

BIATHLON

Task: To run the marked route involving shooting and hand grenade target throwing as fast as possible in a relay way.

How to do it:

There is a marked circuit in the shooting range area. The team runs the circuit in a relay way so that every team member does 2 laps. In the course of each lap, the team member goes once into the shooting range where he shoots and once into the grenade-throwing area where he attempts to hit the target with grenade replicas.

A small-bore rifle will be used for shooting at **3 inflatable balloons** in one lap. In the first lap, **3 - 5 shots** will be fired from a lying position, in the second lap **3 - 5 shots** from a kneeling position. Each team shoots from “their own” firing position marked with the number corresponding to their competition team number at “their own” target, also marked with the identical number. Both the weapon and the magazine with rounds are ready at the firing position.

In grenade-throwing, the team members try to hit the target on the ground. Each team does so from “their own” throwing station marked with the number corresponding to their competition team number at “their own” target, also marked with the identical number. In each lap, they use a grenade replica **3 times**. The grenade replicas are ready at the throwing station.

For each missed target both in shooting and grenade-throwing, the contestant must run an extra penalty lap. The circuit for penalty laps, after shooting is finished, is located outside the entrance to the shooting range, and the circuit, after the grenade-throwing is finished, is located next to the throwing area. As a way of checking the number of penalty laps, a contestant receives a **card with a number of the penalty laps** he is obliged to run from a referee immediately after individual shooting, which he then hands over to a referee at the start of the penalty laps circuit. In **case he loses** this card, the contestant is immediately penalized with running **3 penalty laps**. Having run the penalty laps, the contestants continue along the biathlon track.

Assessment:

The time is stopped after the last team member crosses the finishing line.

