5	168.5
28	1244	974	704	434	164
29	1239.5	969.5	699.5	429.5	159.5
30	1235	965	695	425	155
31	1230.5	960.5	690.5	420.5	150.5
32	1226	956	686	416	146
33	1221.5	951.5	681.5	411.5	141.5
34	1217	947	677	407	137
35	1212.5	942.5	672.5	402.5	132.5
36	1208	938	668	398	128
37	1203.5	933.5	663.5	393.5	123.5
38	1199	929	659	389	119
39	1194.5	924.5	654.5	384.5	114.5
40	1190	920	650	380	110
41	1185.5	915.5	645.5	375.5	105.5
42	1181	911	641	371	101
43	1176.5	906.5	636.5	366.5	96.5
44	1172	902	632	362	92
45	1167.5	897.5	627.5	357.5	87.5
46	1163	893	623	353	83
47	1158.5	888.5	618.5	348.5	78.5
48	1154	884	614	344	74
49	1149.5	879.5	609.5	339.5	69.5
50	1145	875	605	335	65
51	1140.5	870.5	600.5	330.5	60.5
52	1136	866	596	326	56
53	1131.5	861.5	591.5	321.5	51.5
54	1127	857	587	317	47
55	1122.5	852.5	582.5	312.5	42.5
56	1118	848	578	308	38
57	1113.5	843.5	573.5	303.5	33.5
58	1109	839	569	299	29
59	1104.5	834.5	564.5	294.5	24.5



**Junior Girls Running – 2000 Metres**

Seconds	7	8	Minutes 9	10	11
0	1370	<b>1100</b>	830	560	290
1	1365.5	1095.5	825.5	555.5	285.5
2	1361	1091	821	551	281
3	1356.5	1086.5	816.5	546.5	276.5
4	1352	1082	812	542	272
5	1347.5	1077.5	807.5	537.5	267.5
6	1343	1073	803	533	263
7	1338.5	1068.5	798.5	528.5	258.5
8	1334	1064	794	524	254
9	1329.5	1059.5	789.5	519.5	249.5
10	1325	1055	785	515	245
11	1320.5	1050.5	780.5	510.5	240.5
12	1316	1046	776	506	236
13	1311.5	1041.5	771.5	501.5	231.5
14	1307	1037	767	497	227
15	1302.5	1032.5	762.5	492.5	222.5
16	1298	1028	758	488	218
17	1293.5	1023.5	753.5	483.5	213.5
18	1289	1019	749	479	209
19	1284.5	1014.5	744.5	474.5	204.5
20	1280	1010	740	470	200
21	1275.5	1005.5	735.5	465.5	195.5
22	1271	1001	731	461	191
23	1266.5	996.5	726.5	456.5	186.5
24	1262	992	722	452	182
25	1257.5	987.5	717.5	447.5	177.5
26	1253	983	713	443	173
27	1248.5	978.5	708.5	438.5	168.5
28	1244	974	704	434	164
29	1239.5	969.5	699.5	429.5	159.5
30	1235	965	695	425	155
31	1230.5	960.5	690.5	420.5	150.5
32	1226	956	686	416	146
33	1221.5	951.5	681.5	411.5	141.5
34	1217	947	677	407	137
35	1212.5	942.5	672.5	402.5	132.5
36	1208	938	668	398	128
37	1203.5	933.5	663.5	393.5	123.5
38	1199	929	659	389	119
39	1194.5	924.5	654.5	384.5	114.5
40	1190	920	650	380	110
41	1185.5	915.5	645.5	375.5	105.5
42	1181	911	641	371	101
43	1176.5	906.5	636.5	366.5	96.5
44	1172	902	632	362	92
45	1167.5	897.5	627.5	357.5	87.5
46	1163	893	623	353	83
47	1158.5	888.5	618.5	348.5	78.5
48	1154	884	614	344	74
49	1149.5	879.5	609.5	339.5	69.5
50	1145	875	605	335	65
51	1140.5	870.5	600.5	330.5	60.5
52	1136	866	596	326	56
53	1131.5	861.5	591.5	321.5	51.5
54	1127	857	587	317	47
55	1122.5	852.5	582.5	312.5	42.5
56	1118	848	578	308	38
57	1113.5	843.5	573.5	303.5	33.5
58	1109	839	569	299	29
59	1104.5	834.5	564.5	294.5	24.5

