

MODERN PENTATHLON 2017 COMPETITION RULES

6. UIPM MASTERS RULES

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1. GENERAL ASPECTS

1.1 Definition and Purpose

The UIPM Masters Competitions Rules apply for all UIPM Masters Competitions, i.e Masters World Championships or Masters Continental Championships.

1.2 Sphere of Application

UIPM Master Competitions and Championships are covered by the UIPM Rules, especially the UIPM Competition, Medical and Advertising and Media Rules, as far as not specified differently in following.

1.3 Format and Age Groups

- 1.3.1 There are two formats in Masters Competitions: UIPM Masters Pentathlon and Tetrathlon and three different events: Individual, Mixed Relay and Team Event.
- 1.3.2 UIPM Masters Pentathlon events consists of the following disciplines: fencing, swimming, riding (show jumping) and a combination of shooting and running (Laser-Run). UIPM Masters Tetrathlon consists of the same disciplines without riding (show jumping).
- 1.3.3 Within Masters World Championships and Masters Continental Championships men and women are gender-separated into the following 10 years age groups: 30 – 39 years (30+), 40 – 49 years (40+), 50 – 59 years (50+), 60 – 69 (60+) years and 70+. Key date for classification into age groups is January 1st of the year of birth of each competitor.
- 1.3.4 An athlete can start in a lower age group with a reduction of handicap points limited to the highest level of handicap points applicable to the lower age group only if the minimum number of athletes by age group and gender is not reached. The athlete has to announce their decision on the date of their official registration. It is not allowed to start in two age groups.
- 1.3.5 Once the official registration process is completed it is not possible to move to any other age group unless approved by the UIPM Technical Delegate at the Technical Meeting prior to the competition and according to the UIPM regulations.
- 1.3.6 A fencing age group must not exceed 36 athletes. In case of more than 36 age-grouped participants the local organising committee (LOC) can split Masters Pentathletes and Tetrathletes, men/women and age groups.
- 1.3.7 The Mixed Relay competition must be arranged in mixed teams of two participants (1 man/1 woman) from the same nation according to Rule 1.5.3.



1.3.8 For Team participation art. 1.5.2 applies

1.4 The Events

1.4.1 The Laser-Run follows specific Masters requirements: age groups, adapted distances, lead times and point tables (see table hereunder and paragraphs 2.1.3 and 2.2). The Laser-Run with laser pistol shooting, must be organised at all UIPM sanctioned masters' competitions and according to the UIPM Laser-Run rules.

Age Groups Men/Women	Start	Max. Run	Shoot Time Limit	Run	Shoot Time Limit	Run	Shoot Time Limit	Run
30+; 40+; 50+	Handicap	25 m	50 Sec	800 m	50 Sec	800 m	50 Sec	800 m
60+; 70+	Handicap	25 m	50 Sec	400 m	50 Sec	400 m	50 Sec	400 m

1.4.2 In Swimming the distance is 100m freestyle for age groups 30+,40+ and 50+ while is 50m for athletes aged 60+ and 70+.

1.4.3 Riding at Masters World Championships and Masters Continental Championships in each age group must be organised with 10 obstacles including 2 double combinations, all at a max height of 90cm.

1.4.4 Fencing competition format will be organised as round robin only and its classification will be used as reference for points conversions in order to progress into the next competition phase, whether Laser-Run (if masters tetrathlon) or riding (if masters pentathlon).

1.4.5 Masters must provide valid licence numbers to UIPM during official registration and not later than official technical meeting in order to be considered for Masters Pentathlon events.

1.4.6 Subsequently Masters have to demonstrate their riding ability in the warm up arena within 20 minutes. The Warming up Judge can exclude masters from the evaluation if they are not able to sufficiently control the allotted horse. The Warming up Judge notifies his decision of disqualification right away to the Riding Director.

1.4.7 The plan of the riding course and a list of the horses must be available at the official Technical Meeting. The organisers can adapt the difficulty of the course to the quality and abilities of the horses to jump the course up to 3 times.

1.4.8 The Running distances for Masters age groups 30-59 years 60+ and 70+ years are defined in table 2.2.1. The conditions and difficulties of the running course must be adapted to the age of the Masters. For the length of the running course a difference of +/- 5% (max. 100m) is tolerated. All leading athletes in each age group start together within their handicap start.

1.5 Masters Participation

1.5.1 Individual Participation

1.5.1.1 Each National Federation, member of the UIPM, has the right to register an unlimited number of pentathletes and tetrathletes as from 30 years of age and for both genders. If the number of athletes exceeds the organiser's capacities, the organising committee has the right to limit the number of participants either by registration deadline or limited participants per nation. Participating athletes must specify on the entry form whether they start for Masters Tetrathlon or for Pentathlon. Active athletes who have participated in any UIPM Category "A" competitions within the last 12 months are not allowed to start in Masters World and Masters Continental Championships.

1.5.1.2 Participating Masters are divided into age groups defined under 1.3.3. If a single age group reaches the minimum number of four (4) athletes, the competition will be valid and conducted according to the regulations defined by UIPM Masters rules, including medal ceremonies and final individual rankings.

1.5.1.3 If in the age groups 30+ or 40+ the number of participants is less than four (4) competitors, these athletes will be assigned to the next higher age group and judged according to their new



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classification. If in the 50+ age group the number of athletes is below four (4), the athletes will compete in the 40+ age group. Neither ranking nor medals will be assigned nor awarded for the original age group.

1.5.1.4 If in either age group 60+ or 70+ the number of participants is less than four (4) competitors these athletes will compete together and judged according to their new classification, either 60+ in the higher age category or 70+ in the lower age category. Neither ranking nor medals will be assigned nor awarded for the original age group.

1.5.2 Team Participation

1.5.2.1 Teams are assigned in two categories: below age 60 (30+) and above age 60 (60+). All nations participating with a team of at least three (3) athletes in each main category will be entered in the team event competition. Team results are decided according to UIPM Team Classification Rules.

1.5.2.2 Any team (either masters pentathlon, tetrathlon, men and/or, women) can be arranged within each age category (30+ or 60+).

