



>The US Pony Club is the only youth organization to host competitions in this sport.

>4 phases of competition over 2 days.

>At age 16 can apply for the International Team.

> Your age is as of January 1st

>Only USPC sport where you compete as an Individual.

>The Tetrathlon is a feeder sport for the Olympic Modern Pentathlon.



# Swimming



1. Usually not the same day as Running
2. Can swim ANY stroke;  
*freestyle, breast, back, butterfly, doggie-paddle*
3. Do not have to dive off the block. Can start in the pool.
4. Timed race. Flip turns not required.
5. Can stop and stand in the pool. BUT, take just one step forward you will be disqualified.
6. One piece suit
7. Swim only once. There are no qualifiers.
8. Allowed to have a coach (can be a parent) But can't walk the lanes while swimming.

# Running



1. Usually not on the same day as Swimming
2. Timed Run
3. May be either Group Start or Individual Start
4. The run course may be in open country, may have obstacles (logs, ditches)
5. You will be allowed to 'walk the course' before your run time.
6. Allowed to have a coach, but no one is able to talk to you during the race.
7. Run once; there are no qualifiers
8. Shirt required. Spikes or cleats allowed.



# Shooting



1. You are shooting a pellet gun at a target from 10 meters (about 30')
2. You're allowed to have a loader. **Novice & under MUST have Loader**
3. Lower divisions can use 2 hands, some allowed to use a 'rest'.
4. Coaches may help during 'sighting' (practice ) shots
5. **Safety glasses mandatory** // Gun inspected at start of rally
6. Shoot in rounds of 5 shots
7. You can share guns, but must note this on the sign up form
8. Must have closed toe footwear



2 hands  
Resting

2 hands  
standing



1 hand  
Standing

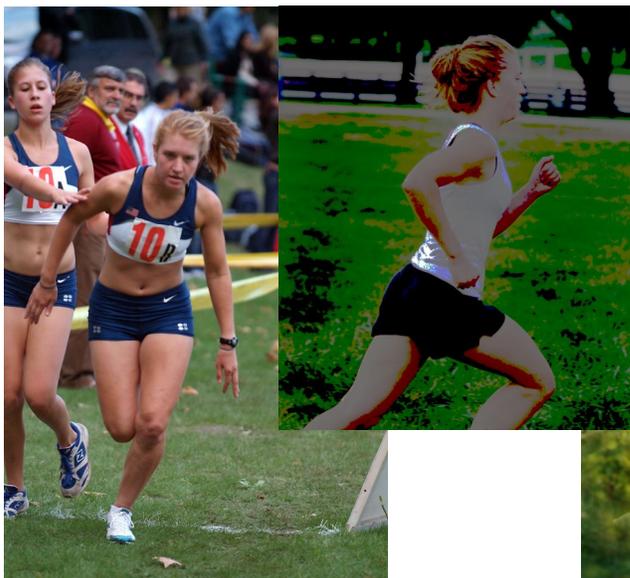
# Riding



1. For the Riding phase, you will be put with other competitors for horse management.
2. UR & D1's may have a horse handler
3. You will have a Formal Inspection and a Turnback, just like every other USPC competition
4. The riding will always be in an enclosed ring
5. It will be a Jumper Course, timed for upper divisions
6. You will be allowed to 'walk the course' before your ride time
7. Upper divisions have to open/close a gate, and dismount for the fence.
8. Horses can be shared (no more than 3 rides per day)



# Emily Andrews



From USPC Tetrathlon  
To the  
Olympic Modern Pentathlon



# Tetathlon Divisions

LEVEL	AGE	Rating	SHOOT	RUN (Meter)	SWIM	RIDE & (#Jumps)	COMMENT
8-and-under	8 and under		10/resting	500	25	Poles/ xrails (6-8)	Ride not timed // no gate or slip rail
10-and-under	10 and under		10/resting	500	50	18 in (6-8)	Ride not timed // no gate or slip rail
Pre-Novice	10 to 11		20/2 hands stand	500	50	2'3" (8)	Ride not timed // no gate or slip rail
Novice	13 to 12		20/2 hands stand	1000	100	2'6" (10)	Timed ride Slip rail & gate
Intermediate	14 to 15		20/1 hand	2000	100	2'9" (10)	Timed ride Slip rail & gate
Junior	16 to 17		20/1 hand	2000	200	3' (12)	Timed ride Slip rail & gate
Senior	18 and up		20/1 hand	3000	200	3'3" (14)	Timed ride Slip rail & gate

Competitors may compete at a lower level in any phase for a 200 point penalty for the 1st level down, and 100 point penalty for each subsequent level down. For example, an **Intermediate** competitor may 'ride-down' to the **10 & Under** level for a 400 point penalty; 200 points for the 1st level down to **Novice**, the 100 points to **Pre-Novice**, and another 100 points to **10 & Under**.