<b>Subjunior Boys Running – 1000 Metres</b>				
<b>Minutes</b>				
<b>Seconds</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
0	1280	920	560	200
1	1274	914	554	194
2	1268	908	548	188
3	1262	902	542	182
4	1256	896	536	176
5	1250	890	530	170
6	1244	884	524	164
7	1238	878	518	158
8	1232	872	512	152
9	1226	866	506	146
10	1220	860	500	140
11	1214	854	494	134
12	1208	848	488	128
13	1202	842	482	122
14	1196	836	476	116
15	1190	830	470	110
16	1184	824	464	104
17	1178	818	458	98
18	1172	812	452	92
19	1166	806	446	86
20	1160	800	440	80
21	1154	794	434	74
22	1148	788	428	68
23	1142	782	422	62
24	1136	776	416	56
25	1130	770	410	50
26	1124	764	404	44
27	1118	758	398	38
28	1112	752	392	32
29	1106	746	386	26
30	<b>1100</b>	740	380	20
31	1094	734	374	14
32	1088	728	368	8
33	1082	722	362	2
34	1076	716	356	0
35	1070	710	350	0
36	1064	704	344	0
37	1058	698	338	0
38	1052	692	332	0
39	1046	686	326	0
40	1040	680	320	0
41	1034	674	314	0
42	1028	668	308	0
43	1022	662	302	0
44	1016	656	296	0
45	1010	650	290	0
46	1004	644	284	0
47	998	638	278	0
48	992	632	272	0
49	986	626	266	0
50	980	620	260	0
51	974	614	254	0
52	968	608	248	0
53	962	602	242	0
54	956	596	236	0
55	950	590	230	0
56	944	584	224	0
57	938	578	218	0
58	932	572	212	0
59	926	566	206	0

<b>Subjunior Girls Running – 1000 Metres</b>				
<b>Minutes</b>				
<b>Seconds</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
0	1370	1010	650	290
1	1364	1004	644	284
2	1358	998	638	278
3	1352	992	632	272
4	1346	986	626	266
5	1340	980	620	260
6	1334	974	614	254
7	1328	968	608	248
8	1322	962	602	242
9	1316	956	596	236
10	1310	950	590	230
11	1304	944	584	224
12	1298	938	578	218
13	1292	932	572	212
14	1286	926	566	206
15	1280	920	560	200
16	1274	914	554	194
17	1268	908	548	188
18	1262	902	542	182
19	1256	896	536	176
20	1250	890	530	170
21	1244	884	524	164
22	1238	878	518	158
23	1232	872	512	152
24	1226	866	506	146
25	1220	860	500	140
26	1214	854	494	134
27	1208	848	488	128
28	1202	842	482	122
29	1196	836	476	116
30	1190	830	470	110
31	1184	824	464	104
32	1178	818	458	98
33	1172	812	452	92
34	1166	806	446	86
35	1160	800	440	80
36	1154	794	434	74
37	1148	788	428	68
38	1142	782	422	62
39	1136	776	416	56
40	1130	770	410	50
41	1124	764	404	44
42	1118	758	398	38
43	1112	752	392	32
44	1106	746	386	26
45	1100	740	380	20
46	1094	734	374	14
47	1088	728	368	8
48	1082	722	362	2
49	1076	716	356	0
50	1070	710	350	0
51	1064	704	344	0
52	1058	698	338	0
53	1052	692	332	0
54	1046	686	326	0
55	1040	680	320	0
56	1034	674	314	0
57	1028	668	308	0
58	1022	662	302	0
59	1016	656	296	0

## SWIMMING

### General Rules for Swimming Phase

Current Australian Swimming rules for competitive freestyle swimming shall be used to judge any rules not covered in this document. This includes current regulations regarding proper swimwear.

1. Officials:

The Phase Steward, Referee, Starter, Timekeepers, Lane Judges, Clerk of the Course and others assigned to officiate the swimming phases should be experienced and knowledgeable in their areas of responsibility. The Phase Steward or the Technical Delegate may serve as the referee.

A. The Phase Steward shall:

Organise the swimming phase including all administrative activities and equipment including but not limited to:

- 1) Arrange for the pool facilities
- 2) Provide stop watches and pencils for timers and a starting signal device for starter
- 3) Provide heat sheets for each division
- 4) Provide competitor cards to record swim time
- 5) Appoint all officials to the swimming phase
- 6) Ensure that the results of the event are promptly made available to the Chief Scorer

B. The Referee shall:

- 1) Have full control and authority over all other officials in the swimming phase and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. The referee shall enforce all rules and decisions of the Swimming Phase Steward in coordination with the Technical Delegate.
- 2) May intervene in the swimming phase at any stage to ensure that the rules are observed and shall advise the Steward in any protest related to the swimming competition in progress.
- 3) Shall determine placing where the Finish Judge's decision and the times recorded do not agree. Automatic officiating equipment or independent videotape documentation, if available and operating, must be consulted.
- 4) Shall ensure that all necessary officials are at their respective posts for the conduct of the competition. May appoint a substitute for any official who is absent, incapable of acting, or found to be incompetent. May appoint additional officials if considered necessary.
- 5) Shall signal to the competitors by a series of short whistles (usually three), at the commencement of each heat, inviting them to remove all clothing except for swimwear. This should be followed by a long whistle indicating that they should take their positions on the back of the starting block or at the edge of the pool or in the pool, as desired by the competitor. When the competitors and the officials are ready for the start, the Referee will indicate to the Starter with stretched out arm that the competitors are now under the Starter's control.

