



2017 Winter Nationals Pentathlon Alberta Series Meet #3 February 11 – 12, 2017

VENUES

Equestrian

Country Hills Equestrian Centre
283082 Country Hills Blvd. east (township 284)

Fencing, Swimming, Laser Run-Shoot

University of Calgary
University of Calgary, 2500 University Dr. NW
Kinesiology Complex

SCHEDULE OF EVENTS

February 11

RIDING (Country Hills Equestrian Centre)

5:30pm – 8:30pm

February 12

SWIMMING (UC Aquatic Centre)

9:00am – 10:00am

Athlete check-in on deck. Spectators please seat in the upper viewing area.
Swim distances are below based on division.

FENCING (UC Kinesiology Auxiliary Gym and Dance Studio)

10:30am – 12:30pm

Format for this event will be Pentathlon single touch bouts (possibly repeated pairings) with age groupings based on registrations. See next page for details.

COMBINED (UC Track)

1:00pm – 3:00pm

Venue and equipment set up, gun check, heats assignment.

Late lunch, scoring and awards to immediately follow. Catering provided by Fuel for Gold.

Categories and Distances

The age of the pentathlete is determined by subtracting the year of birth from the year of the competition. Youth may compete in higher age categories. Masters athletes may compete in Senior category. Shooting in each series is completed when the target is hit five times or 50 seconds expires. Following are the distances for swim and combined events by age category.

Category	Age	Swim Distance	Run/Shoot Distance
Senior	(> 21)	200m	4 x 800m
Junior	(19 – 21)		
Youth A	(17, 18)		
Youth B	(15, 16)	200m	3 x 800m
Youth C	(13, 14)	100m	2 x 800m
Youth D	(11, 12)	100m	2 x 400m
Youth E	(9, 10)	50m	1 x 400m
Youth F	(under 9)		
Masters 1	(≥ 30)	100m	3 x 800m
Masters 2	(≥ 60)	50m	3 x 400m



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Event Format

Fencing

FORMAT – Pentathlon competition format consists of all fencers within a competitive group competing against every other fencer in a large pool format. Each bout consists of one minute to one point. The bout ends when a single hit is recorded and a victory is awarded to one fencer. No points are awarded to either athlete if no hits are recorded. Each athlete must complete a minimum of 19 bouts.

Eligibility – Athletes are eligible to compete in the fencing component if they are members of Pentathlon Alberta or the AFA.

- All fencers must wear fencing whites including mask, jacket, glove, pants, helmet and knee socks along with a sous-plastron. Women must wear a chest guard.
- Fencers must provide two weapons and spare body wire.

Swimming

FORMAT – Pentathlon competition format for the swim consists of completing the distance determined by an athlete's category, as fast as possible. Scoring corresponds to one's time. FINA rules apply.

Eligibility – Athletes must be able to safely complete the competitive distance and participate in a group warm up where the available swim lanes may be busy.

- Swimmers must wear swimwear meeting FINA rules (<http://www.fina.org/content/fina-approved-swimwear>)

Riding

FORMAT – Pentathlon competition format for the equestrian event consists of a random draw for a horse, a 20 minute warmup of up to five jumps and the completion of a show jumping course. At this competition, we are modifying the rules to accommodate as many athletes as possible. Horses will be selectively matched with the best-suited rider. The event will consist of a group warmup and then the show jumping round. For athletes not competing in the full pentathlon, there will be five spots available for a led-ride as well. This is suitable for athletes who are competing in four events now and would like a chance to learn a bit more about the equestrian phase. Space is limited for the ride. Available to all other non-riding athletes is the chance to audit the ride. Auditing means spending the evening around the horses and competitors but not mounting up, and listening to the clinician's instruction.

Combined Event (Run/Shoot)

FORMAT – Pentathlon competition format for the run/shoot consists of running into one's shooting station, shooting five successful shots (or 50 passing), and then running one loop. The number of times an athlete shoots, and the distance to run are captured in the competition categories above. Scoring corresponds to one's time.

Eligibility – athletes must be able to respectfully handle a laser pistol.

- Running attire and athletic shoes are required.
- Number of heats will be dependent on participant numbers, available targets and time available to complete event.

This competition is sanctioned by Pentathlon Alberta. Pentathlon Alberta provides funding for event space, referees, and equipment.



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Registration Details

Registration opens January 7th at www.pentathlonalberta.com, with deadlines as follows:

1. Early Bird until – January 28th (Save \$15).
2. Final Deadline – February 4th.

Entry fees are as follows:

Event Options	
Pentathlon Registration (competing in ride).....	\$125
Pentathlon Registration (lead line in ride).....	\$85
4 Event Registration.....	\$60
OR by EVENT	
Fencing event entry.....	\$30
Swim event entry.....	\$30
Combined event entry.....	\$30

Please direct questions to entries@pentathlonalberta.com and info@arespentathlon.ca.

Accommodation

[Hotel Alma](#) is on the University campus, a minute's walk from the Kinesiology Complex. Hotel Alma is offering 10% OFF the Best Available Rate at Hotel Alma and Seasonal Residence at Alma, Two Bedroom Apartments. Please quote Pentathlon Winter Nationals when booking.

[University of Calgary's Global Village](#) is also a very short walk to the Kinesiology Complex. As a 2-star accommodation, its rates are very reasonable.

[Motel Village](#) is 2.2km from the University of Calgary, and has several available options.

