

Helpful Notes for Organisers.

**MORE DETAILED INFORMATION CAN BE FOUND IN THE PONY CLUB
[TETRATHLON RULE BOOK](#)**

See also <https://pcuk.org/sports/tetrathlon/>

Tetrathlon Shoot Phase

Venue	Ensure you have done a thorough site visit. See the Facilities document on this link
Details	<p>Allow 15 minutes per detail with up to 12 competitors per details. Ensure each detail is made up of competitors doing the same type of shooting – therefore Minis and Juniors can be mixed as both shooting 7m turning, albeit Juniors with 1 hand.</p> <p>Also make sure you have allowed for Gun Shares – this is best done through the entry form where you must state a Gun Code if you are sharing a gun eg FlamsteadAP20-1.</p>
Equipment	<p>Target stands – there are 12 in the Area 12 kit, but you can set them up in sets of 3 depending on number of entries (and pistols available), and hours available in the venue.</p> <p>Deflectors</p> <p>Tables for shooters and the Range master – trestle tables are recommended.</p> <p>Plus, a table and chair for the Gun Check situated just outside the hall.</p> <p>Control box & wires - Turning equipment. The Area 12 set is tricky so make sure you have had a full briefing session before using it.</p> <p>Extension lead.</p> <p>Kevlar to go behind the targets – ensure you have worked out a way of hanging it depending on your venue.</p> <p>A broom to sweep up the pellets.</p> <p>Targets – pre-printed and arranged in Detail order. 1 practice target (with corner snipped) plus spares with the RCO and 2 competition targets per competitor given to the competitor at check in.</p> <p>Spare protection glasses and gas in case anyone forgets them.</p>
Helpers	Chief Range Officer

	<p>Range Assist x 2</p> <p>Gun Check</p> <p>Scorers x 2</p> <p>Runner (to take scored sheets to overall scorer)</p>
Gun Check	<p>Use the gun check box to check the pistol fits. Check the pellets are correct (flat not pointed) and the pistol has a safety flag in it. Remind them an adult must carry the pistol at all times until the child is on the range and the Range Master instructs them to unload. Make sure competitors are wearing long trousers, covered ankles and have safety glasses.</p>
Briefing	<p>Each detail will need to be briefed by the Range Master. It is a good idea to have one detail waiting in the Hall (silently) so they can hear the briefing twice and be prepared for the noise and atmosphere).</p>
Practice Round	<p>Each competitor can be accompanied by an adult, who understands the basics. They can load for the younger competitors and talk quietly to them during the practice round but must be absolutely silent once the practice round is finished and stand 3 metres behind. Any issues – competitor must hold up a hand. The range assist/loader can give the practice targets back to the competitor to look at before staring the competition targets. If you prefer, the accompanying adult can collect the practice targets and out of the competition targets.</p>
The Start	<p>Each competitor shoots 2 targets with 5 shots on each. The Range Assist is responsible for collecting the competition targets.</p>
Scoring	<p>See Tetrathlon Rule book for details. If the scorers cannot agree, then a scrutineer decision must be called for, zooming in on a camera phone is most effective.</p>
Extra Notes	<p>All entrants MUST be signed off by their Team Manager for competing.</p> <p>Pistols must at all times be carried by an adult until safely on the range.</p> <p>Competitors must wear long trousers and substantial shoes that do not reach the anklebone (trainers),</p> <p>Protective glasses are mandatory for 7m and recommended for all levels.</p>

Shoot detail instructions

Hello here is the team

During line up move if possible:

Any left handers?

Anyone loading?

Briefing

1. Point Guns down range all times.
2. Problem? Raise hand.
3. Stop Stop Stop = stop put guns down
4. Flag after every 5th shot.
5. Look down at line FEET BEHIND IT

To Loaders

1. Do not talk or communicate with competitor after practice session.
2. Don't touch any other competitor.
3. Behind line after loading

Practice

1. 5 shots in own time
2. Flag to show you have finished.
3. Carry on

Competition

1. No more coaching or communication
2. Talk through explaining commands.
3. Dry run through
 - a. Do not discharge any air..... check targets if happens!
 - b. (wait for re-load command)

Static targets	Turning
1. Are you ready?	1. Are you ready?
2. Standby	2. Watch and shoot.
3. 1, 2, 3	3. Press button F2
4. Fire	4. Reload
5. 4 seconds (are they finished, if no then warn 1 st)	5. Flag after 5 th shot
6. Stop	
7. Reload	
8. Flag after 5 th shot	

End and finish safely

1. Please listen before boxing
2. If you need to remove flag do so
3. If you need to discharge the air please aim down range and take an aimed shot
4. Now Box guns Please