C. The Starter:

- 1) Shall have full control of the competitors from the time the referee turns the competitors over to him/her.
- 2) Shall report a competitor to the referee for delaying the start, for wilfully disobeying an order, or for any other misconduct taking place at the start. Only the referee may eliminate a competitor for such a delay.
- 3) Shall have power to decide whether a start is fair, subject only to the decision of the referee. If after the start signal the starter believes that the start was false, the starter shall recall the competitors.
- 4) When starting an event, the starter shall stand on the side of the pool within approximately 5m of the starting end where the timekeepers and the competitors can see and hear the start signal.

D. Lane Judges shall:

- 1) Be assigned to no more than three lanes at the far end of the pool.
- 2) Ensure that the competitors touch the wall with some part of their body on each turn.
- 3) Report any violation to the Chief Lane Steward who shall immediately convey the report to the referee.

E. The Finish Judge shall:

- 1) Record the order of finish for each heat by lane number and promptly give the results to the Chief.
- 2) The starter may serve as Finish Judge.

F. The Chief Timekeeper shall:

- 1) Conduct a briefing of all timekeepers and assign the positions for all timekeepers and the lanes for which they are responsible. There shall be a minimum of two timekeepers for each lane. There shall be two additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch does not start or has stopped during the event, or who for any reason is not able to record the time.
- 2) Collect from each timekeeper a card showing the times recorded for the competitor and, if necessary, inspect their watches.
- 3) Record or examine the official time on the card for each lane.

G. The Timekeeper shall:

- 1) Take the time of the competitor in the lane to which assigned.
- 2) Start the watch at the start signal and stop it when the competitor touches the end of the pool, having completed the race.
- 3) Promptly after the race, records the times of all watches on the card, gives it to the chief and, if requested, presents watches for inspection. Watches will not be cleared until the signal to do so is given by the Chief Timekeeper or the Referee.
- 4) Ensure that the competitors touch the wall with some part of their body on each turn.
- 5) Parents may serve as timekeepers but may not time their own child.

I. The Steward shall:

- 1) Assemble competitors prior to each heat.
- 2) Not allow any swimmer to go to the starting place whose swimwear is not in accordance with PCA Tetrathlon rules.
- 3) Check and forbid the start of competitors who have used oil or other fat solutions on their bodies.
- 4) Be responsible for ensuring that the competitors are ready for the starter prior to each heat.

## The Pool

Scoring is based on a standard pool. The pool must be 25 or 50 meters in length, and have a minimum depth of 1.3 meters. Optimum temperature is 26° C.

## Distances

1. The standard swimming distances shall be:

Senior Division	200 metres
Junior Division	200 metres
Subjunior Division	100 metres
2. Competitors will be divided into heats by level and by gender.

When previous swim times are available, heats will be seeded to allow the greatest opportunity for best times. The fastest swimmers shall swim in the final heat of each division. In each heat, the swimmer with the best time will swim in the centre lane of the pool. In a pool with an even number of lanes (6 or 8), the centre lane will be 3 or 4, respectively.

The swimmer with the next fastest time will be placed to the left of the swimmer with the top speed, then alternate the others right and left in descending order by their swimming times.
3. When no previous time is presented, those swimmers will be seeded in the first/slowest heat of their division.
4. The number of competitors in each heat shall be as equal as possible.

## Scoring

1. Optimum swimming times earning 1100 points are based on Championship times for age and gender groups.
2. For distances of 200 Metres, a penalty of six points per second is deducted for each second over the Optimum Time, which earns 1100 points. For all other distances, a penalty of twelve points per second is deducted for each second over the Optimum Time, which earns 1100 points. *(See the following tables)*
3. For distances of 200 Metres, a bonus of six points per second will be added for each second under the Optimum Time of 1100 Points. For distances of 100 Metres, a bonus of 12 points per second will be added for each second under Optimum Time, which earns 1100 points. *(See the following tables)*
4. A penalty of 20 points will be assessed to a competitor for:
  - A. A false start after two previous false starts in that heat.
  - B. Each time the competitor does not touch the wall during a turn.
5. A competitor will be eliminated and receive a phase score of zero for:
  - A. Wilfully delaying the start
  - B. Blatantly attempting to shorten the course by turning short of the end of the pool.
  - C. Walking on the bottom of the pool or advancing by pulling on the side of the pool or on the lane lines.
  - D. Receiving unauthorised assistance in the form of a Coach, parent, or spectator blatantly walking alongside the competitor on the pool deck in such a way as to appear to be pacing the competitor. Calling out split times is considered unauthorised assistance.
6. Cheering and encouragement (including calling the competitor by name) is recommended and encouraged and DOES NOT constitute unauthorised assistance. This is generally done from the stands, but it is understood that not all venues will have spectator areas and occasionally spectators must be on the pool deck in order to view the competition.

