

PENTATHLON GB EVENTS – TRIATHLON.

WHAT IS A MODERN TRIATHLON, AND HOW DO I RUN A MODERN TRIATHLON EVENT?

What is a Modern Triathlon?

A Modern Triathlon is an event that combines three of the Pentathlon family of sports – Swimming, Running and Shooting. The run and the shoot disciplines combine to form the Laser Run. The swim and the laser run elements are participated in separately and points are awarded to each competitor based upon their time achieved in both events. The final placings are determined from the combined points score from the swim and the laser run.

How do I run a Modern Triathlon event?

Event Conditions
Event Requirement Checklist
Event Entry Set-up on Sport:80
Event Running Plan
Event Scoring
Publishing the Results
PGB Modern Triathlon Competition Rules
Other useful documents

Event Conditions

As organiser you must either be a school teacher or have attended SCUK Safeguarding and Child Protection 1 training.

Pentathlon GB is fully committed to the principles of equality of opportunity and therefore you must apply best efforts to ensure that no one is disadvantaged on the grounds of gender, race, ethnic origin, nationality, parental or marital status, religious belief, social status, sexual orientation or political belief. Athletes with impairments should have the opportunity to take part with safe provision being made for them.

Please see our event Terms and Conditions. If you have any questions regarding these, please contact competitions@pentathlongb.org

Event Requirement Checklist

Example event management plan.

1. Event Equipment / Facilities
 - Swimming pool – for the swim element
 - Running route – typically an all-weather running track
 - Shooting Range
 - Changing rooms
 - Event registration / gathering hall/room
 - Stopwatches
 - Swim starting equipment
 - Run starting equipment
 - Laser Targets
2. Event Contacts form
3. Event Staffing form
4. Participants' Run down
5. Event Management / Preparation Schedule
6. Event Timetable
7. Medical Provision
8. Fire Safety
9. Emergency Procedures
10. Risk Assessment

Event Entry Set-up on Sport:80

Your event will be open to anyone in the UK who wants to take part, as long as they have a valid Pentathlon GB membership or a day membership in place for the day of your competition.

Pentathlon GB will advertise your biathlon on its Membership & Entry platform, which is also where you will be able to manage entry numbers and finances. It will also be advertised on the Pentathlon GB competitions calendar.

Entry fees, minus booking and administration charges, will be paid directly to a bank account of your choice.

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Setting up an event on the PGB Events and Memberships portal, Sport:80

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1. If your school or club holds a valid membership, you will be insured to organise and host Pentathlon GB approved events.
2. If you wish to host an event using your PGB membership benefits, this will need to be reviewed by our Head Office for approval.
 - 2.1. Once approved Pentathlon GB can then advertise your event on our website events calendar and Sport:80 portal events platform.
 1. To receive entries for events and manage the people that can enter, the school/club will need to have a stripe account.
 - 1.1. This will need to be set up before adding the event to the Sport:80 platform.

In the school/club account, click on “finance admin” on the left hand toolbar, then click “stripe”.



3. Click on the “connect with stripe” button.
4. This will take you to a new webpage for creating your account.
5. You will need to complete the form to be able to create your stripe account.
6. For any stripe issues please contact the Stripe support team.
7. Then you will be able to create an event on the Sport:80 platform.

1. Once logged into Sport:80, switch to the school/club account
2. Go down to the Sanctioning tab on the left-hand column.

