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Dear Team Manager

Saturday, June 27th, 2009

North West Triathlon Championships & Open Biathlon

Please find enclosed entry forms for the North West Biathlon Championships to be held at Salt Ayre Sports Centre, Lancaster on Sunday 27th September 2009. This qualifying competition for the National Triathlon Championships in Wolverhampton over the weekend 14/15th November is a closed competition restricted to North West Competitors only. The top six individual triathletes and the top club team of three competitors from each class will qualify for the Nationals. Please note that clubs entering teams must be affiliated to Pentathlon-GB.

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

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

The Pentathlon-GB 2009 rule book for biathlon and triathlon will apply. Age groups and points tables are listed overleaf. All competitors entering these Championships must be members of Pentathlon-GB. Membership forms can be obtained from the website www.pentathlongb.org or the organizer. The current rate for Junior membership is £7 per annum (£6 by direct debit). Completed forms and payment can be included with entries.

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

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

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

Entries should returned to :

Jennie Hodgson before the closing date of **Thursday 10th September 2009**. Please note that late entries will not be accepted. Any queries please contact me at jenniehodgson@gmail.com

AGE GROUPS & SCORING

SWIM

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

RUN

Masters Men Over 35	MM	2000m in 7 min 40 secs = 1000pts ± 4pts per sec
Senior Men Over 21	SM	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Junior Men 19 to 21	JM	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Youths A 17 to 18	YAB	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Youths B 15 to 16	YBB	2000m in 6 min 40 secs = 1000pts ± 4pts per sec
Youths C 13 to 14	YCB	1000m in 3 min 10 secs = 1000pts ± 8pts per sec
Youths D 11 to 12	YDB	1000m in 3 min 40 secs = 1000pts ± 8pts per sec
Youths E 10 Years	YEB	1000m in 3 min 40 secs = 1000pts ± 8pts per sec
Masters Women Over 35	MW	1000m in 4 min 00 secs = 1000pts ± 8pts per sec
Senior Women Over 21	SW	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Junior Women 19 to 21	JW	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Youths A 17 to 18	YAG	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Youths B 15 to 16	YBG	2000m in 6 min 40 secs = 1000pts ± 4pts per sec
Youths C 13 to 14	YCG	1000m in 3 min 10 secs = 1000pts ± 8pts per sec
Youths D 11 to 12	YDG	1000m in 3 min 40 secs = 1000pts ± 8pts per sec
Youths E 10 Years	YEG	1000m in 3 min 40 secs = 1000pts ± 8pts per sec

SHOOT

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

Youth C, D, and E	10 competition shots, 3, 3 then 4 shots per target, 20 seconds allowed per shot 86 Target Points = 1000pts ± 12 pts per Target Point
Youth A, B, Junior,	20 competition shots, 4 shots per target, 20 seconds allowed per shot
Senior and Masters	172 Target Points = 1000pts ± 12 pts per Target Point

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

Ages as at 31st December 2009

North West Triathlon Championships & Open Biathlon
Salt Ayre Sports Centre, Lancaster Sunday 27th September 2009
INDIVIDUAL ENTRY FORM

Name		
Address		
E-mail address		Tel No.
Pentathlon-GB Number		
Age at 31.12.2009	Class	
Category (please circle)	Biathlon	Triathlon
Swim Time for relevant distance		
Club COLT		

Entry fees

Open Biathlon	£7
NW Triathlon (includes biathlon)	£10
TOTAL	

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

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

Signed:..... Countersigned:..... Date:.....
 (Signature of parent or guardian if under 18 years of age.)

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