1.5.2.3 There must be a minimum of three (3) teams in men's competitions and women's competitions in order to have team classification, medals ceremony and final ranking.

1.5.3 Mixed Relay Participation

1.5.3.1 Mixed Relay teams are assigned in two categories (30+ and 60+) with separate classification, medals ceremonies and final rankings.

1.5.3.2 Mixed Relay team event needs a minimum entry of four (4) teams for the competition to take place and consequently be ranked.

1.6 Finance

1.6.1 The Local Organising Committee (LOC) must take care of hosting (lodging, meals, local transport) at reasonable cost level, affordable for the majority of the Masters community. In addition, the LOC must offer a low-cost solution (camping site or holiday camp) at a reasonable distance to the competition venue(s).

1.6.2 Within the bounds of possibility, the LOC should arrange a visitors' programme and provide social/cultural events.

1.6.3 The organiser is eligible to charge a starting fee for the Masters Pentathlon competition, which includes the costs for the Riding event and a lower fee for the Masters Tetrathlon competition.

1.7 Competition Authorities

1.7.1 Official Technical Meeting (TM)

Up to two persons from each participating nation are authorised to take part in the Technical Meeting.

1.7.2 **Jury of Appeal**

The Jury of Appeal consists of three members. The chair is held by a member of the UIPM Masters Committee. The two other members are elected at the TM from amongst its members.

1.7.3 **Discipline**

All rules regarding disciplinary matters are described in the UIPM Competition Rules General Aspects and UIPM Code of Ethics.

1.8 **Masters Conference**

The schedule of each Masters World Championships (MWCH) must include a time reserved for the International Masters Conference. This conference should be held after the competition and/or before the final ceremony.

1.8.1 The International Masters Conference is composed as follows: two masters from each UIPM member federation and the members of the UIPM Masters Committee. The UIPM Executive Board is entitled to delegate persons to participate without right to vote. Further persons may be allowed by the Conference to participate as guests with no voting rights and as observers only. The chair is held by the chairperson of the UIPM Masters Committee.

1.8.2 The International Masters Conference assists the UIPM Executive Board on the assignment and organisation of the Masters World Championships and Masters Continental Championships. It accepts proposals and decides on the basis of the report submitted by the chairperson and members of the UIPM Masters Committee. It elects the members of the UIPM Masters Committee according to the UIPM Rules on Internal Organisation and the UIPM Election Rules.

1.8.3 Masters Committee can organize their activities internally and set up meetings in any form (round tables, skype/internet, conference call) as and when required by its elected members in order to discuss any items that concerns the UIPM masters family and any of its members in order to agree on the items and further action plans.

2. **COMPETITION RESULTS**

2.1 **Handicap system**

2.1.1 The handicap system gives the chance to calculate and determine the winners in Master Competitions, where there are too few competitors to organise competitions in age groups. Handicap points in the form of bonus points are added directly to the competitor's score.

2.1.2 In Masters World Championships and Masters Continental Championships an age group winner for Modern Pentathlon and Tetrathlon will only be declared after the handicap points have been added to the competitor's total competition points.

2.1.3 In other masters' competitions, the handicap points are added to the score of the competitor's first discipline.

2.1.4 In Relay competitions, the handicap points have to be added according to number of competitors of each relay team upfront (sum of handicap points of each competitor divided by number of competitors per relay team) and this amount has to be added to the Relay score of each Relay team after the first discipline.

**2.1.5 Points Table – Handicap system**

Age	Points	Tetrathlon	Pentathlon
30	10 x 5,00	-40	-50
31	9 x 5,00	-36	-45
32	8 x 5,00	-32	-40
33	7 x 5,00	-28	-35
34	6 x 5,00	-24	-30
35	5 x 5,00	-20	-25
36	4 x 5,00	-16	-20
37	3 x 5,00	-12	-15
38	2 x 5,00	-8	-10
39	1 x 5,00	-4	-5
40	0 x 0,00	0	0
41	11 x 0,25	2	3
42	12 x 0,50	5	6
43	13 x 0,75	8	10
44	14 x 1,00	11	14
45	15 x 1,25	15	19
46	16 x 1,50	19	24
47	17 x 1,75	24	30
48	18 x 2,00	29	36
49	19 x 2,25	34	43
50	20 x 2,50	40	50
51	21 x 2,75	46	58
52	22 x 3,00	53	66
53	23 x 3,25	60	75
54	24 x 3,50	67	84
55	25 x 3,75	75	94
56	26 x 4,00	83	104
57	27 x 4,25	92	115
58	28 x 4,50	101	126
59	29 x 4,75	110	138

Age	Points	Tetrathlon	Pentathlon
60	30 x 5,00	120	150
61	31 x 5,25	130	163
62	32 x 5,50	141	176
63	33 x 5,75	152	190
64	34 x 6,00	163	204
65	35 x 6,25	175	219
66	36 x 6,50	187	234
67	37 x 6,75	200	250
68	38 x 7,00	213	266
69	39 x 7,25	226	283
70	40 x 7,50	240	300
71	41 x 7,50	246	308
72	42 x 7,50	252	315
73	43 x 7,50	258	323
74	44 x 7,50	264	330
75	45 x 7,50	270	338
76	46 x 7,50	276	345
77	47 x 7,50	282	353
78	48 x 7,50	288	360
79	49 x 7,50	294	368

2.2 Point Tables

2.2.1 The point table for the Laser-Run follows UIPM rules for the relevant age groups and events according to the following table:

	Age Groups 30+; 40+; 50+ Men; Women		Age Groups 60+; 70+ Men; Women	
	Individual	Mixed Relay	Individual	Mixed Relay
Competitors	1	2	1	2
Run	± 20 m	± 20 m	± 20 m	± 20 m
Shoot	5 Targets 50 Sec	5 Targets 50 Sec	5 Targets 50 Sec	5 Targets 50 Sec
Run	800 m	800 m	400 m	400 m
Shoot	5 Targets 50 Sec	5 Targets 50 Sec	5 Targets 50 Sec	5 Targets 50 Sec
Run	800 m	800 m	400 m	400 m
Shoot	5 Targets 50 Sec		5 Targets 50 Sec	
Run	800 m		400 m	
Distance	2400 m	1600 m	1200 m	800 m
Repetitions		2		2
Tot. Distance	2400 m	3200 m	1200 m	1600 m
Time 500 Pts	11:30.0	15:30.0	7:00.0	9:30.0
Points/s	± 1	± 1	± 1	± 1

