**Parents Information Meeting - MINIMUS & TETRATHLON**

**February 12th 2019**

* **Welcome**
* **Introduction to Minimus and Tetrathlon**
* **Changes from 2018 Minimus and Tetrathlon**
* We are hosting the National Novice Tetrathlon 2019
* What’s App Broadcast only used to communicate info.
* Change of Venue from Punchestown to Millstreet Int.
* Margaret Fogaty organising minimus running and swimming
* Introduction of open training for xcountry
* Vaccines needed to attend all clinics and training 2019
* **C.H.P.C. National Novice Tetrathlon**
* **Cross Country Training**
* **Swimming Training**
* **Running Training**
* **Shooting Training**
* **Numbers interested**
* **Team Selection**
* **Minimus Weekend**
* **Volunteers**
* **Minimus Training Schedule**

**Summary (only) of Minimus Rules.**

**\*\*\* Please refer to detailed Tetrathlon and Minimus Rules on IPC Website \*\*\***

**What is Minimus?**  
The Minimus is a triathlon competition. It consists of swimming, running and riding. It takes place over a weekend. There are points awarded for each phase and the winner has the most points after the three phases.  
  
**What age do you have to be?**  
You must be Under 12 on the 1st of January of the current year to be eligible to take part in the competition.  
  
**When is it held?**  
It is held in May/June each year. In 2019 it is being held on 14th-16th June.  
  
**Where is it held?**  
 Millstreet in Cork and either Mallow or Kilarney swimming pool TBC  
  
**Do boys and girls compete against each other?**The Minimus Championships is a team competition. It consists of One Overall Competition for teams of four (3 scores count) made up of any combination of boys or girls. Within the overall competition there are two competitions for the teams made up of all Boys and all Girls.   
  
**Is there an individual competition?**Yes, all boys and girls on a team are also placed individually. The score they get as part of a team, is also used to make an individual placing. There is an individual boy’s competition for ALL the boys taking part and an individual girls competition for ALL the girls taking part. There are also individual placings for the best in swimming and the best in running.

Team rosettes will be awarded from 1 to 20 places.

* The highest scoring team of 4 boys (or 3 boys only – no girl) will be awarded the winning Boys Cup.
* The highest scoring team of 4 girls (or 3 girls - no boy) will be awarded the winning Girls Cup.
* The highest scoring individual boy and individual girl will be awarded Best Boys and Best Girl Cups. Individual placings to 10th place will be awarded.
* Best swim and Best Run for Boys and Girls will be awarded to 4th place.

**How far do you swim?**You swim for 2 minutes. You get points according to the distance you can swim in this time. You can use whatever style you wish and may change it during the swim. For instance, you can start swimming with the front crawl and then change to backstroke if you wish. You swim in heats and you don't have to be able to dive, you can start in the water.   
  
You score 8 points per metre you swim. For instance, if you swim 125 metres (5 lengths of a 25m pool) in 2 minutes, you will score 1,000.

**How far do you run?**  
Boys and girls in the Minimus triathlon run 1,000 metres. The course usually takes advantage of the natural country, with some ups and downs, but not steep hills. Competitors run in numerical order and are dispatched at 1 minute intervals and timed from the moment they leave the start until they cross the finishing line. The faster you run the 1,000 metres, the more points you get. For instance, if you run the distance in 4 minutes, you get 1,000 points (this would be a very fast run). If you time is 5 minutes, you would get 640 points. If you time is 7 minutes, you would get 211 points. (The organisers have a special chart to know how many points are given for each time run).  
  
**What sort of riding is it?**  
The riding in the Minimus Championships is cross-country riding over solid fences. There may also be ditches, banks and drops. However, it is scored very differently from other cross country riding competitions such as horse trials or hunter trials.  
  
The course will also include a gate and a slip-rail. The rider must open the gate, go through it, and then close it, WHILST MOUNTED ON THEIR PONY. At a Slip Rail, the rider dismounts, opens the rail, goes through, closes the rail and remounts. You are given 60 seconds to negotiate each of these. If you take longer or need assistance, you will be given penalties. Drop down/ Granny stirrups are allowed.  
  
**How high are the fences?**  
The fences are   
Max height:- 0.80m,   
Spread only:- 1.50m,  
Height and spread:- 0.70 at highest point, 1.00m at base   
  
Important things to note are:   
  
If you FALL off you are ELIMINATED but get a score for fences jumped (new rule)  
If you get ANY OUTSIDE ASSISTANCE you are ELIMINATED  
If you leave out a fence or obstacle you are ELIMINATED  
Only SIBLINGS may share a pony.  
  
**How is it scored?**If you have a clear round in the time allowed you score 1400 points. However points are deducted from this if you have problems on the course. You should read the information on Positive Scoring on this webpage. The following is a summary of some of the penalties.  
  
First refusal, run out or circle at obstacle - 60 penalties  
Second refusal, run out or circle of horse at obstacle 90 penalties  
Third refusal, run out or circle of horse at obstacle 100 penalties  
Therefore, if you have 3 refusals at one fence, you get 250 penalties, but can continue on.  
  