## Time & Optimum Time

1. At National Championships there will be at least two watches used to time each lane. In all cases there shall be at least two back up watches to cover each heat.
2. When electronic timing is used, hand held watches must be used as back up.

3. Times will be recorded in hundredths of seconds. Times between all watches shall be averaged.
4. Once averaged, times recorded to the nearest 1/100th of a second will then be rounded to the nearest second for scoring with .01 to .49 being rounded down to the lower second and .5 to .99 being rounded up to the next higher second.
5. Actual placement of finish and times to 1/100 of a second will be used to determine phase winners. In the event of a tie, swimmers will be awarded equal points.

**Optimum Times earning 1100 points are:**

	<i>BOYS</i>	<i>GIRLS</i>
Senior Division 200m	2 min. 15 sec.	2 min. 25 sec.
Junior Division 200m	2 min. 20 sec.	2 min. 30 sec.
Subjunior Division 100m	1 min. 15 sec	1 min. 20 sec.

**Start of Swimming Phase**

1. The International Start Commands shall be used:
  - A. On the long whistle from the referee the competitors shall take their positions on the back of the starting block or at the edge of the pool or in the pool, as desired by the competitor.
  - B. Starter announces the event (example: "This is heat 1, Senior Boys, 200 metres, 8 lengths of the pool.")
  - C. On the starter's command "*Take your marks,*" they shall immediately take up a starting position with at least 30cm at the front of the starting block, the edge of the pool or on the wall of the pool.
  - D. When all competitors are stationary, within 3 seconds the starter will then fire a pistol, blow a whistle or use an electronic buzzer to start the race, and will immediately repeat the signal if there is a false start.
2. A drop line is also recommended to stop swimmers following a false start.
3. When started, the competitor does not eliminate him/herself by standing on the bottom for the purpose of resting unless he or she walks one or more complete steps. A competitor may hold on to the side or end of the pool or lane lines to rest without disqualification but may not advance when doing so.

**False starts**

1. In the event of a false start, (a swimmer moving or starting to leave the blocks before the start signal is given) the starter will call back all swimmers after the first and second false start. No penalties shall be given at this point.
2. After the second false start the starter shall warn all the competitors in the heat that the race shall proceed at the third attempt.
3. The starter will penalize any offending competitor(s) at the third start, notifying the Phase Steward and chief timekeeper at once. The penalty shall be 20 points, which shall be deducted from the competitor's score in the swimming phase.

**Swimming Styles**

1. A swimmer may swim any style (stroke) or combination of styles (strokes).
2. Rules relating specifically to breaststroke, backstroke, and butterfly swimming shall not apply.
3. The swimmer must touch the end of the pool with some part of the body when finishing.

### **Turns**

Open or flip turns may be used. The competitors must touch the end of the pool with some part of the body on each turn.

### **Directions on Use of Swimming Tables**

The tables for scoring swimming are found on the following pages. To use, read across the top of the table for the minutes and down the first column for the seconds on the appropriate page.

Senior Boys Swimming – 200 Metres

Seconds	Minutes			
	1	2	3	4
0	1550	1190	830	470
1	1544	1184	824	464
2	1538	1178	818	458
3	1532	1172	812	452
4	1526	1166	806	446
5	1520	1160	800	440
6	1514	1154	794	434
7	1508	1148	788	428
8	1502	1142	782	422
9	1496	1136	776	416
10	1490	1130	770	410
11	1484	1124	764	404
12	1478	1118	758	398
13	1472	1112	752	392
14	1466	1106	746	386
15	1460	<b>1100</b>	740	380
16	1454	1094	734	374
17	1448	1088	728	368
18	1442	1082	722	362
19	1436	1076	716	356
20	1430	1070	710	350
21	1424	1064	704	344
22	1418	1058	698	338
23	1412	1052	692	332
24	1406	1046	686	326
25	1400	1040	680	320
26	1394	1034	674	314
27	1388	1028	668	308
28	1382	1022	662	302
29	1376	1016	656	296
30	1370	1010	650	290
31	1364	1004	644	284
32	1358	998	638	278
33	1352	992	632	272
34	1346	986	626	266
35	1340	980	620	260
36	1334	974	614	254
37	1328	968	608	248
38	1322	962	602	242
39	1316	956	596	236
40	1310	950	590	230
41	1304	944	584	224
42	1298	938	578	218
43	1292	932	572	212
44	1286	926	566	206
45	1280	920	560	200
46	1274	914	554	194
47	1268	908	548	188
48	1262	902	542	182
49	1256	896	536	176
50	1250	890	530	170
51	1244	884	524	164
52	1238	878	518	158
53	1232	872	512	152
54	1226	866	506	146
55	1220	860	500	140
56	1214	854	494	134
57	1208	848	488	128
58	1202	842	482	122
59	1196	836	476	116