2.2.2 The point table for Fencing is calculated as follows:

- Formula: 70% bouts won corresponds to 250 points.
Each victory over or below this number adds or deducts the amount of points assigned to the number of bouts.
(See UIPM / 2. Event Rules Fencing / Appendix: 2A or table below)
- Example: 32 fencers = 31 bouts
250 points = 22 victories
± 1 victory = ± 7 points

Fencing									
Athletes	Hits	250	bouts	Vict.	Athletes	Hits	250	bouts	Vict.
36	1	25	35	6	19	2	25	36	6
35	1	24	34	6	18	2	24	34	6
34	1	23	33	7	17	2	22	32	7
33	1	22	32	7	16	2	21	30	7
32	1	22	31	7	15	2	20	28	8
31	1	21	30	7	14	2	18	26	8
30	1	20	29	8	13	2	17	24	8
29	1	20	28	8	12	2	15	22	9
28	1	19	27	8	11	2	14	20	9
27	1	18	26	8					
26	1	18	25	8					
25	1	17	24	8					
24	1	16	23	8					
23	1	15	22	9					
22	1	15	21	9					
21	1	14	20	9					
20	1	13	19	9					



2.2.3 The point table for Swimming is calculated as follows:

Gender	Age Group	Distance	Time for 250 Points	Points/ 0.5sec
Men	30+;40+;50+	100m	1:18,0	± 1
Women	30+;40+;50+	100m	1:30,0	± 1
Men	60+;70+	50m	0:38,0	± 1
Women	60+;70+	50m	0:43,0	± 1

For the purpose of calculating the score, times will be recorded in half seconds.
Fractions of second are not considered e.g.:

1:18.49 is recorded as 1:18.0 1:30.49 is recorded as 1:30.0

1:18.51 is recorded as 1:18.5 1:30.51 is recorded as 1:30.5

2.2.4 The point valuation for Riding is laid down in the UIPM Competition Rules for Riding.

2.2 Point Tables

SWIMMING POINT TABLE Women: 30+ / 40+ / 50+

min	pts	min	pts	min	pts	min	pts	min	pts	min	pts		
<u>01:05.0</u>	300	01:26.5	257	01:48.0	214	02:09.5	171	02:31.0	128	02:52.5	85	03:14.0	42
01:05.5	299	01:27.0	256	01:48.5	213	<u>02:10.0</u>	170	02:31.5	127	02:53.0	84	03:14.5	41
01:06.0	298	01:27.5	255	01:49.0	212	02:10.5	169	02:32.0	126	02:53.5	83	<u>03:15.0</u>	40
01:06.5	297	01:28.0	254	01:49.5	211	02:11.0	168	02:32.5	125	02:54.0	82	03:15.5	39
01:07.0	296	01:28.5	253	<u>01:50.0</u>	210	02:11.5	167	02:33.0	124	02:54.5	81	03:16.0	38
01:07.5	295	01:29.0	252	01:50.5	209	02:12.0	166	02:33.5	123	<u>02:55.0</u>	80	03:16.5	37
01:08.0	294	01:29.5	251	01:51.0	208	02:12.5	165	02:34.0	122	02:55.5	79	03:17.0	36
01:08.5	293	<u>01:30.0</u>	250	01:51.5	207	02:13.0	164	02:34.5	121	02:56.0	78	03:17.5	35
01:09.0	292	01:30.5	249	01:52.0	206	02:13.5	163	<u>02:35.0</u>	120	02:56.5	77	03:18.0	34
01:09.5	291	01:31.0	248	01:52.5	205	02:14.0	162	02:35.5	119	02:57.0	76	03:18.5	33
<u>01:10.0</u>	290	01:31.5	247	01:53.0	204	02:14.5	161	02:36.0	118	02:57.5	75	03:19.0	32
01:10.5	289	01:32.0	246	01:53.5	203	<u>02:15.0</u>	160	02:36.5	117	02:58.0	74	03:19.5	31
01:11.0	288	01:32.5	245	01:54.0	202	02:15.5	159	02:37.0	116	02:58.5	73	<u>03:20.0</u>	30
01:11.5	287	01:33.0	244	01:54.5	201	02:16.0	158	02:37.5	115	02:59.0	72	03:20.5	29
01:12.0	286	01:33.5	243	<u>01:55.0</u>	200	02:16.5	157	02:38.0	114	02:59.5	71	03:21.0	28
01:12.5	285	01:34.0	242	01:55.5	199	02:17.0	156	02:38.5	113	<u>03:00.0</u>	70	03:21.5	27
01:13.0	284	01:34.5	241	01:56.0	198	02:17.5	155	02:39.0	112	03:00.5	69	03:22.0	26
01:13.5	283	<u>01:35.0</u>	240	01:56.5	197	02:18.0	154	02:39.5	111	03:01.0	68	03:22.5	25
01:14.0	282	01:35.5	239	01:57.0	196	02:18.5	153	<u>02:40.0</u>	110	03:01.5	67	03:23.0	24
01:14.5	281	01:36.0	238	01:57.5	195	02:19.0	152	02:40.5	109	03:02.0	66	03:23.5	23
<u>01:15.0</u>	280	01:36.5	237	01:58.0	194	02:19.5	151	02:41.0	108	03:02.5	65	03:24.0	22
01:15.5	279	01:37.0	236	01:58.5	193	<u>02:20.0</u>	150	02:41.5	107	03:03.0	64	03:24.5	21
01:16.0	278	01:37.5	235	01:59.0	192	02:20.5	149	02:42.0	106	03:03.5	63	<u>03:25.0</u>	20
01:16.5	277	01:38.0	234	01:59.5	191	02:21.0	148	02:42.5	105	03:04.0	62	03:25.5	19
01:17.0	276	01:38.5	233	<u>02:00.0</u>	190	02:21.5	147	02:43.0	104	03:04.5	61	03:26.0	18
01:17.5	275	01:39.0	232	02:00.5	189	02:22.0	146	02:43.5	103	<u>03:05.0</u>	60	03:26.5	17
01:18.0	274	01:39.5	231	02:01.0	188	02:22.5	145	02:44.0	102	03:05.5	59	03:27.0	16
01:18.5	273	<u>01:40.0</u>	230	02:01.5	187	02:23.0	144	02:44.5	101	03:06.0	58	03:27.5	15
01:19.0	272	01:40.5	229	02:02.0	186	02:23.5	143	<u>02:45.0</u>	100	03:06.5	57	03:28.0	14
01:19.5	271	01:41.0	228	02:02.5	185	02:24.0	142	02:45.5	99	03:07.0	56	03:28.5	13
<u>01:20.0</u>	270	01:41.5	227	02:03.0	184	02:24.5	141	02:46.0	98	03:07.5	55	03:29.0	12
01:20.5	269	01:42.0	226	02:03.5	183	<u>02:25.0</u>	140	02:46.5	97	03:08.0	54	03:29.5	11
01:21.0	268	01:42.5	225	02:04.0	182	02:25.5	139	02:47.0	96	03:08.5	53	<u>03:30.0</u>	10
01:21.5	267	01:43.0	224	02:04.5	181	02:26.0	138	02:47.5	95	03:09.0	52	03:30.5	9
01:22.0	266	01:43.5	223	<u>02:05.0</u>	180	02:26.5	137	02:48.0	94	03:09.5	51	03:31.0	8
01:22.5	265	01:44.0	222	02:05.5	179	02:27.0	136	02:48.5	93	<u>03:10.0</u>	50	03:31.5	7
01:23.0	264	01:44.5	221	02:06.0	178	02:27.5	135	02:49.0	92	03:10.5	49	03:32.0	6
01:23.5	263	<u>01:45.0</u>	220	02:06.5	177	02:28.0	134	02:49.5	91	03:11.0	48	03:32.5	5
01:24.0	262	01:45.5	219	02:07.0	176	02:28.5	133	<u>02:50.0</u>	90	03:11.5	47	03:33.0	4
01:24.5	261	01:46.0	218	02:07.5	175	02:29.0	132	02:50.5	89	03:12.0	46	03:33.5	3
<u>01:25.0</u>	260	01:46.5	217	02:08.0	174	02:29.5	131	02:51.0	88	03:12.5	45	03:34.0	2
01:25.5	259	01:47.0	216	02:08.5	173	<u>02:30.0</u>	130	02:51.5	87	03:13.0	44	03:34.5	1
01:26.0	258	01:47.5	215	02:09.0	172	02:30.5	129	02:52.0	86	03:13.5	43	<u>03:35.0</u>	0