Swim Phase

Equipment	<p>Swim box should include:</p> <p>Tape Measure, Lane Markers, Horn, Bell, Whistles, Timers Pens/Pencils, Clipboards, Hi-Viz jackets</p> <p>Lane Numbers to stick on wall Water for all Chairs for Competitors at top of swim lanes (i.e. no of lanes) Competitor Lists x3 to stick on wall Competitor list for Swim Steward /Secretary Lane Walker slips Table & Chair for Secretary</p>
Helpers	<p>Starter x2 Swim Steward, Swim Secretary (&runner), Lane Walkers (1 for each lane)</p>
Swim Heats	<p>It helps swimmers to give their best performance if swimmers of similar ability are in the same heat. If this is to be done, an estimated swim score should be asked for on the entry form.</p>
Pool Prep	<p>At least one side of the pool must be marked out for the judging of the distance swum. This will be the side the lane walkers are on. All competitors use other side of the pool.</p>
Briefing	<p>All groups will have a briefing before their warmup. Once warm is finished they what till they are called by Steward. Briefing to include:</p> <ul style="list-style-type: none"> - Who has done before? - Swim any stroke but don't pull along ropes/sides or walk - Make sure you touch each end clearly otherwise will be penalised - Start will be "Take your Marks...whistle" - False start, 2nd whistle - 2nd false start – all start from in pool (no diving) - Half way Bell (ring) - 10 sec count down - Finish Horn (honk) -
Warm Up	<p>Warmup where you can swim as much or little as you like but restrict to <5 mins. The starter will organise and manage a lane for diving.</p>

	Swim clockwise round lanes in warmup
The Start	<p>The Steward calls out the names of those to swim in the heat and they come to the start. Here they are checked by the Lane Judges.</p> <p>Who is ok to dive from blocks side of pool and in the water start</p> <p>Suggest Beanies start from shallow end</p> <p>The Starter should start the swimmers with on your Marks and then a whistle (and a false start is signalled by a second blast on the whistle and the use of a stop rope). On the start being signalled, the Time-keeper starts his stopwatch. There should be a stand-by watch in use, by the second starter.</p> <p>Bell rings half way through the heat</p> <p>Horn Signals the end</p>
Lane Judges	During the swim, these Judges keep a record of the complete lengths swum by their respective swimmers, and of the further distance at the end.
Extra Notes	<p>Someone in the water for little ones Do not run on pool side it's slippery. One person/manager on poolside for swim</p> <p>Each group has different times just mention how long race is.</p> <p>Qualifies Open Boys 4 min Open Girls 3 min Inter Boys/Inter Girls 3 mins Junior Boys/Girls 3 mins Minis – 2 mins Tadpoles – 2mins Beanie – 1 min (no warm up and no diving)</p>

Scoring table on white board

	LANE 1	LANE 2	LANE 3	LANE 4
HEAT 1	[insert lengths and metres] eg 3L2	[insert lengths and metres] eg 3L2	[insert lengths and metres] eg 3L2	[insert lengths and metres] eg 3L2
HEAT 2	etc			
HEAT 3				
HEAT 4				
HEAT 5				
HEAT 6				
....				

Run Phase

Equipment

Run clocks.
Measuring wheel
Red and White flags
Cones/ fence posts to create run through.
Signs – Start, Finish, Run through, etc.
Running map
Clip boards
Run scoring sheets!

Distances

Beanies	500m
Tadpoles	1000m
Minis	1000m
Juniors	1500m
Intermediate Girls	1500m
Intermediate Boys	2000m
Senior Girls	1500m
Senior Boys	3000m

Run course.

The simplest course is 1000 m with a 500 m loop.
The start is marked, and a funnel is created with fence posts to allow the competitors to queue up before their start time.
It is most straight forward to have the start and finish at the same location and a run through to allow competitors to run laps. The run through is marked out with cones.
Red flags are on the right and white flags on the left around the course.
The course is wheeled to confirm accurate distances. It can be useful to plan the route on google earth for approximate distance in the first instance.

Setting the clocks

Before each race the clocks need to be synced. This is done by plugging the appropriate connector into the master clock. The connector is then held onto the slave clock and when the display reads 00.00 the synchronise button (either) for several seconds until a beep is heard. This syncs the clocks to read the same time.

Roles

Secretary - Distributes the run numbers and checks that the competitors have arrived.

Whip- ensures that the next 5 competitors are lined up ready to start.

Starter- Sets each competitor off at 1-minute intervals and records the time on a scoring sheet. Count down each starter from 10. Alternatively, the competitors can be started off in groups of for example 10.

Marshal- Depending on the complexity of the course more than once may be necessary. They ensure that the competitor runs within the markers and follows the correct course.

Finisher x 2- Record the time that the competitor crosses the finish line.

Requires two in case there are multiple competitors at the same time. The starting time is confirmed for each competitor from the starter scored sheet and the time is calculated.

The race

Competitors can be set off at one-minute intervals, or alternatively run in groups of 8-10. The competitor(s) are counted down from 10 seconds and started on the minute displayed on the clock. The starter notes the actual start time of each competitor on score sheet.

The finisher records the actual time each competitor finishes and time elapsed is calculated. For this reason, it is essential that the clocks are synchronised before the race and periodically checked that they remain in sync.