Horse resisting rider anywhere on the course for 60 secs. 200 penalties  
Failure to negotiate a hazard in 60 secs. (see rule 25). 200 Penalties  
Every completed second in excess of time allowed 2 Penalties  
  
Gate and Slip Rail:

* Failure to open and pass through the gate mounted within 60 secs ( see rule 22) 200 penalties
* Failure to shut gate mounted, within the 60 secs allowed, when it is otherwise correctly negotiated. 50 penalties
* Failure to dismount, take down and pass through the slip rail dismounted within 60 secs. 200 penalties
* Failure to replace slip rail dismounted, when it is correctly negotiated. 50 penalties
* Failure to attempt to complete negotiation of gate or slip rail (including shutting / replacing) for 60 secs. 250 penalties
* Receiving assistance to re-mount after the slip rail 80 penalties
* Jumping the gate or slip rail. 80 penalties
* Rider must go back and negotiate properly or is eliminated)

Elimination:

* A rider will be eliminated in the following circumstances:
* Omission of obstacle or flag (If this is rectified before the next fence is jumped there is no elimination).
* Jumping an obstacle in wrong order or backwards
* Re-taking an obstacle already jumped (except part of a combination)
* Going around an obstacle without attempting to jump it three times
* Continuing the course without a hat
* 3 refusals at 4 fences or at 3 fences plus failure at gate or slip rail
* Failure to cross start line within 60 secs.
* Failure to attempt to pass through a hazard for 60 secs
* For misbehaviour
* Receiving outside assistance
* For going wrong side of flag (if this is corrected before the next fence is jumped there is no elimination)
* Inspecting course before it is officially opened and or tampering with fences or flags on the course.
* Riding a horse on, over or near any part of the course except when competing.
* Jumping a fence which is not on the course on which the flags are crossed.
* If a rider has one fall he is eliminated.

Note:  
After three refusals, or after failure to negotiate the gate, slip rail or hazard (within 60 secs.), a competitor will be told by the fence judge to go round and pass on to the next obstacle.  
  
At each obstacle an escape route must be provided to allow competitors to go round as described above.  
  
If a competitor is unable to mount after the slip rail he may receive assistance to do so but will incur 80 penalties.

**Scoring**

1,400 marks are awarded for a clear round within the Time Allowed. Teams with either 3 or 4 competitors will receive a bonus of 100 points if all team members achieve 1,400 points in the cross country phase i.e. a clear round. These bonus points will be added to the team result only. No bonus points will be added to an individual's score on the team.

**Option Fences**

At Minimus, competitors will have the option of jumping an option fence at difficult fences. Should a competitor decide to take the option, a 70 point penalty will occur. A competitor may jump the option after unsuccessfully attempting the main obstacle. Should a competitor first try the main fence, have a refusal and then go on to jump

the option, the penalty incurred will be 110 points (60 for the refusal and 70 for the option. Three refusals at either the option or main obstacle will incur the 250 point penalty and the competitor will be asked to move on to the next fence.

Accommodation for Minimus 2019

Cork 14th - 16th June

Hotel Killarney

Highlight - it has a pool and can accommodate everyone.

Family of 6 €700 per room/2 nights

Family of 5 €450 per room/2 nights

Family of 4 €390 per room/2 nights

Double or twin €310 per room/2 nights

Riverside Park Macroom

Highlight – it’s close to both Killarney, Mill St. and Mallow

3 x family rooms (sleeps 4) €109 per room /per night

5 x double/single (sleeps 3) €99 per room/per night

Coolcower House - (29 beds available)

Highlight - homely nr. Mill St. Killarney and Mallow and can have whole property to ourselves. Can't accommodate every one.

€57p/night single room

€90 for Double and twin rooms

€120 for three people

€145 for for person rooms

4 camp beds available for €15

Local B&B and hotel list available on Mill St. International website.

**Run Training: Other run training athletics club options**

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| --- | --- | --- |
| Gowran AC | Mon 7-8 Gowran GAA pitch  Wed 7-8 Watershed Kilkenny (Derek K. involved in wed night training)  Friday 6:30 – 7:30 Skeoughvasteen GAA grounds | Simon 086 2863640 |
| St Laurence O’ Tools AC | Tues 7-8  Thurs 7-8 | 0862461991 |
| Old Leighlin AC | Mon 7-8  Fri 7-8 | 0872840402 |

**Swim Training: Lane Swimming**

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| --- | --- | --- |
| Graiguecullen, Carlow | Monday and Friday 7am | Liam O’ Neill  086 8629521 |
| Watershed Kilkenny  Kilkenny Pony Club | Saturday  6pm | Yvonne Hoban  087 9375726 |
| The Apex New Ross | Wednesday 6:15 pm  (commencing a new session in 2 weeks end of Feb) | Joanne or reception  0514455223 |
| Hotel Kilkenny | Tuesday 4pm (not currently running but an option if people interested)  Friday 7pm | Nicola (contact Margaret Fogarty 0868555974 if interested in this option) |

For anyone who simply cannot get to any of the above we can find other options or over the years due to busy lives some kids have followed their own lane swimming programs which we can help organise if necessary.

Swim Camp Options:

Liam O’Neill runs these during school holidays

Watershed Kilkenny run these during school holidays

(all book up fast so book in advance)

Swim Clubs:

Kilkenny: www.kilkennyswimminclub.ie

Carlow: www.stfiaccs.ie

New Ross: www.newrossswimmingclub.com