SWIMMING POINT TABLE
Men: 30+ / 40+ / 50+

Min	pts	Min	pts	min	pts	min	pts	min	pts	min	pts	min	pts
00:50.0	306	01:12.0	262	01:34.0	218	01:56.0	174	02:18.0	130	<u>02:40.0</u>	86	03:02.0	42
00:50.5	305	01:12.5	261	01:34.5	217	01:56.5	173	02:18.5	129	02:40.5	85	03:02.5	41
00:51.0	304	01:13.0	260	<u>01:35.0</u>	216	01:57.0	172	02:19.0	128	02:41.0	84	03:03.0	40
00:51.5	303	01:13.5	259	01:35.5	215	01:57.5	171	02:19.5	127	02:41.5	83	03:03.5	39
00:52.0	302	01:14.0	258	01:36.0	214	01:58.0	170	<u>02:20.0</u>	126	02:42.0	82	03:04.0	38
00:52.5	301	01:14.5	257	01:36.5	213	01:58.5	169	02:20.5	125	02:42.5	81	03:04.5	37
00:53.0	300	01:15.0	256	01:37.0	212	01:59.0	168	02:21.0	124	02:43.0	80	<u>03:05.0</u>	36
00:53.5	299	01:15.5	255	01:37.5	211	01:59.5	167	02:21.5	123	02:43.5	79	03:05.5	35
00:54.0	298	01:16.0	254	01:38.0	210	<u>02:00.0</u>	166	02:22.0	122	02:44.0	78	03:06.0	34
00:54.5	297	01:16.5	253	01:38.5	209	02:00.5	165	02:22.5	121	02:44.5	77	03:06.5	33
<u>00:55.0</u>	296	01:17.0	252	01:39.0	208	02:01.0	164	02:23.0	120	<u>02:45.0</u>	76	03:07.0	32
00:55.5	295	01:17.5	251	01:39.5	207	02:01.5	163	02:23.5	119	02:45.5	75	03:07.5	31
00:56.0	294	01:18.0	250	01:40.0	206	02:02.0	162	02:24.0	118	02:46.0	74	03:08.0	30
00:56.5	293	01:18.5	249	01:40.5	205	02:02.5	161	02:24.5	117	02:46.5	73	03:08.5	29
00:57.0	292	01:19.0	248	01:41.0	204	02:03.0	160	<u>02:25.0</u>	116	02:47.0	72	03:09.0	28
00:57.5	291	01:19.5	247	01:41.5	203	02:03.5	159	02:25.5	115	02:47.5	71	03:09.5	27
00:58.0	290	<u>01:20.0</u>	246	01:42.0	202	02:04.0	158	02:26.0	114	02:48.0	70	<u>03:10.0</u>	26
00:58.5	289	01:20.5	245	01:42.5	201	02:04.5	157	02:26.5	113	02:48.5	69	03:10.5	25
00:59.0	288	01:21.0	244	01:43.0	200	02:05.0	156	02:27.0	112	02:49.0	68	03:11.0	24
00:59.5	287	01:21.5	243	01:43.5	199	02:05.5	155	02:27.5	111	02:49.5	67	03:11.5	23
<u>01:00.0</u>	286	01:22.0	242	01:44.0	198	02:06.0	154	02:28.0	110	<u>02:50.0</u>	66	03:12.0	22
01:00.5	285	01:22.5	241	01:44.5	197	02:06.5	153	02:28.5	109	02:50.5	65	03:12.5	21
01:01.0	284	01:23.0	240	<u>01:45.0</u>	196	02:07.0	152	02:29.0	108	02:51.0	64	03:13.0	20
01:01.5	283	01:23.5	239	01:45.5	195	02:07.5	151	02:29.5	107	02:51.5	63	03:13.5	19
01:02.0	282	01:24.0	238	01:46.0	194	02:08.0	150	02:30.0	106	02:52.0	62	03:14.0	18
01:02.5	281	01:24.5	237	01:46.5	193	02:08.5	149	02:30.5	105	02:52.5	61	03:14.5	17
01:03.0	280	<u>01:25.0</u>	236	01:47.0	192	02:09.0	148	02:31.0	104	02:53.0	60	<u>03:15.0</u>	16
01:03.5	279	01:25.5	235	01:47.5	191	02:09.5	147	02:31.5	103	02:53.5	59	03:15.5	15
01:04.0	278	01:26.0	234	01:48.0	190	<u>02:10.0</u>	146	02:32.0	102	02:54.0	58	03:16.0	14
01:04.5	277	01:26.5	233	01:48.5	189	02:10.5	145	02:32.5	101	02:54.5	57	03:16.5	13
<u>01:05.0</u>	276	01:27.0	232	01:49.0	188	02:11.0	144	02:33.0	100	02:55.0	56	03:17.0	12
01:05.5	275	01:27.5	231	01:49.5	187	02:11.5	143	02:33.5	99	02:55.5	55	03:17.5	11
01:06.0	274	01:28.0	230	<u>01:50.0</u>	186	02:12.0	142	02:34.0	98	02:56.0	54	03:18.0	10
01:06.5	273	01:28.5	229	01:50.5	185	02:12.5	141	02:34.5	97	02:56.5	53	03:18.5	9
01:07.0	272	01:29.0	228	01:51.0	184	02:13.0	140	<u>02:35.0</u>	96	02:57.0	52	03:19.0	8
01:07.5	271	01:29.5	227	01:51.5	183	02:13.5	139	02:35.5	95	02:57.5	51	03:19.5	7
01:08.0	270	<u>01:30.0</u>	226	01:52.0	182	02:14.0	138	02:36.0	94	02:58.0	50	03:20.0	6
01:08.5	269	01:30.5	225	01:52.5	181	02:14.5	137	02:36.5	93	02:58.5	49	03:20.5	5
01:09.0	268	01:31.0	224	01:53.0	180	<u>02:15.0</u>	136	02:37.0	92	02:59.0	48	03:21.0	4
01:09.5	267	01:31.5	223	01:53.5	179	02:15.5	135	02:37.5	91	02:59.5	47	03:21.5	3
<u>01:10.0</u>	266	01:32.0	222	01:54.0	178	02:16.0	134	02:38.0	90	<u>03:00.0</u>	46	03:22.0	2
01:10.5	265	01:32.5	221	01:54.5	177	02:16.5	133	02:38.5	89	03:00.5	45	03:22.5	1
01:11.0	264	01:33.0	220	<u>01:55.0</u>	176	02:17.0	132	02:39.0	88	03:01.0	44	03:23.0	0
01:11.5	263	01:33.5	219	01:55.5	175	02:17.5	131	02:39.5	87	03:01.5	43		

