

# SOUTH AFRICA Biathlon Association

Times needed for 1 000 points

AGE GROUP	RUNNING		SWIMMING	
	Distance	Time	Distance	Time
Girls/Ladies				
u/08	400	1 min 45	25	0 min 22
u/09	800	3 min 39	50	0 min 43
u/11	800	3 min 39	50	0 min 43
u/13	1000	4 min 15	100	1 min 23
u/15	1000	4 min 08	100	1 min 20
u/17	1000	4 min 07	100	1 min 20
u/19	1000	4 min 07	100	1 min 20
Seniors	1000	4 min 03	100	1 min 23
Jnr Vets (27 - 39)	1000	4 min 04	100	1 min 24
Veterans (40 - 49)	1000	4 min 15	100	1 min 29
Snr Vets (50 - 59)	1000	4 min 29	100	1 min 37
Masters (60+)	800	3 min 58	50	0 min 49

AGE GROUP	RUNNING		SWIMMING	
	Distance	Time	Distance	Time
Boys/Men				
u/08	400	1 min 40	25	0 min 22
u/09	800	3 min 34	50	0 min 42
u/11	800	3 min 34	50	0 min 42
u/13	1200	4 min 44	100	1 min 20
u/15	1500	5 min 12	100	1 min 16
u/17	2000	6 min 54	100	1 min 16
u/19	2000	6 min 53	100	1 min 16
Seniors	2000	6 min 48	100	1 min 15
Jnr Vets (27 - 39)	1000	3 min 38	100	1 min 14
Veterans (40 - 49)	1000	3 min 46	100	1 min 17
Snr Vets (50 - 59)	1000	4 min 01	100	1 min 27
Masters (60+)	800	3 min 29	50	0 min 44

## Running

For every 1 second slower, 5 points will be subtracted from your 1 000 points, and for every 1 second faster, 5 points will be added to your 1 000 points.

## Swimming

For every 1 second slower, 10 points will be subtracted from your 1 000 points, and for every 1 second faster, 10 points will be added to your 1 000 points. For athletes swimming 50m the swim adjustment will be 16 points per second.

## Example

Running: Boys u/15 distance = 1 500m Time: for 1000 points = 5 min 12		Swimming: Boys u/15 distance = 100m Time: for 1000 points = 1 min 16		Combined
Run time	Points	Swim time	Points	Total Points
05:12:00	1000	01:16:00	1000	2000
05:11:20	1004	01:16:20	998	2002
05:23:40	943	01:04:50	1115	2058
04:59:59	1062	01:28:00	880	1942
+/- point per 0,2 sec		+/- point per 0,1 sec		

Biathletes usually aim for a combined score above 2 000 points, as that is normally the prerequisite to qualify for provincial teams to represent their province at the SA Biathlon Championships