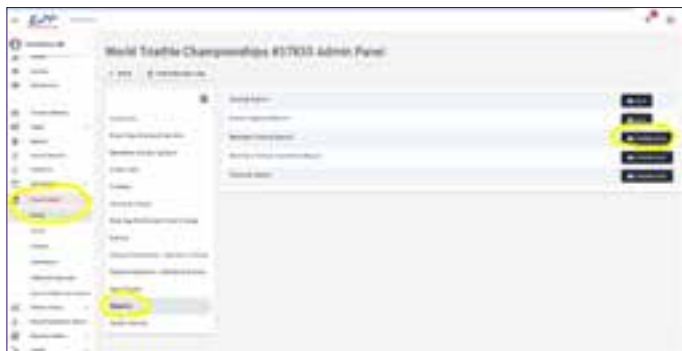


3. Click the drop down menu and click on Sanction New Event.
4. The first prompt advises that you will need a stripe account set up for the club/school/region to accept entries for any competition or training event – click ok to continue if this has been set up.
5. Select the type of event:
 - 5.1. Event – calendar and platform (for competitions - entries will be taken through the Sport:80 platform and displayed on the PGB event calendar)
 - 5.2. Event – calendar only (You will take entries yourself but the event will be displayed on the PGB calendar)
 - 5.3. Training event– calendar and platform (for training focused events - entries will be taken through the Sport:80 platform and displayed on the PGB event calendar)
 - 5.4. Training event - calendar only (You will take entries yourself but the event will be displayed on the PGB calendar)
6. You will then be prompted to read the Sport:80 terms and conditions and will need to agree to continue.
 - 6.1. Please make sure you read and understand these terms as you will bound by them as an event organiser.
7. You will then need to enter the relevant information for the competition or training event in the related prompt boxes.
8. Once this has been completed this will come through to Pentathlon GB head office for approval.
9. Once this has been approved it will appear in your events admin panel.

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Event Running Plan

When your entries have closed, you can download the entries list from Sport:80 so you can start to create and populate your start lists and heat lists. To download your entries go to your event on the Event Admin tab on the left-hand side of the page. Click on your event and go to the "Reports" page. Click on the "Download" button for the Members Entries report to download an excel spreadsheet containing all the details from the entered athletes.



From this spreadsheet, you will be able to filter the columns so you have the data required for your event. From here you will be able to filter by age group so you can populate your start and heat lists.

Once you have downloaded this spreadsheet, you can copy and paste the entrants into the scoring sheet ahead of inputting the results.

All swim and run and shoot distances are shown on both the [Competition Rules](#), and below:

CLASS	INDIVIDUAL Swim Distance
Under 9	25m
Under 11	50m
Under 13	100m
Under 15	100m
Under 17	200m
Under 19	200m
Junior/Senior	200m
Masters Women	100m
Masters Men	100m

Class	Running Sequences	Total Distance	Shooting Sequences	Distance to target
Under 9	2 × 300m	600m	2 × 5 hits	5m (two hands optional)
Under 11	2 × 300m	600m	2 × 5 hits	5m (two hands optional)
Under 13	3 × 300m	900m	3 × 5 hits	10m (two hands optional)
Under 15	3 × 600m	1800m	3 × 5 hits	10m
Under 17	4 × 600m	2400m	4 × 5 hits	10m
Under 19	5 × 600m	3000m	4 × 5 hits	10m
Junior	5 × 600m	3000m	4 × 5 hits	10m
Senior	5 × 600m	3000m	4 × 5 hits	10m
Masters	3 × 600m	1800m	3 × 5 hits	10m

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Laser Run:

- Under 9 and Under 11 Boys and Girls may use two hands to hold the pistol, but both hands must be behind the trigger guard. Their competition consists of:
 - o Start List to be produced following previous discipline/s
 - o 15 minute warm up on range
 - o Handicap start
 - o Short run to the range (20m approx.)
 - o 2 x (5 green lights + 300m run).
 - o The time limit for 5 green lights is 50 seconds.
- Under 13, Boys and Girls may use two hands to hold the pistol, but both hands must be behind the trigger guard. Their competition consists of:
 - o Start List to be produced following previous discipline/s
 - o 15 minute warm up on range
 - o Handicap start
 - o Short run to the range (20m approx.)
 - o 3 x (5 green lights + 300m run).
 - o The time limit for 5 green lights is 50 seconds.
- Under 15 Boys and Girls competition consists of:
 - o Start List to be produced following previous discipline/s
 - o 15 minute warm up on range
 - o Handicap start
 - o Short run to the range (20m approx.)
 - o 3 x (5 green lights + 600m run).
 - o The time limit for 5 green lights is 50 seconds.
- Under 17 Boys and Girls; Masters Men and Women competition consists of:
 - o Start List to be produced following previous discipline/s
 - o 15 minute warm up on range
 - o Handicap start
 - o short run to the range (20m approx.)
 - o 4 x (5 green lights + 600m run).
 - o The time limit for 5 green lights is 50 seconds.
- Under 19, Junior and Senior competition consists of:
 - o Start List to be produced following previous discipline/s
 - o 15 minute warm up on range
 - o Handicap start
 - o One run lap before entering the range
 - o 4 x (5 green lights + 600m run).
 - o The time limit for 5 green lights is 50 seconds.