Senior Girls Swimming – 200 Metres				
Seconds	Minutes			
	1	2	3	4
0	1610	1250	890	530
1	1604	1244	884	524
2	1598	1238	878	518
3	1592	1232	872	512
4	1586	1226	866	506
5	1580	1220	860	500
6	1574	1214	854	494
7	1568	1208	848	488
8	1562	1202	842	482
9	1556	1196	836	476
10	1550	1190	830	470
11	1544	1184	824	464
12	1538	1178	818	458
13	1532	1172	812	452
14	1526	1166	806	446
15	1520	1160	800	440
16	1514	1154	794	434
17	1508	1148	788	428
18	1502	1142	782	422
19	1496	1136	776	416
20	1490	1130	770	410
21	1484	1124	764	404
22	1478	1118	758	398
23	1472	1112	752	392
24	1466	1106	746	386
25	1460	<b>1100</b>	740	380
26	1454	1094	734	374
27	1448	1088	728	368
28	1442	1082	722	362
29	1436	1076	716	356
30	1430	1070	710	350
31	1424	1064	704	344
32	1418	1058	698	338
33	1412	1052	692	332
34	1406	1046	686	326
35	1400	1040	680	320
36	1394	1034	674	314
37	1388	1028	668	308
38	1382	1022	662	302
39	1376	1016	656	296
40	1370	1010	650	290
41	1364	1004	644	284
42	1358	998	638	278
43	1352	992	632	272
44	1346	986	626	266
45	1340	980	620	260
46	1334	974	614	254
47	1328	968	608	248
48	1322	962	602	242
49	1316	956	596	236
50	1310	950	590	230
51	1304	944	584	224
52	1298	938	578	218
53	1292	932	572	212
54	1286	926	566	206
55	1280	920	560	200
56	1274	914	554	194
57	1268	908	548	188
58	1262	902	542	182
59	1256	896	536	176

Junior Boys Swimming 200 metres

Seconds	Minutes			
	1	2	3	4
0	1580	1220	860	500
1	1574	1214	854	494
2	1568	1208	848	488
3	1562	1202	842	482
4	1556	1196	836	476
5	1550	1190	830	470
6	1544	1184	824	464
7	1538	1178	818	458
8	1532	1172	812	452
9	1526	1166	806	446
10	1520	1160	800	440
11	1514	1154	794	434
12	1508	1148	788	428
13	1502	1142	782	422
14	1496	1136	776	416
15	1490	1130	770	410
16	1484	1124	764	404
17	1478	1118	758	398
18	1472	1112	752	392
19	1466	1106	746	386
20	1460	<b>1100</b>	740	380
21	1454	1094	734	374
22	1448	1088	728	368
23	1442	1082	722	362
24	1436	1076	716	356
25	1430	1070	710	350
26	1424	1064	704	344
27	1418	1058	698	338
28	1412	1052	692	332
29	1406	1046	686	326
30	1400	1040	680	320
31	1394	1034	674	314
32	1388	1028	668	308
33	1382	1022	662	302
34	1376	1016	656	296
35	1370	1010	650	290
36	1364	1004	644	284
37	1358	998	638	278
38	1352	992	632	272
39	1346	986	626	266
40	1340	980	620	260
41	1334	974	614	254
42	1328	968	608	248
43	1322	962	602	242
44	1316	956	596	236
45	1310	950	590	230
46	1304	944	584	224
47	1298	938	578	218
48	1292	932	572	212
49	1286	926	566	206
50	1280	920	560	200
51	1274	914	554	194
52	1268	908	548	188
53	1262	902	542	182
54	1256	896	536	176
55	1250	890	530	170
56	1244	884	524	164
57	1238	878	518	158
58	1232	872	512	152
59	1226	866	506	146

