



SOUTH AFRICA Biathlon Association

Times needed for 1 000 points effective 1 May 2022

AGE GROUP	For 2023 Season		RUNNING		SWIMMING		BONUS POINTS per year over base
	Girls/Ladies	Year born	Age end of 2023	Distance	Time	Distance	
u/08	2016 and later	7 and younger	400	2 min 00	25	0 min 35	0
u/09	2015	8	400	1 min 47	50	0 min 53	0
u/11	2013-2014	9 and 10	400	1 min 38	50	0 min 46	0
u/13	2011-2012	11 and 12	800	2 min 57	50	0 min 36	0
u/15	2009-2010	13 and 14	800	2 min 53	100	1 min 15	0
u/17	2007-2008	15 and 16	800	2 min 53	100	1 min 15	0
u/19	2005-2006	17 and 18	800	2 min 54	100	1 min 17	0
Juniors	2002-2004	19 -21	800	2 min 58	100	1 min 19	0
Seniors	1984- 2001	22- 39	800	2 min 58	100	1 min 19	3
Master 40+	1974-1983	40-49	800	3 min 11	100	1 min 24	5
Master 50+	1964-1973	50-59	800	3 min 22	100	1 min 29	5
Master 60+	1954-1963	60-69	400	1 min 51	50	0 min 50	6
Master 70+	1953 and earlier	70 and older	400	2 min 04	50	0 min 56	10
Special needs	Any date	Any age	400	2 min 00	50	0 min 45	0

AGE GROUP	For 2023 Season		RUNNING		SWIMMING		BONUS POINTS per year over base
	Boys/Men	Year born	Age end of 2023	Distance	Time	Distance	
u/08	2016 and later	7 and younger	400	1 min 58	25	0 min 33	0
u/09	2015	8	400	1 min 43	50	0 min 51	0
u/11	2013-2014	9 and 10	400	1 min 37	50	0 min 44	0
u/13	2011-2012	11 and 12	800	2 min 53	50	0 min 36	0
u/15	2009-2010	13 and 14	800	2 min 43	100	1 min 13	0
u/17	2007-2008	15 and 16	800	2 min 32	100	1 min 08	0
u/19	2005-2006	17 and 18	800	2 min 29	100	1 min 08	0
Juniors	2002-2004	19 -21	800	2 min 24	100	1 min 07	0
Seniors	1984- 2001	22- 39	800	2 min 24	100	1 min 10	3
Master 40+	1974-1983	40-49	800	2 min 36	100	1 min 15	5
Master 50+	1964-1973	50-59	800	2 min 47	100	1 min 20	5
Master 60+	1954-1963	60-69	400	1 mn 35	50	0 min 47	6
Master 70+	1953 and earlier	70 and older	400	1 min 48	50	0 min 53	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 43		Swimming: Boys u/15 Time: for 1000 points = 1 min 13		Bonus Points	Combined
Run time	Points	Swim time	Points	Bonus Points	Total Points
02:29:05	1027.90	01:01:03	1059.85	0	2087.75
02:41:03	1003.94	01:13:00	1000.00	0	2003.94
02:43:00	1000.00	01:19:51	967.45	0	1967.45
02:48:52	988.96	01:25:12	939.40	0	1928.36
+/- 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