



# TETRATHLON RUN/SHOOT/SWIM CLINIC

## SCORE SHEET

Name \_\_\_\_\_ Age \_\_\_\_\_

Branch/Club \_\_\_\_\_ PC Level \_\_\_\_\_

Tetrathlon Division: Men Women Senior Junior Green Junior Novice

Clinic Date - \_\_\_\_\_ Location - \_\_\_\_\_

Competitors, keep this sheet for your training records!

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### SHOOTING:

SCORE ( max 1175 pts for 20 shots)

20 shots = (shot total X5) + 175 = \_\_\_\_\_

15 shots = (shot total X7) + 139 = \_\_\_\_\_

10 shots + (shot total X10 ) +180 = \_\_\_\_\_

Notes :

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### RUNNING :

		Men		Women	
Distance: 1 km	Optimum time:	Novice*	4:05	4:15	
1.5km		Green Junior	5:50	6:30	
2 km		Junior	7:40	8:30	
		Senior	7:00	8:00	

Finish Time: \_\_\_\_\_ Score = (1000 +/- penalty pts =) \_\_\_\_\_

Notes :

\*Novice times may be set by the organizer

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### SWIMMING :

		Men		Women	
Distance: 100 m	Optimum time:	Novice*	1:30	1:35	
150 m		Green Junior	2:00	2:10	
200 m		Junior	2:39	2:50	
		Senior	2:22	2:38	

Finish Time: \_\_\_\_\_ Score = ( 1000 +/- penalty pts =) \_\_\_\_\_

Notes :

\*Novice times may be set by the organizer

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Overall Score :

Shooting = \_\_\_\_\_

Running = \_\_\_\_\_

Swimming = \_\_\_\_\_

Total = \_\_\_\_\_