Laser Run Handicap:

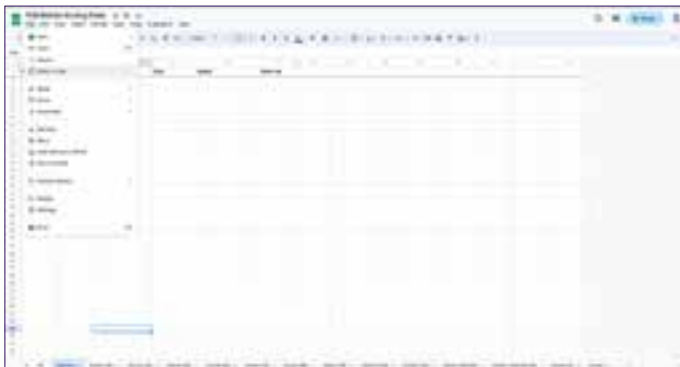
- Each athlete's score in points after the previous disciplines are totalled. These scores are converted to create staggered starting times for the Laser-Run. A difference of 1 point equates to 1 second. The athlete with the most points will be the first to start at the start signal (0'00) and will shoot at firing point 1.
- For events where the Laser Run must be conducted first, the start order will be staggered by 2 second intervals.

Event Scoring:

[Click here to view](#)

Please be aware that this is a live link and as updates to the scoring system are made, this link will be updated. Please make sure that you check back to the sheet before your event to ensure you have the most up-to-date version.

Go to the above link and download a copy of the scoring sheet. Save this downloaded copy so that you can edit this.
PLEASE REMEMBER TO DOWNLOAD A COPY BEFORE YOU START TO EDIT THE RESULTS SHEET.



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Once you have saved your copy of the results sheet, you can input the entrants into their respective age categories. When the results from the event start to come in, all you need to do is to enter the correct time/points tally into the correct row – e.g. make sure that Joe Bloggs' result is in the row where Joe Bloggs is listed.

The formulae in the scoring sheet will populate the points for each discipline and provide a finishing position for each athlete. **You will not need to calculate any of the points scored for each event and should not edit any of the formulae columns to avoid any errors with the points tallies.**

Publishing Results

1. To publish your events' results, click the 'share' button on the banner at the top right hand corner of the screen.
2. Here you can change the amount of control that individuals have in terms of accessing the results sheet/s.
3. For publishing the final results, select 'General Access' and on the drop down menu, change the "Anyone with the link".
 - a. This will allow anyone with the link to the results page to see the results.
4. Next, make sure that the access is set to "Viewer".
5. To do this, select the drop down menu on the right hand side of the pop-up window and change to "Viewer".
 - a. This will allow anyone with the link to the results page to see the results, but crucially to not edit any of the data.
6. Click done and this will save the sheet to a public results document.
7. It is best practice to download a copy of the live results sheet to save onto a laptop/computer hard drive or onedrive/dropbox system so you have a copy should there become an issue with the shared version in the future.
 - a. To do this, go to "File" and down to "Download".
 - b. From here, you can select to download a Microsoft Excel version or a PDF version of the results sheet.



If you have any issues with the Scoring System, please refer to the [Pentathlon GB Events and Competitions Scoring System How to use guide](#). If you are still having issues, please contact competitions@pentathlongb.org and a member of the events team will be able to assist. Please bear in mind that if your event is taking place outside of normal working hours, responses from our team may be impacted compared to those inside normal working hours.

Pentathlon GB's Event and Equipment and Clothing Rules

Pentathlon GB's Modern Triathlon Competition Rules can be found on our website on our [Rules](#) page under the Resources tab. The full document can be accessed [here](#).

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Other Useful Documents.

[Sport:80 How to use Guide – Affiliate.](#)

[Sport:80 How to use Guide – Athlete / Parent.](#)