



**Scottish Schools  
BIATHLON  
Championships  
Swim/Run Event**  
Hosted By Scottish Saltires  
MPC



**Sunday 29th September 2019**  
**Aberdeen Sports Village, AB24 5RU**  
Entries open Now!

We will also have taster laser shooting and fencing!

We are, again, very fortunate to be able to use the world class facilities at Aberdeen Sports Village for our biathlon. Although the event is a Scottish Championships, this is a local event with a wide range of abilities welcome. In the past we have had some experienced swimmers and runners competing but we have had many first timers and inexperienced competitors, all who leave feeling they have achieved something by completing the event.

Event starts at 10.30 am. First prizegiving 1.30pm approx. Exact times for swim and run given 4 days before the event.

Those born in 2011 and older can enter as. Includes adult classes too!

Includes team competition (3 in team from same category, gender and school entered as individuals.)

Awards 1st-6th individual, 1st-3rd team. All who complete receive a medal.

Team entry free with individual entry (we organise teams from individual Entries).

**This is how it works;**

Swim first. It is a timed swim with the distance depending on age About an hour after you swim you then run with distance depending on age (see table). The faster you swim and run, the more points you get with your times being converted into swim points and run points. The points are added together and the person with the most points wins. All who finish the swim and run will be presented with a medal.

**This event is also Qualifier for British Biathlon Championships and schools Biathlon Champions. British Bi Champs, 23/24 Nov, Nottingham, British Schools Bi Champs March 2020 Venue TBC.**

CLASS Age taken as 31/12/1019	YEAR OF BIRTH	RUN DISTANCE	SWIM DISTANCE
U9	2011	400m	25m
U10	2010	800m	50m
U11	2009	800m	50m
U12	2008	800m	50m
U13	2007	1600m	100m
U14	2006	1600m	100m
U15	2005	1600m	200m
U16	2004	1600m	200m
U17	2003	1600m	200m
U19	2002/2001	1600m	200m
Teachers	2000 or Earlier	800m	50m

**How to enter;**

Enter online at [www.pentathlongb.org](http://www.pentathlongb.org). Entries are open NOW! All schools are listed under Aberdeenshire or **Kincardine**. Entry including PGB day membership totals £10.00 to do the event. Log on and complete the online form and pay for day membership first (if you are already a £10 full member you do not need to do the membership). The system will then let you enter the event. If you have problems with PGB system you can phone them on 01225 386808, they are very helpful. Entries close 19th September or before if full!

Any other queries contact [trishprise@aol.com](mailto:trishprise@aol.com)

**A Totally Fun and Friendly Event!**