SWIMMING POINT TABLE
Women: 60+ / 70+

min	pts	Min	pts	Min	pts	min	pts	min	pts	min	pts	min	pts
00:20.0	296	00:42.0	252	01:04.0	208	01:26.0	164	01:48.0	120	<u>02:10.0</u>	76	02:32.0	32
00:20.5	295	00:42.5	251	01:04.5	207	01:26.5	163	01:48.5	119	02:10.5	75	02:32.5	31
00:21.0	294	00:43.0	250	<u>01:05.0</u>	206	01:27.0	162	01:49.0	118	02:11.0	74	02:33.0	30
00:21.5	293	00:43.5	249	01:05.5	205	01:27.5	161	01:49.5	117	02:11.5	73	02:33.5	29
00:22.0	292	00:44.0	248	01:06.0	204	01:28.0	160	<u>01:50.0</u>	116	02:12.0	72	02:34.0	28
00:22.5	291	00:44.5	247	01:06.5	203	01:28.5	159	01:50.5	115	02:12.5	71	02:34.5	27
00:23.0	290	<u>00:45.0</u>	246	01:07.0	202	01:29.0	158	01:51.0	114	02:13.0	70	<u>02:35.0</u>	26
00:23.5	289	00:45.5	245	01:07.5	201	01:29.5	157	01:51.5	113	02:13.5	69	02:35.5	25
00:24.0	288	00:46.0	244	01:08.0	200	<u>01:30.0</u>	156	01:52.0	112	02:14.0	68	02:36.0	24
00:24.5	287	00:46.5	243	01:08.5	199	01:30.5	155	01:52.5	111	02:14.5	67	02:36.5	23
<u>00:25.0</u>	286	00:47.0	242	01:09.0	198	01:31.0	154	01:53.0	110	<u>02:15.0</u>	66	02:37.0	22
00:25.5	285	00:47.5	241	01:09.5	197	01:31.5	153	01:53.5	109	02:15.5	65	02:37.5	21
00:26.0	284	00:48.0	240	<u>01:10.0</u>	196	01:32.0	152	01:54.0	108	02:16.0	64	02:38.0	20
00:26.5	283	00:48.5	239	01:10.5	195	01:32.5	151	01:54.5	107	02:16.5	63	02:38.5	19
00:27.0	282	00:49.0	238	01:11.0	194	01:33.0	150	<u>01:55.0</u>	106	02:17.0	62	02:39.0	18
00:27.5	281	00:49.5	237	01:11.5	193	01:33.5	149	01:55.5	105	02:17.5	61	02:39.5	17
00:28.0	280	00:50.0	236	01:12.0	192	01:34.0	148	01:56.0	104	02:18.0	60	<u>02:40.0</u>	16
00:28.5	279	00:50.5	235	01:12.5	191	01:34.5	147	01:56.5	103	02:18.5	59	02:40.5	15
00:29.0	278	00:51.0	234	01:13.0	190	<u>01:35.0</u>	146	01:57.0	102	02:19.0	58	02:41.0	14
00:29.5	277	00:51.5	233	01:13.5	189	01:35.5	145	01:57.5	101	02:19.5	57	02:41.5	13
<u>00:30.0</u>	276	00:52.0	232	01:14.0	188	01:36.0	144	01:58.0	100	<u>02:20.0</u>	56	02:42.0	12
00:30.5	275	00:52.5	231	01:14.5	187	01:36.5	143	01:58.5	99	02:20.5	55	02:42.5	11
00:31.0	274	00:53.0	230	01:15.0	186	01:37.0	142	01:59.0	98	02:21.0	54	02:43.0	10
00:31.5	273	00:53.5	229	01:15.5	185	01:37.5	141	01:59.5	97	02:21.5	53	02:43.5	9
00:32.0	272	00:54.0	228	01:16.0	184	01:38.0	140	<u>02:00.0</u>	96	02:22.0	52	02:44.0	8
00:32.5	271	00:54.5	227	01:16.5	183	01:38.5	139	02:00.5	95	02:22.5	51	02:44.5	7
00:33.0	270	<u>00:55.0</u>	226	01:17.0	182	01:39.0	138	02:01.0	94	02:23.0	50	<u>02:45.0</u>	6
00:33.5	269	00:55.5	225	01:17.5	181	01:39.5	137	02:01.5	93	02:23.5	49	02:45.5	5
00:34.0	268	00:56.0	224	01:18.0	180	01:40.0	136	02:02.0	92	02:24.0	48	02:46.0	4
00:34.5	267	00:56.5	223	01:18.5	179	01:40.5	135	02:02.5	91	02:24.5	47	02:46.5	3
00:35.0	266	00:57.0	222	01:19.0	178	01:41.0	134	02:03.0	90	<u>02:25.0</u>	46	02:47.0	2
00:35.5	265	00:57.5	221	01:19.5	177	01:41.5	133	02:03.5	89	02:25.5	45	02:47.5	1
00:36.0	264	00:58.0	220	<u>01:20.0</u>	176	01:42.0	132	02:04.0	88	02:26.0	44	02:48.0	0
00:36.5	263	00:58.5	219	01:20.5	175	01:42.5	131	02:04.5	87	02:26.5	43		
00:37.0	262	00:59.0	218	01:21.0	174	01:43.0	130	02:05.0	86	02:27.0	42		
00:37.5	261	00:59.5	217	01:21.5	173	01:43.5	129	02:05.5	85	02:27.5	41		
00:38.0	260	<u>01:00.0</u>	216	01:22.0	172	01:44.0	128	02:06.0	84	02:28.0	40		
00:38.5	259	01:00.5	215	01:22.5	171	01:44.5	127	02:06.5	83	02:28.5	39		
00:39.0	258	01:01.0	214	01:23.0	170	<u>01:45.0</u>	126	02:07.0	82	02:29.0	38		
00:39.5	257	01:01.5	213	01:23.5	169	01:45.5	125	02:07.5	81	02:29.5	37		
00:40.0	256	01:02.0	212	01:24.0	168	01:46.0	124	02:08.0	80	02:30.0	36		
00:40.5	255	01:02.5	211	01:24.5	167	01:46.5	123	02:08.5	79	02:30.5	35		
00:41.0	254	01:03.0	210	<u>01:25.0</u>	166	01:47.0	122	02:09.0	78	02:31.0	34		
00:41.5	253	01:03.5	209	01:25.5	165	01:47.5	121	02:09.5	77	02:31.5	33		

