



Times needed for 1,000 points effective 1 May 2025

AGE GROUP	FOR 2026 SEASON		RUNNING		SWIMMING		BONUS POINTS
Girls/Ladies	Year born	Age end of 2026	Distance	Time	Distance	Time	per year over base
Under 8	2019 and later	7 and younger	400	2 min 00	25	0 min 35	0
Under 9	2018	8	400	1 min 47	50	0 min 56	0
Under 11	2016-2017	9 and 10	400	1 min 38	50	0 min 46	0
Under 13	2014-2015	11 and 12	800	3 min 01	50	0 min 38	0
Under 15	2012-2013	13 and 14	800	2 min 53	100	1 min 15	0
Under 17	2010-2011	15 and 16	800	2 min 43	100	1 min 15	0
Under 19	2008-2009	17 and 18	800	2 min 54	100	1 min 14	0
Juniors 19-27	1999-2007	19 -27	800	2 min 58	100	1 min 19	0
Seniors 28-39	1987-1998	28 - 39	800	3 min 06	100	1 min 25	3
Master's 40-49	1977-1986	40-49	800	3 min 11	100	1 min 24	5
Master's 50-59	1967-1976	50-59	800	3 min 10	100	1 min 34	5
Master's 60-69	1957-1966	60-69	400	1 min 46	50	0 min 51	6
Master's 70+	1947 - 1956	70 -79	400	1 min 58	50	0 min 58	10
Master's 80+	1946 and earlier	80 and older	400	2 min 37	50	1 min 10	12
Special needs	Any date	Any age	400	2 min 00	50	0 min 45	0
Boys/Men							
Under 8	2019 and later	7 and younger	400	1 min 58	25	0 min 33	0
Under 9	2018	8	400	1 min 43	50	0 min 51	0
Under 11	2016-2017	9 and 10	400	1 min 37	50	0 min 44	0
Under 13	2014-2015	11 and 12	800	3 min 00	50	0 min 36	0
Under 15	2012-2013	13 and 14	800	2 min 47	100	1 min 13	0
Under 17	2010-2011	15 and 16	800	2 min 36	100	1 min 10	0
Under 19	2008-2009	17 and 18	800	2 min 29	100	1 min 08	0
Juniors 19-27	1999-2007	19 -27	800	2 min 35	100	1 min 09	0
Seniors 28-39	1987-1998	28 - 39	800	2 min 40	100	1 min 15	3
Master's 40-49	1977-1986	40-49	800	2 min 40	100	1 min 15	5
Master's 50-59	1967-1976	50-59	800	2 min 46	100	1 min 18	5
Master's 60-69	1957-1966	60-69	400	1 min 30	50	0 min 43	6
Master's 70+	1947- 1956	70 -79	400	1 min 40	50	0 min 50	10
Masters 80+	1946 and earlier	80 and older	400	2 min 17	50	0 min 53	12
Special needs	Any date	Any age	400	2 min 00	50	0 min 45	0

Running

For every 1 second slower, 2 points will be subtracted from your 1 000 points, and for every 1 second faster, 2 points will be added to your 1000 points

Swimming

For every 1 second slower, 5 points will be subtracted from your 1 000 points, and for every 1 second faster, 5 points will be added to your 1000 points. Exception U/13 athletes swimming 50 m adjustment will be 10 points per second.

Example

Running: Boys U /15 Time for 1,000 points = 2 min 47		Swimming: Boys U/15 Time: for 1,000 points = 1min 13		Bonus points	Combined
Run time	Points	Swim time	Points		
02:29.05	1035.9	01:01.03	1059.85	0	2095.75
02:45.00	1004.00	01:13.00	1000.00	0	2004.00
02:47.00	1000.00	01:19.51	967.45	0	1967.45
02:48.52	988.96	01:25.12	939.40	0	1928.36
± 1 Point per 0.5 sec		± 1 Point per 0.2 sec			

Biathletes usually aim for combined score above 2,000 points, as this is normally the prerequisite to qualify for provincial teams to represent their province at the SA Biathlon Championships