

SOUTH AFRICA Biathlon Association

Times needed for 1 000 points revised

| AGE GROUP | RUNNING | | SWIMMING | | BONUS POINTS per year over base |
|--------------------|----------|----------|----------|----------|------------------------------------|
| | Distance | Time | Distance | Time | |
| Girls/Ladies | | | | | |
| u/08 | 400 | 1 min 45 | 25 | 0 min 22 | 0 |
| u/09 | 800 | 3 min 38 | 50 | 0 min 50 | 0 |
| u/11 | 800 | 3 min 16 | 50 | 0 min 46 | 0 |
| u/13 | 1000 | 3 min 51 | 100 | 1 min 28 | 0 |
| u/15 | 1000 | 3 min 44 | 100 | 1 min 25 | 0 |
| u/17 | 1000 | 3 min 44 | 100 | 1 min 25 | 0 |
| u/19 | 1000 | 3 min 45 | 100 | 1 min 26 | 0 |
| Seniors | 1000 | 3 min 45 | 100 | 1 min 29 | 0 |
| Jnr Vets (27 - 39) | 1000 | 3 min 45 | 100 | 1 min 30 | 8 |
| Veterans (40 - 49) | 1000 | 3 min 50 | 100 | 1 min 34 | 15 |
| Snr Vets (50 - 59) | 1000 | 4 min 08 | 100 | 1 min 40 | 15 |
| Masters (60+) | 800 | 3 min 56 | 50 | 0 min 52 | 15 |

| AGE GROUP | RUNNING | | SWIMMING | | BONUS POINTS per year over base |
|--------------------|----------|----------|----------|----------|------------------------------------|
| | Distance | Time | Distance | Time | |
| Boys/Men | | | | | |
| u/08 | 400 | 1 min 40 | 25 | 0 min 22 | 0 |
| u/09 | 800 | 3 min 24 | 50 | 0 min 50 | 0 |
| u/11 | 800 | 3 min 10 | 50 | 0 min 46 | 0 |
| u/13 | 1200 | 4 min 21 | 100 | 1 min 26 | 0 |
| u/15 | 1500 | 5 min 10 | 100 | 1 min 22 | 0 |
| u/17 | 2000 | 6 min 31 | 100 | 1 min 21 | 0 |
| u/19 | 2000 | 6 min 31 | 100 | 1 min 21 | 0 |
| Seniors | 2000 | 6 min 25 | 100 | 1 min 21 | 0 |
| Jnr Vets (27 - 39) | 1000 | 3 min 17 | 100 | 1 min 21 | 8 |
| Veterans (40 - 49) | 1000 | 3 min 24 | 100 | 1 min 26 | 15 |
| Snr Vets (50 - 59) | 1000 | 3 min 41 | 100 | 1 min 32 | 15 |
| Masters (60+) | 800 | 3 min 07 | 50 | 0 min 49 | 15 |

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 Time: for 1000 points = 5 min 10 | | Swimming: Boys u/15 Time: for 1000 points = 1 min 22 | | Bonus Points | Combined |
|--|--------|---|--------|--------------|--------------|
| Run time | Points | Swim time | Points | Bonus Points | Total Points |
| 05:10:00 | 1000 | 01:22:00 | 1000 | 0 | 2000 |
| 05:09:20 | 1004 | 01:22:20 | 998 | 0 | 2002 |
| 05:21:40 | 943 | 01:10:50 | 1115 | 0 | 2058 |
| 04:57:59 | 1062 | 01:34:00 | 880 | 0 | 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