Junior girls swimming 200 metres

seconds	Minutes			
	1	2	3	4
0	1640	1280	920	560
1	1634	1274	914	554
2	1628	1268	908	548
3	1622	1262	902	542
4	1616	1256	896	536
5	1610	1250	890	530
6	1604	1244	884	524
7	1598	1238	878	518
8	1592	1232	872	512
9	1586	1226	866	506
10	1580	1220	860	500
11	1574	1214	854	494
12	1568	1208	848	488
13	1562	1202	842	482
14	1556	1196	836	476
15	1550	1190	830	470
16	1544	1184	824	464
17	1538	1178	818	458
18	1532	1172	812	452
19	1526	1166	806	446
20	1520	1160	800	440
21	1514	1154	794	434
22	1508	1148	788	428
23	1502	1142	782	422
24	1496	1136	776	416
25	1490	1130	770	410
26	1484	1124	764	404
27	1478	1118	758	398
28	1472	1112	752	392
29	1466	1106	746	386
30	1460	<b>1100</b>	740	380
31	1454	1094	734	374
32	1448	1088	728	368
33	1442	1082	722	362
34	1436	1076	716	356
35	1430	1070	710	350
36	1424	1064	704	344
37	1418	1058	698	338
38	1412	1052	692	332
39	1406	1046	686	326
40	1400	1040	680	320
41	1394	1034	674	314
42	1388	1028	668	308
43	1382	1022	662	302
44	1376	1016	656	296
45	1370	1010	650	290
46	1364	1004	644	284
47	1358	998	638	278
48	1352	992	632	272
49	1346	986	626	266
50	1340	980	620	260
51	1334	974	614	254
52	1328	968	608	248
53	1322	962	602	242
54	1316	956	596	236
55	1310	950	590	230
56	1304	944	584	224
57	1298	938	578	218
58	1292	932	572	212
59	1286	926	566	206

**Subjunior Boys Swimming – 100 Metres**

		<b>Minutes</b>	
<b>seconds</b>		<b>1</b>	<b>2</b>
<b>0</b>		1280	560
<b>1</b>		1268	548
<b>2</b>		1256	536
<b>3</b>		1244	524
<b>4</b>		1232	512
<b>5</b>		1220	500
<b>6</b>		1208	488
<b>7</b>		1196	476
<b>8</b>		1184	464
<b>9</b>		1172	452
<b>10</b>		1160	440
<b>11</b>		1148	428
<b>12</b>		1136	416
<b>13</b>		1124	404
<b>14</b>		1112	392
<b>15</b>		<b>1100</b>	380
<b>16</b>		1088	368
<b>17</b>		1076	356
<b>18</b>		1064	344
<b>19</b>		1052	332
<b>20</b>		1040	320
<b>21</b>		1028	308
<b>22</b>		1016	296
<b>23</b>		1004	284
<b>24</b>		992	272
<b>25</b>		980	260
<b>26</b>		968	248
<b>27</b>		956	236
<b>28</b>		944	224
<b>29</b>		932	212
<b>30</b>	1640	920	200
<b>31</b>	1628	908	188
<b>32</b>	1616	896	176
<b>33</b>	1604	884	164
<b>34</b>	1592	872	152
<b>35</b>	1580	860	140
<b>36</b>	1568	848	128
<b>37</b>	1556	836	116
<b>38</b>	1544	824	104
<b>39</b>	1532	812	92
<b>40</b>	1520	800	80
<b>41</b>	1508	788	68
<b>42</b>	1496	776	56
<b>43</b>	1484	764	44
<b>44</b>	1472	752	32
<b>45</b>	1460	740	20
<b>46</b>	1448	728	8
<b>47</b>	1436	716	0
<b>48</b>	1424	704	0
<b>49</b>	1412	692	0
<b>50</b>	1400	680	0
<b>51</b>	1388	668	0
<b>52</b>	1376	656	0
<b>53</b>	1364	644	0
<b>54</b>	1352	632	0
<b>55</b>	1340	620	0
<b>56</b>	1328	608	0
<b>57</b>	1316	596	0
<b>58</b>	1304	584	0
<b>59</b>	1292	572	0

