



# 2024 MODERN PENTATHLON NATIONAL CHAMPIONSHIPS

**JULY 5 - 7, 2024**

**CALGARY • CANMORE**



Pentathlon Canada in partnership with Pentathlon Alberta, Ares Pentathlon & Fencing Club and Obstacle Sports Canada is pleased to present the 2024 Modern Pentathlon National Championships. These Championships are being hosted in Calgary/Canmore, Alberta at the venues outlined below.

We look forward to hosting you and your families. It is going to be a great event!

If you have any questions please contact Shelley Callaghan, Pentathlon Canada Executive Director at: [executivedirector@pentathloncanada.ca](mailto:executivedirector@pentathloncanada.ca)

## venues

### **OBSTACLE RACING**

#### **Breathe Parkour**

401 33 St NE Unit 8, Calgary, AB T2A 7R3

### **SWIMMING**

#### **Elevation Place**

700 Railway Ave #100, Canmore, AB T1W 1P4

### **FENCING**

#### **Canmore Golf & Curling Club**

2000 8 Ave, Canmore, AB T1W 1Y2

### **LASER-RUN**

#### **Canmore Nordic Centre**

1988 Olympic Way, Canmore, AB

### **BANQUET AND AWARDS CEREMONY**

#### **Canmore Golf & Curling Club**

2000 8 Ave, Canmore, AB T1W 1Y2

### **FUN EVENT IN PARTNERSHIP WITH BIATHLON AB**

#### **Canmore Nordic Centre**

1988 Olympic Way, Canmore, AB

## SCHEDULE OF EVENTS

Competition will be run in accordance with [UIPM rules](#)

### **FRIDAY, JULY 5**

#### **OBSTACLE RACING**

##### **Breathe Parkour**

5:00 PM - 7:00 PM

### **SATURDAY, JULY 6**

#### **SWIMMING**

##### **Elevation Place**

8:00 AM - 10:30 AM

Athlete check-in on deck.

#### **FENCING**

##### **Canmore Golf & Curling Club**

11:00 AM - 2:30 PM

Format for this event is single-touch bouts with groupings based on registrations.

#### **LASER RUN**

##### **Canmore Nordic Centre**

3:00 PM - 5:30 PM

#### **BANQUET AND AWARDS CEREMONY**

6:30-9:30pm

##### **Canmore Golf & Curling Club**

Cost of Dinner included in athlete registration. Additional tickets can be purchased for \$55 each

## SUNDAY, JULY 7

### FUN EVENT IN PARTNERSHIP WITH BIATHLON ALBERTA

#### Canmore Nordic Centre

9:00am-12:00pm

Open fun event for alumni, athletes, parents. Participants arrive and are put into teams. Included for athletes participating in National Championships. There is no cost for individuals just competing in this event but you MUST register.

## CATEGORIES & 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 the Senior category. Following are the distances for the swim and laser run events by age category.

Category	Age	Birth Year	Swim Distance	Laser-Run Distance
Senior	(> 21)	2002 or earlier	200m	5 x 600m
Junior	(19 - 21)	2003 - 2005		
U19	(17, 18)	2006 - 2007		
U17	(15, 16)	2008 - 2009	200m	4 x 600m
U15	(13, 14)	2010 - 2011	100m	3 x 600m
U13	(11, 12)	2012 - 2013	100m	3 x 300m
U11	(9, 10)	2014 - 2015	50m	2 x 300m
Masters 1	(≥ 30)	1994 - 1965	100m	3 x 600m
Masters 2	(≥ 60)	1964 or earlier	50m	2 x 600m

### LASER RUN

- Counts as 2 events (run and shoot)
- Please indicate if you need to borrow a laser pistol. There are limited laser pistols available.

### FENCING

- Equipment must be in safe working order
- Bonus round fencing ladder will take place at conclusion of the ranking round, with each bonus round victory counting for 1 point.

### SWIMMING

- 25 metre pool, starting blocks
- Warm up will be 20 minutes at opening of pool
- Bathing suit required, goggles and cap

### OBSTACLE

- Athletes will have 30 minutes to warm up and practice on the obstacles.
- Obstacles will be adjusted for smaller athletes. If you see something of concern during the warmup please point it out to the organizers and we'll look to make the necessary adjustments.
- Timers with buzzers are set up for the event. However, only the first athlete to press the buzzer will stop the official time. The other athlete will be recorded via stopwatch.
- Athletes will have one official run for time that will count towards their overall pentathlon score.
- Athletes are permitted to fail twice on each obstacle though on the second fail, they may move on to the next obstacle.
- If an athlete fails an obstacle they must walk/run to the end of the obstacle before returning to the start, to begin again.
- At the completion of the first run, athletes who are interested will be placed into groups based on an age range for a chance to compete in elimination rounds against fellow athletes (1st vs 4th, 2nd vs 3rd, etc. with the winner facing each other in the final).

## REGISTRATION DETAILS

### Registration is open, with deadlines as follows:

1. Registration closes at 11:59pm July 4 for pentathlon/tetrathlon, fencing and obstacle
2. Registration for Sunday Fun Event closes at 12:00pm July 6
3. Family Discounts available for pentathlon/tetrathlon registrations: 2 athletes from the same family= \$50 discount; 3 athletes from the same family= \$100 discount; 4 athletes from the same family= \$150 discount - please note all athletes must have a full athlete membership to participate  
Please contact Shelley at [executivedirector@pentathloncanada.ca](mailto:executivedirector@pentathloncanada.ca) PRIOR to registering to get your Family Discount Code to apply to ONE athlete registration.

### REGISTRATION COSTS

All Pentathlon and Tetrathlon participants must be members of Pentathlon AB, Pentathlon ON, Pentathlon BC or Pentathlon Canada. If you are not a member you will be asked to register as a member and pay for your membership, in addition to the event registration.

Please note that the registration cost for Pentathlon and Tetrathlon includes some meals (July 6 lunch, July 6 Banquet dinner) and participation in the Sunday Fun Event.

**Pentathlon/Tetrathlon - \$250**

**Fencing Only - \$25**

**Obstacle Only - \$40**

**Additional Banquet Tickets for Guests - \$55**

**Sunday Fun Day Only - \$0**

Register for **Pentathlon and Tetrathlon** [HERE](#)

Register for **Fencing ONLY** [HERE](#)

Register for **Obstacle ONLY** [HERE](#)

Register for **Sunday Fun Day ONLY** [HERE](#)

Purchase **Additional Banquet Ticket** [HERE](#)