SWIMMING POINT TABLE
Men: 60+ / 70+

min	pts	Min	pts	Min	pts	min	pts	min	pts	min	pts	min	pts
00:20.0	286	00:40.5	245	01:01.0	204	01:21.5	163	01:42.0	122	02:02.5	81	02:23.0	40
00:20.5	285	00:41.0	244	01:01.5	203	01:22.0	162	01:42.5	121	02:03.0	80	02:23.5	39
00:21.0	284	00:41.5	243	01:02.0	202	01:22.5	161	01:43.0	120	02:03.5	79	02:24.0	38
00:21.5	283	00:42.0	242	01:02.5	201	01:23.0	160	01:43.5	119	02:04.0	78	02:24.5	37
00:22.0	282	00:42.5	241	01:03.0	200	01:23.5	159	01:44.0	118	02:04.5	77	<u>02:25.0</u>	36
00:22.5	281	00:43.0	240	01:03.5	199	01:24.0	158	01:44.5	117	02:05.0	76	02:25.5	35
00:23.0	280	00:43.5	239	01:04.0	198	01:24.5	157	<u>01:45.0</u>	116	02:05.5	75	02:26.0	34
00:23.5	279	00:44.0	238	01:04.5	197	<u>01:25.0</u>	156	01:45.5	115	02:06.0	74	02:26.5	33
00:24.0	278	00:44.5	237	<u>01:05.0</u>	196	01:25.5	155	01:46.0	114	02:06.5	73	02:27.0	32
00:24.5	277	<u>00:45.0</u>	236	01:05.5	195	01:26.0	154	01:46.5	113	02:07.0	72	02:27.5	31
<u>00:25.0</u>	276	00:45.5	235	01:06.0	194	01:26.5	153	01:47.0	112	02:07.5	71	02:28.0	30
00:25.5	275	00:46.0	234	01:06.5	193	01:27.0	152	01:47.5	111	02:08.0	70	02:28.5	29
00:26.0	274	00:46.5	233	01:07.0	192	01:27.5	151	01:48.0	110	02:08.5	69	02:29.0	28
00:26.5	273	00:47.0	232	01:07.5	191	01:28.0	150	01:48.5	109	02:09.0	68	02:29.5	27
00:27.0	272	00:47.5	231	01:08.0	190	01:28.5	149	01:49.0	108	02:09.5	67	02:30.0	26
00:27.5	271	00:48.0	230	01:08.5	189	01:29.0	148	01:49.5	107	<u>02:10.0</u>	66	02:30.5	25
00:28.0	270	00:48.5	229	01:09.0	188	01:29.5	147	<u>01:50.0</u>	106	02:10.5	65	02:31.0	24
00:28.5	269	00:49.0	228	01:09.5	187	<u>01:30.0</u>	146	01:50.5	105	02:11.0	64	02:31.5	23
00:29.0	268	00:49.5	227	<u>01:10.0</u>	186	01:30.5	145	01:51.0	104	02:11.5	63	02:32.0	22
00:29.5	267	00:50.0	226	01:10.5	185	01:31.0	144	01:51.5	103	02:12.0	62	02:32.5	21
<u>00:30.0</u>	266	00:50.5	225	01:11.0	184	01:31.5	143	01:52.0	102	02:12.5	61	02:33.0	20
00:30.5	265	00:51.0	224	01:11.5	183	01:32.0	142	01:52.5	101	02:13.0	60	02:33.5	19
00:31.0	264	00:51.5	223	01:12.0	182	01:32.5	141	01:53.0	100	02:13.5	59	02:34.0	18
00:31.5	263	00:52.0	222	01:12.5	181	01:33.0	140	01:53.5	99	02:14.0	58	02:34.5	17
00:32.0	262	00:52.5	221	01:13.0	180	01:33.5	139	01:54.0	98	02:14.5	57	<u>02:35.0</u>	16
00:32.5	261	00:53.0	220	01:13.5	179	01:34.0	138	01:54.5	97	<u>02:15.0</u>	56	02:35.5	15
00:33.0	260	00:53.5	219	01:14.0	178	01:34.5	137	<u>01:55.0</u>	96	02:15.5	55	02:36.0	14
00:33.5	259	00:54.0	218	01:14.5	177	<u>01:35.0</u>	136	01:55.5	95	02:16.0	54	02:36.5	13
00:34.0	258	00:54.5	217	01:15.0	176	01:35.5	135	01:56.0	94	02:16.5	53	02:37.0	12
00:34.5	257	<u>00:55.0</u>	216	01:15.5	175	01:36.0	134	01:56.5	93	02:17.0	52	02:37.5	11
00:35.0	256	00:55.5	215	01:16.0	174	01:36.5	133	01:57.0	92	02:17.5	51	02:38.0	10
00:35.5	255	00:56.0	214	01:16.5	173	01:37.0	132	01:57.5	91	02:18.0	50	02:38.5	9
00:36.0	254	00:56.5	213	01:17.0	172	01:37.5	131	01:58.0	90	02:18.5	49	02:39.0	8
00:36.5	253	00:57.0	212	01:17.5	171	01:38.0	130	01:58.5	89	02:19.0	48	02:39.5	7
00:37.0	252	00:57.5	211	01:18.0	170	01:38.5	129	01:59.0	88	02:19.5	47	<u>02:40.0</u>	6