**Subjunior Girls Swimming – 100 Metres**

	Minutes		
	<b>1</b>	<b>2</b>	
<b>0</b>	1340	620	
<b>1</b>	1328	608	
<b>2</b>	1316	596	
<b>3</b>	1304	584	
<b>4</b>	1292	572	
<b>5</b>	1280	560	
<b>6</b>	1268	548	
<b>7</b>	1256	536	
<b>8</b>	1244	524	
<b>9</b>	1232	512	
<b>10</b>	1220	500	
<b>11</b>	1208	488	
<b>12</b>	1196	476	
<b>13</b>	1184	464	
<b>14</b>	1172	452	
<b>15</b>	1160	440	
<b>16</b>	1148	428	
<b>17</b>	1136	416	
<b>18</b>	1124	404	
<b>19</b>	1112	392	
<b>20</b>	<b>1100</b>	380	
<b>21</b>	1088	368	
<b>22</b>	1076	356	
<b>23</b>	1064	344	
<b>24</b>	1052	332	
<b>25</b>	1040	320	
<b>26</b>	1028	308	
<b>27</b>	1016	296	
<b>28</b>	1004	284	
<b>29</b>	992	272	
<b>30</b>	1700	980	260
<b>31</b>	1688	968	248
<b>32</b>	1676	956	236
<b>33</b>	1664	944	224
<b>34</b>	1652	932	212
<b>35</b>	1640	920	200
<b>36</b>	1628	908	188
<b>37</b>	1616	896	176
<b>38</b>	1604	884	164
<b>39</b>	1592	872	152
<b>40</b>	1580	860	140
<b>41</b>	1568	848	128
<b>42</b>	1556	836	116
<b>43</b>	1544	824	104
<b>44</b>	1532	812	92
<b>45</b>	1520	800	80
<b>46</b>	1508	788	68
<b>47</b>	1496	776	56
<b>48</b>	1484	764	44
<b>49</b>	1472	752	32
<b>50</b>	1460	740	20
<b>51</b>	1448	728	8
<b>52</b>	1436	716	0
<b>53</b>	1424	704	0
<b>54</b>	1412	692	0
<b>55</b>	1400	680	0
<b>56</b>	1388	668	0
<b>57</b>	1376	656	0
<b>58</b>	1364	644	0
<b>59</b>	1352	632	0

## SHOOTING

### General

Competitors will use Laser Pistols to shoot at specified targets on a 10m shooting range and must be aware of the safety requirements in the handling of a Laser pistol as per the attached addendum.

Competitors 13 years and over - Pistols are to be held in one hand only. The other hand or arm may not be used to hold or support the pistol – the pistol hand or any part of the pistol arm. Firing will be from an erect standing position. The competitors shooting arm must be extended with the sights at eye level

Competitors 10 /11 / 12 years will shoot from 7 metres. The competitor must shoot from a standing position with the pistol held in both hands. The pistol must be supported entirely by the strength of the shooter. No artificial support of any kind is allowed.

The competitor's arm must be fully extended with the sights at eye level.

The shooter's non firing hand will be used to provide support for the firing hand. The support hand may contact any part of the shooting hand and wrist.

Competitors will shoot in details dependent on the capacity of the range and at the direction of the section steward.

### Dress

Competitors will be neatly dressed in the designated uniform of their home state. Long trousers and enclosed shoes (that do not cover the anklebone) are compulsory. Competitors are not allowed to wear items of clothing that are military in nature.

The use of special devices means or garments to support the competitor's leg, body or arms is prohibited. A wristband (or equivalent) to provide support on the hand and arm holding the pistol is prohibited. Radios, tape recorders or any type of sound-producing or communication systems are prohibited. Only visors/caps and glasses/corrective lenses or filters may be worn.

Mobile phones and any other type of communication system must be switched off.

### Method

Each competitor will have two rounds shooting targets each with 5 shots fired consecutively and with a time limit of two minutes per each round of five (5) shots. All ten (10) shots, five (5) on each round will count towards the score of the competitor. A maximum of 1100 points can be achieved.

Prior to the competition each competitor will have five (5) minutes preparation time including unlimited practice sighting shots.

Coaching is not allowed during the competition shots but allowed during the firing of sighting/practice shots. After the sighting/practice shots no communication of any nature is allowed between the competitor and any other person.

At the firing point, the responsible supervision is provided by the Section Steward and Range Safety Officer. A competitor does not need to be supported by an adult.

If a beam is discharged accidentally after the command "Standby" has been given, then that shot is lost.

## Equipment

The equipment for the shooting phase consists of the pistol only. If a competitor wishes to use any accessory in accordance with the rules it must be examined by the Section Steward of the phase before the detail begins. The use of accessories and equipment which are contrary to the spirit of these rules is forbidden.

Competitors may provide their own Laser pistols or the host state must locate and provide for the event.

All pistols must be checked as to the calibre and dimensions by the section Steward prior to the commencement of the event.

All approved equipment must be marked with a seal or sticker which will be valid only for the respective event. The competitor is responsible for presenting all pistols and equipment and/or accessories for official inspection and approval prior to the event. After the equipment has been approved the pistol is not to be modified or adjusted (other than adjustment of sight alignment) at any time prior to or during the event nor must be exchanged.

The competitor must use the same pistol in all shots of the event unless it ceases to be functional. If the competitor begins the competition with an unapproved pistol he/she will be disqualified. Any alterations or adjusting of the officially approved pistol so that it violates the rules, or exchange, will incur disqualification. If there are any doubts regarding any alteration, the pistol must be returned to the Section Steward for re-inspection an approved prior to the start of the relevant detail.

