

SOUTH AFRICA Biathlon Association

Times needed for 1 000 points effective 1 September 2019

AGE GROUP	RUNNING		SWIMMING		BONUS POINTS per year over base
	Distance	Time	Distance	Time	
Girls/Ladies					
u/08	400	1 min 58	25	0 min 35	0
u/09	800	3 min 32	50	0 min 49	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 - 69)	800	3 min 56	50	0 min 52	25
Snr Masters (70+)	400	2 min 12	50	1 min 00	46

AGE GROUP	RUNNING		SWIMMING		BONUS POINTS per year over base
	Distance	Time	Distance	Time	
Boys/Men					
u/08	400	1 min 53	25	0 min 35	0
u/09	800	3 min 17	50	0 min 49	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	1600	5 min 28	100	1 min 22	0
u/17	1600	5 min 09	100	1 min 21	0
u/19	1600	5 min 09	100	1 min 21	0
Seniors	1600	5 min 04	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 - 69)	800	3 min 07	50	0 min 49	25
Snr Masters (70+)	400	1 min 40	50	0 min 57	46

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. Swimming in a 25m pool: Deduct 12.8 points for a 50m swim or 16 points for a 100m swim.

Example

Running: Boys u/15 Time: for 1000 points = 5 min 28		Swimming: Boys u/15 Time: for 1000 points = 1 min 22		Bonus Points	Combined
Run time	Points	Swim time	Points	Bonus Points	Total Points
05:28:00	1000	01:22:00	1000	0	2000
05:27:20	1004	01:22:20	998	0	2002
05:39:40	943	01:10:50	1115	0	2058
05:15:59	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