00:37.5	251	00:58.0	210	01:18.5	169	01:39.0	128	01:59.5	87	<u>02:20.0</u>	46	02:40.5	5
<u>00:38.0</u>	250	00:58.5	209	01:19.0	168	01:39.5	127	<u>02:00.0</u>	86	02:20.5	45	02:41.0	4
00:38.5	249	00:59.0	208	01:19.5	167	01:40.0	126	02:00.5	85	02:21.0	44	02:41.5	3
00:39.0	248	00:59.5	207	<u>01:20.0</u>	166	01:40.5	125	02:01.0	84	02:21.5	43	02:42.0	2
00:39.5	247	<u>01:00.0</u>	206	01:20.5	165	01:41.0	124	02:01.5	83	02:22.0	42	02:42.5	1
00:40.0	246	01:00.5	205	01:21.0	164	01:41.5	123	02:02.0	82	02:22.5	41	02:43.0	0

LASER-RUN POINT TABLE
Individual Men/Women: 30+ / 40+ / 50+

time	pts	time	pts	time	pts	time	pts	time	pts	time	pts
09:50	600	10:30	560	11:10	520	11:50	480	12:30	440	13:10	400
09:51	599	10:31	559	11:11	519	11:51	479	12:31	439	13:11	399
09:52	598	10:32	558	11:12	518	11:52	478	12:32	438	13:12	398
09:53	597	10:33	557	11:13	517	11:53	477	12:33	437	13:13	397
09:54	596	10:34	556	11:14	516	11:54	476	12:34	436	13:14	396
09:55	595	10:35	555	11:15	515	11:55	475	12:35	435	13:15	395
09:56	594	10:36	554	11:16	514	11:56	474	12:36	434	13:16	394
09:57	593	10:37	553	11:17	513	11:57	473	12:37	433	13:17	393
09:58	592	10:38	552	11:18	512	11:58	472	12:38	432	13:18	392
09:59	591	10:39	551	11:19	511	11:59	471	12:39	431	13:19	391
10:00	590	10:40	550	11:20	510	12:00	470	12:40	430	13:20	390
10:01	589	10:41	549	11:21	509	12:01	469	12:41	429	13:21	389
10:02	588	10:42	548	11:22	508	12:02	468	12:42	428	13:22	388
10:03	587	10:43	547	11:23	507	12:03	467	12:43	427	13:23	387
10:04	586	10:44	546	11:24	506	12:04	466	12:44	426	13:24	386
10:05	585	10:45	545	11:25	505	12:05	465	12:45	425	13:25	385
10:06	584	10:46	544	11:26	504	12:06	464	12:46	424	13:26	384
10:07	583	10:47	543	11:27	503	12:07	463	12:47	423	13:27	383
10:08	582	10:48	542	11:28	502	12:08	462	12:48	422	13:28	382
10:09	581	10:49	541	11:29	501	12:09	461	12:49	421	13:29	381
10:10	580	10:50	540	11:30	500	12:10	460	12:50	420	13:30	380
10:11	579	10:51	539	11:31	499	12:11	459	12:51	419	13:31	379
10:12	578	10:52	538	11:32	498	12:12	458	12:52	418	13:32	378
10:13	577	10:53	537	11:33	497	12:13	457	12:53	417	13:33	377
10:14	576	10:54	536	11:34	496	12:14	456	12:54	416	13:34	376
10:15	575	10:55	535	11:35	495	12:15	455	12:55	415	13:35	375
10:16	574	10:56	534	11:36	494	12:16	454	12:56	414	13:36	374
10:17	573	10:57	533	11:37	493	12:17	453	12:57	413	13:37	373
10:18	572	10:58	532	11:38	492	12:18	452	12:58	412	13:38	372
10:19	571	10:59	531	11:39	491	12:19	451	12:59	411	13:39	371
10:20	570	11:00	530	11:40	490	12:20	450	13:00	410	13:40	370
10:21	569	11:01	529	11:41	489	12:21	449	13:01	409	13:41	369
10:22	568	11:02	528	11:42	488	12:22	448	13:02	408	13:42	368
10:23	567	11:03	527	11:43	487	12:23	447	13:03	407	13:43	367
10:24	566	11:04	526	11:44	486	12:24	446	13:04	406	13:44	366
10:25	565	11:05	525	11:45	485	12:25	445	13:05	405	13:45	365
10:26	564	11:06	524	11:46	484	12:26	444	13:06	404	13:46	364
10:27	563	11:07	523	11:47	483	12:27	443	13:07	403	13:47	363
10:28	562	11:08	522	11:48	482	12:28	442	13:08	402	13:48	362
10:29	561	11:09	521	11:49	481	12:29	441	13:09	401	13:49	361

