

## Tetrathlon

Tetrathlon is a four part competition which includes

Swimming

Running

Shooting

Cross-Country riding

Members compete in teams of four and also as individuals.

Boys and girls compete separately.

There are no mixed teams as in Minimus.

There are Junior (Under 15 1<sup>st</sup> January) and Senior levels

Where we cannot make a team ourselves we can combine with other clubs to form a team.

### Swimming

3 minute swim for everyone other than senior boys who swim for 4 minutes

Heats graded for different expected swims

### Running

1,500m timed for everyone other than senior boys who run 3,000m

Normally run in groups of four.

Cross country running.

### Shooting

Junior Girls and Boys    10 metre air rifle  
Prone position (lying down)

Senior Girls and Boys    10 metre air pistol.  
Standing

### Riding

Cross country fixed fences

Gate and slip rail

Junior 90cms    Senior 105cm

## IPC Tetrathlon

### Championships

25<sup>th</sup> to 27<sup>th</sup> August

Grove Fethard Co Tipperary

North Kilkenny

Three phase 19<sup>th</sup> March

Kildare

Three Phase 14<sup>th</sup> May

Warrington

Three Phase 21<sup>st</sup> May

Carlow Hunt Pony Club have had a long and successful association with Tetrathlon winning National and International Awards. Be part of that history by trying out this year for the "best" discipline in Pony Club

You don't have to have done Minimus to try Tetrathlon

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