

IT'S NEW IN CANADA AND COMING TO SASKATCHEWAN!!

TREC

What is TREC?

The discipline is known generally by its French name, Technique de Randonnee Equestre de Competition (T.R.E.C). The sport began its development in France where they have a highly organized equestrian tourist industry. The concept of TREC was born as a suitable way to test the expertise of professional equestrian guides and soon began to appeal to the everyday rider.

TREC is a unique equestrian sport based on the French discipline "Le Trec". Newly introduced to this country, TREC appeals to a variety of riders with all kinds of horses and ponies.

The competition is designed to test the horse and rider's partnership through a wide range of activities rather than focusing on one particular discipline. Riders will find themselves in situations that they should be familiar with when out hacking through the countryside such as gates, fallen logs, streams and low branches. The sport requires the horse and rider to show versatility and training, combining the requirements of trail riding (orienteering), with jumping and correct basic flatwork.

Open to all, the sport has something to offer every horse and rider with opportunity for pairs to compete. Classes cater for a range of riders from those with very modest ambitions to others with a keen competitive instinct right up to international Championship level.

Phases of TREC

The competition is conducted across three phases, Parcours d'Orientation et de Regularite (P.O.R), Matrisse des Allures (Control of Paces (CP)) and Parcours en Terrain Varie (P.T.V).

TREC - Phases of Competition

The competition is conducted across three phases, and can take place on a single day, or be held over two days. The phases are listed below in the order they would be held at a Championship event, but they can be run in any order.

Phase One: Parcours d'Orientation et de Regularite (P.O.R.) is broadly orienteering on horse back. Riders must follow a route on a map that they have traced, at speeds predetermined by the organizer. The POR is not a race and the majority of the course is conducted in walk and trot. Routes start from 12 km at hacking pace at beginner level, up to 45 kms long at Championship level where a higher level of horse and rider fitness is required.

At the start of the POR phase, you are given **240 points**, which you then do your best not to lose as you complete the course. The main ways of 'losing' points are;

For missing any checkpoint or ticket - **50 penalties**

For finding a checkpoint or manned ticket from the wrong direction - **30 penalties**

For traveling too fast or too slow - **1 penalty per minute**

Phase Two: Matrisse des Allures or Control of Paces/Gaits (CP) This phase is designed to demonstrate that the rider can exercise a degree of influence over the horse first in canter, then in walk following a straight line course of 150 meters long and 2-4 meters wide. The concept is that the slower the horse travels in canter, and the faster in walk, the greater the marks awarded. A shortened course of less than 150 meters is sometimes used. A curved track can also be adopted.

You can earn up to **30 points** by cantering as slowly as possible along a marked corridor of a maximum length of 150 meters. It is the speed, not the quality, of the canter that is marked, but it must be a canter.

For walking as fast as possible back down the track can earn you up to **30 points**, without any breaks in stride. One stride of any other gait will result in a zero score and any hoof that lands on or outside the corridor marking lines will also result in a zero score.

Phase Three: Parcours en Terrain Varie (P.T.V.).

This phase, which is generally 1km to 5kms long, is the cross-country obstacle course. While this phase does include some cross-country jumping, the size of the obstacles is set according to the level of competition and each obstacle is optional and does not incur elimination if bypassed.

The course also includes some tasks, which must be undertaken whilst dismounted, as well as tests of obedience and calmness. It is designed to give an indication of the horse/rider's suitability to cope with the kind of obstacles and difficulties that might be encountered whilst riding in the countryside, and demonstrate the partnership working calmly and efficiently together.

There are usually around 16 obstacles with a potential of **10 points for each obstacle**. You may opt not to do any obstacle, but must **stop** and inform the

judge of that obstacle.

Each obstacle's points consist of;

Effectiveness - how well you can carry out the task (max 7) **plus style** - how nicely you do it (+3 to -2) **minus Penalties** (-1 to -3 for carelessness, brutality or dangerous riding).

This phase can also be affected by time penalties;

For being between 1 second and 60 seconds late - **5 penalties**

For being between 61 and 120 seconds late - **15 penalties total**

For being 121 seconds (or more) late - **30 penalties total**

Scoring

The scoring is based on accumulating the most points, and one of the major appeals of this discipline is that if a horse or rider is unable to perform any part of the competition, they are not eliminated - they merely lose points. It recognizes that the demands of the competition are so wide and varied that not all riders or horses can be good at everything. Injury, cheating or losing equipment can result in elimination but in practice eliminations are very rare.

These are brief descriptions, for greater detail we strongly recommend you consult the TREC Rulebook.

TREC - How to get started

We are all first timers and everyone is very welcome. we have to start somewhere!

Training days will be held in some areas so this is one way to start . Composed of challenges you would commonly meet out riding in the countryside, TREC is designed to be manageable to every rider, no matter what level of ability. The emphasis is on fun. You can ride any suitable horse or pony that is at least 4 years old (adults can ride ponies and juniors can ride horses).

TREC has a fantastic reputation as **a friendly sport where you are welcomed**, whatever your level of ability or experience, we're always pleased to see new faces! It's sometimes possible to hire horses so you can take part even if you don't have your own horse.



The Saskatchewan Horse Federation will post information on its website as it is available. Additional events will be added to the website throughout the year. You need

to get hold of a copy of the schedule and entry form for your chosen event and send off your entry to the secretary in good time. You'll usually be sent directions to the venue, an individual start time, and any other details you'll need.

You may like to **enter a Pairs class for your first go** - competitors under 16 must compete with a rider over 16, those over 16 can compete as Individuals, or with any partner (however if you disagree about the route-finding, marriage counseling is not included!)



You will ride phase one (aka POR) together, and the other two phases separately, resulting in a combined team score. You will also sometimes see '**Assisted**' classes - these are for a rider who is accompanied on the POR (navigating) phase only, by a partner on a bike, a horse or on foot. The rider completes the rest of the event as an individual.

Worried about map reading? At Level 1 this is fairly basic, and you can dispel your fears at a map-reading training session.

What equipment do I need? Most riders take part in their normal hacking gear. There is a brief list of required equipment you must carry as part of the competition (see [TREC Rulebook](#) and [General Rules](#)). A bum bag, saddlebag, or waistcoat with pockets is useful to carry it in. The list includes basic first aid kit for horse and rider, compass, headcollar and rope and a waterproof jacket. A hat to recommended standard (certified by SEI or ASTM or BSI) is essential, as is safe, comfortable clothing and footwear.

Remember!

No one expects you to be an expert at your first attempt - but you may be suprised how well you get on - and it's all about enjoying yourself with your horse or pony.

For individuals, groups, venues or Riding Clubs interested in [TREC events](#), either training or competitions, we would be delighted to hear from you and we offer lots of help and support.

[Future Clinic to follow shortly!!](#)

[Stay in touch for further details and dates!!](#)