Only open sights are allowed. Optical, mirror, telescopic, laser beam, electronically projected dot, optically enlarged sights and so forth are prohibited. Corrective lenses and/or filters must not be attached to the pistol.

No part of the grip or accessories are to encircle the hand or extend in any way which would give any support beyond the hand. Adjustable grips are permitted if they do not give any support beyond the hand.

The pistol together with all accessories must be capable of fitting into a box 420mm long by 200mm wide and 50mm deep at any time.

## Malfunction

If a shot has not fired due to malfunction and the competitor wishes to claim malfunction, they must hold their pistol pointing down the range, retain their grip and immediately inform the Section Steward by raising their free hand. They must not disturb other competitors. A competitor may try to correct a malfunction or continue the shot, but if he does he may not claim malfunction.

If the external appearance of the pistol does not show obvious reason for the malfunction, the Section Steward must pick up the pistol. The Section Steward must not interfere with or touch the mechanism but point the pistol in a safe direction and pull the trigger once to determine whether the trigger mechanism has been released. If the pistol does not discharge the Section Steward must complete the examination of the pistol to determine the cause of the malfunction and decide whether or not the malfunction is allowable.

A malfunction of a pistol is considered as allowed when a part of the pistol has failed, including but not limited to:

- The trigger mechanism has failed to operate
- Target does not register a shot

If after inspection the Section Steward decides there was a permissible malfunction that was not the competitor's fault – the competitor has the right to fire a new shot instead of the one that did not go off. This is allowed without penalty only twice in the course of the competition.

A malfunction is considered disallowed when it is the competitor's fault including but not limited to:

- The competitor or another person has touched the pistol before it's inspection by the Section Steward
- The safety catch has not been released or had gone 'safe' during shooting
- The competitor has not loaded the pistol
- The pistol has run out of power
- The malfunction was due to any other cause that could reasonably have been controlled by the competitor

If after inspection of the pistol the Section Steward decides the failure was not a permissible malfunction, the competitor loses the shot that did not go off but has the right to fire the remaining shots.

## Targets

A target ring of 11.5mm diameter with each ring increasing by 16mm as used at ISSF events will be used.

Targets are to be placed in a level row with their lower edge 1.25m (4 feet) plus or minus 7.62 (3 inches) above the ground and a minimum of 0.56m (1 foot 10 inches) apart.

The distance between the target and the front foot of the competitor is to be 10m for competitors 13 years and over, and 7m for competitors aged 10-12 years.

Only one target per competitor is to be exposed at the same time.

## Scoring

Both scoring sheets will be collected by the Section Steward or judge and must not be shown to the competitor before they have been checked by the Steward/Judges.

All shots are recorded on a computer linked in to the precision target.

Rings are marked from 1 to 11 with the value of 10 to 110 respectively. All ten (10) shots – five (5) on each target - will count towards a maximum score of 1100.

The computer will allocate the scoring on each target with the maximum of 11 for a dead centre shot. If more than 5 shots appear on the target and it is clear the extra shot could not have been fired by that firer – then the lower score is deducted.

Once targets have been scored they are made available for checking by the relevant team manager/coach or authorised representative of the competitor immediately following the detail.

A formal protest can be made where incorrect entries in the results list or score card have been made.



## Safety

All competitors are subject to Australian and host State legislation, host State laser pistol regulations and the constitution and by laws of the host state for the competition.

- At all Pony Club shooting occasions (competitions or practice) there must always be a Range Safety Officer who is over 21 years in charge and supervising all persons at that firing point.
- Pistols are loaded only at the firing point and only after the command “LOAD” is given.
- When the command “STOP” is given all competitors must stop shooting immediately

**ADDENDUM** - Class 2 sport shooting device.

The laser follows the standard EN60825 – 1:2007

TYPE E65OD1-3-1235

- Nominal wave length 650nm
- Nominal output 2.5Mw
- Never direct the laser beam at another person or an animal
- Do not look at the beam either directly or through any optical devices
- Do not direct the beam at airplanes, cars, windows or other similar objects
- Use the device only in an area specified for this purpose
- Keep away from children
- Do not hand over the device to anyone who does not understand the dangers of using a laser beam
- It is forbidden to open or modify the device excluding the changing of battery or the grip
- Operating temperature -10 °C to +50°C.

Always follow firearm regulations when handling an optical gun. Carry it in a proper case or bag. A person not familiar with this kind of equipment may mistake it for a regular weapon, not an optical or safe one.

The system is meant for outdoor use as well and is protected against normal humidity and rain.

Nevertheless heavy rain may damage the electronic parts. Always cover the gun from rain. Keep it in the carrying case when not in use.



**PONY CLUB**  
AUSTRALIA