



Tetrathlon Explained

Tetrathlon (TET) is a four-part competition for teams and individuals combining Cross Country riding/jumping with three unmounted phases: Swim, Run and Shoot.

Competition levels progress with age - see chart below.

The Shoot involves shooting with air pistols at targets between 7 and 10 metres, the Swim is the distance swum in 2 to 4 minutes, the Run is normally cross country over a distance of between 1000m and 3000m, and the Ride is over a cross country course, the most exhilarating phase for many.

RIDE

This phase of competition provides an opportunity for the rider and mount to demonstrate equestrian skills over a Cross Country course to include opening a gate and dismounting to negotiate a slip rail.

A small course of jumps – usually fenced in – is set up for the under 8's

RUN

The Run phase of competition challenges each competitor's physical stamina and endurance. The course is designed over cross country terrain covering a set distance.

SHOOT

The Shoot phase of competition tests a competitor's skill with a total of ten shots at a target.

SWIM

The swimming phase of competition allows competitors to demonstrate their swimming skills for a set time, with points given for every metre they swim. Weaker swimmers are catered for with outside lanes and swim aids often allowed to encourage younger children.

SCORING

This is very hard to generalise but in the more competitive Triathlon classes the following is a very rough guide:

2,000 points

Good, steady performance; an important barrier to break

2,250 points

Good performance

2,500 points

Very good performance, likely to be amongst the rosettes

2,750 points

Excellent performance, challenging for a top 3 individual place

3,000 points

Outstanding result, likely to win, or be very close to winning the competition

With 1,400 points available for the Riding phase in a Tetrathlon, anything over 4,000 points represents an excellent performance, with the very best Tetrathletes being capable of scoring close to 4,500 points.

At the championships, scores of well over 4,500 points are achieved but it illustrates just how important it is for us to continue to improve our riding.

COMPETITION LEVELS

Classes are arranged as follows:

- Beanies (7 and under)
- Tadpoles (9 and under)
- Minimus (11 and under)
- Junior (14 and under)
- Intermediate (25 and under)
- Open (25 and under)

See chart below for competition phase levels according to class.

Class	Ride	Shoot	Swim	Run
OPEN BOYS (25 and under)	1.00m	Turning, One Handed @10m	4 minutes	3000m
OPEN GIRLS (25 and under)	1.00m	Turning, One Handed @10m	3 Minutes	1500m
INTERMEDIATE BOYS (25 and under)	1.00m	Turning, One Handed @10m	3 Minutes	2000m
INTERMEDIATE GIRLS (25 and under)	1.00m	Turning, One Handed @10m	3 Minutes	1500m
JUNIOR (14 and under)	0.9m	Turning, One Handed @7m	3 Minutes	1500m
MINIMUS (11 and under)	0.8m	Turning, Two Handed @7m	2 minutes	1000m
TADPOLES (9 and under)	0.6m	Static, Two Handed @7m	2 minutes	1000m
BEANIES (7 and under)	0.4m	Beanbag, min. 3m throw	2 minutes	500m