



SOUTH AFRICA Biathlon Association

Times needed for 1 000 points effective 1 July 2021 (Updated Jan 2022)

AGE GROUP	For 2022 Season		RUNNING		SWIMMING		BONUS POINTS
Girls/Ladies	Year Born	Age end of 2022	Distance	Time	Distance	Time	per year over base
u/08	2015 & later	7 & younger	400	2 min 00	25	0 min 35	0
u/09	2014	8	400	1 min 55	50	1 min 01	0
u/11	2012-2013	9 & 10	400	1 min 37	50	0 min 48	0
u/13	2010-2011	11 & 12	800	3 min 05	50	0 min 39	0
u/15	2008 -2009	13 & 14	800	2 min 59	100	1 min 18	0
u/17	2006-2007	15 & 16	800	2 min 59	100	1 min 18	0
u/19	2004-2005	17 & 18	800	2 min 59	100	1 min 17	0
Juniors	2001-2003	19 - 21	800	2 min 55	100	1 min 16	0
Seniors	1983-2000	22 - 39	800	3 min 10	100	1 min 24	4
Master 40+	1973-1982	40 - 49	800	3 min 20	100	1 min 34	5
Master 50+	1963-1972	50 - 59	800	3 min 40	100	1 min 38	6
Master 60+	1953-1962	60 - 69	400	1 min 40	50	0 min 52	8
Master 70+	1952 & earlier	70 & older	400	1 min 55	50	1 min 00	11
Special needs	Any date	Any age	400	2 min 00	50	0 min 45	0

AGE GROUP	For 2022 Season		RUNNING		SWIMMING		BONUS POINTS
Boys/Men	Year Born	Age end of 2022	Distance	Time	Distance	Time	per year over base
u/08	2015 & later	7 & younger	400	1 min 58	25	0 min 33	0
u/09	2014	8	400	1 min 45	50	0 min 59	0
u/11	2012-2013	9 & 10	400	1 min 31	50	0 min 47	0
u/13	2010-2011	11 & 12	800	3 min 01	50	0 min 38	0
u/15	2008 -2009	13 & 14	800	2 min 53	100	1 min 16	0
u/17	2006-2007	15 & 16	800	2 min 39	100	1 min 08	0
u/19	2004-2005	17 & 18	800	2 min 33	100	1 min 07	0
Juniors	2001-2003	19 - 21	800	2 min 36	100	1 min 08	0
Seniors	1983-2000	22 - 39	800	2 min 38	100	1 min 14	4
Master 40+	1973-1982	40 - 49	800	2 min 45	100	1 min 24	5
Master 50+	1963-1972	50 - 59	800	3 min 10	100	1 min 27	6
Master 60+	1953-1962	60 - 69	400	1 min 20	50	0 min 49	7
Master 70+	1952 & earlier	70 & older	400	1 min 30	50	0 min 57	10
Special needs	Any date	Any age	400	2 min 00	50	0 min 45	0

Running

For every 1 second slower, 2 points will be subtracted from your 1 000 points, and for every 1 second faster, 2 points will be added to your 1 000 points.

Swimming

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. **Exception:** For u/13 athletes running 800m and swimming 50m the swim adjustment will be 10 points per second.

Example

Running: Boys u/15 Time: for 1000 points = 2 min 50		Swimming: Boys u/15 Time: for 1000 points = 1 min 22		Bonus Points	Combined
Run time	Points	Swim time	Points	Bonus Points	Total Points
02:50:00	1000	01:22:00	1000	0	2000
02:48:00	1004	01:22:20	999	0	2003
02:55:50	989	01:10:50	1057.5	0	2046.5
02:37:50	1025	01:34:00	940	0	1965
+/- point per 0,5 sec		+/- point per 0,2 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