LASER-RUN POINTS TABLE
Individual Men/Women: 60+ / 70+

time	pts	Time	pts	Time	pts	time	pts	time	pts	time	pts	time	pts
03:20	620	04:0	580	04:0	540	05:0	500	06:0	460	06:40	420	07:20	380
03:21	619	04:1	579	04:1	539	05:1	499	06:1	459	06:41	419	07:21	379
03:22	618	04:2	578	04:2	538	05:2	498	06:2	458	06:42	418	07:22	378
03:23	617	04:3	577	04:3	537	05:3	497	06:3	457	06:43	417	07:23	377
03:24	616	04:4	576	04:4	536	05:4	496	06:4	456	06:44	416	07:24	376
03:25	615	04:5	575	04:5	535	05:5	495	06:5	455	06:45	415	07:25	375
03:26	614	06	574	04:6	534	05:6	494	06:6	454	06:46	414	07:26	374
03:27	613	04:7	573	04:7	533	05:7	493	06:7	453	06:47	413	07:27	373
03:28	612	04:8	572	04:8	532	06	492	06:8	452	06:48	412	07:28	372
03:29	611	04:9	571	04:9	531	06:29	491	06:9	451	06:49	411	07:29	371
03:30	610	04:0	570	06:50	530	05:30	490	06:10	450	06:50	410	07:30	370
03:31	609	04:11	569	04:51	529	05:31	489	06:11	449	06:51	409	07:31	369
03:32	608	04:12	568	04:52	528	05:32	488	06:12	448	06:52	408	07:32	368
03:33	607	04:13	567	04:53	527	05:33	487	06:13	447	06:53	407	07:33	367
03:34	606	04:14	566	04:54	526	05:34	486	06:14	446	06:54	406	07:34	366
03:35	605	04:15	565	04:55	525	05:35	485	06:15	445	06:55	405	07:35	365
03:36	604	04:16	564	04:56	524	05:36	484	06:16	444	06:56	404	07:36	364
03:37	603	04:17	563	04:57	523	05:37	483	06:17	443	06:57	403	07:37	363
03:38	602	04:18	562	04:58	522	05:38	482	06:18	442	06:58	402	07:38	362
03:39	601	04:19	561	04:59	521	05:39	481	06:19	441	06:59	401	07:39	361
03:40	600	04:20	560	05:00	520	05:40	480	06:20	440	07:00	400	07:40	360
03:41	599	04:21	559	05:01	519	05:41	479	06:21	439	07:01	399	07:41	359
03:42	598	04:22	558	05:02	518	05:42	478	06:22	438	07:02	398	07:42	358
03:43	597	04:23	557	05:03	517	05:43	477	06:23	437	07:03	397	07:43	357
03:44	596	04:24	556	05:04	516	05:44	476	06:24	436	07:04	396	07:44	356
03:45	595	04:25	555	05:05	515	05:45	475	06:25	435	07:05	395	07:45	355
03:46	594	04:26	554	05:06	514	05:46	474	06:26	434	07:06	394	07:46	354
03:47	593	04:27	553	05:07	513	05:47	473	06:27	433	07:07	393	07:47	353
03:48	592	04:28	552	05:08	512	05:48	472	06:28	432	07:08	392	07:48	352
03:49	591	04:29	551	05:09	511	05:49	471	06:29	431	07:09	391	07:49	351
03:50	590	04:30	550	05:10	510	05:50	470	06:30	430	07:10	390	07:50	350
03:51	589	04:31	549	05:11	509	05:51	469	06:31	429	07:11	389	07:51	349
03:52	588	04:32	548	05:12	508	05:52	468	06:32	428	07:12	388	07:52	348
03:53	587	04:33	547	05:13	507	05:53	467	06:33	427	07:13	387	07:53	347
03:54	586	04:34	546	05:14	506	05:54	466	06:34	426	07:14	386	07:54	346
03:55	585	04:35	545	05:15	505	05:55	465	06:35	425	07:15	385	07:55	345
03:56	584	04:36	544	05:16	504	05:56	464	06:36	424	07:16	384	07:56	344
03:57	583	04:37	543	05:17	503	05:57	463	06:37	423	07:17	383	07:57	343
03:58	582	04:38	542	05:18	502	05:58	462	06:38	422	07:18	382	07:58	342
03:59	581	04:39	541	05:19	501	05:59	461	06:39	421	07:19	381	07:59	341