



# **2021 NATIONAL TRIATHLE & LASER RUN CHAMPIONSHIPS**

*Brisbane 29-30 May 2021*

**INVITATION LETTER**



## Timetable

Date & Time	Event	Location
<b>SATURDAY 29 MAY - TRIATHLE (SHO - SWIM - RUN)</b>		
8:30 AM	Registration & Warm up available	Sheldon College 43 - 77 Taylor Road, Sheldon Queensland 4157
9:00 AM - 11:00PM	Triathle Exact Heats and Timetable to follow	
12:00PM	Presentation	
<b>SUNDAY 30 MAY</b>		
8:30 AM	Registration & Warm up available	Sheldon College 43 - 77 Taylor Road, Sheldon Queensland 4157
9:00 AM - 11:00PM	Triathle Exact Heats and Timetable to follow	
11:30AM	Presentation	

## Competition Format

### LASER-RUN AGE SPECIFIC DISTANCES

Category	Age	Running sequence	Shooting sequence	Distance
<b>Under 11</b>	10 and younger (2011-2012)	2 X 400	2 X 5 hits (two hands)	5m
<b>Under 13</b>	11-12 (2009-2010)	3 X 400	3 X 5 hits	5m
<b>Under 15</b>	13-14 (2007-2008)	4 X 400	4 X 5 hits	7m
<b>Under 17</b>	15-16 (2005-2006)	4 X 400	4 X 5 hits	10m
<b>Under 19</b>	17-18 (2003-2004)	4 X 800	4 X 5 hits	10m
<b>Juniors</b>	19-21 (2000-2002)	4 X 800	4 X 5 hits	10m
<b>Seniors</b>	22+ (1999+)	4 X 800	4 X 5 hits	10m
<b>Masters 30+, 40+, 50+</b>	1991-1982; 1972-1981; 1962-1971	4 X 400	4 X 5 hits	10m



## LASER RUN PROCEEDURE

- The Laser Run is a pack start. The 15 minutes warm up finishes 3 minutes prior to the start of the competition.
- The LR competition is in series.
- Each series consist of hitting 5 targets with an unlimited number of shots in a maximum time of 50 seconds on a target with a valid zone of dimension 59.5mm. If after 50 seconds one or more targets have not been hit (or the athlete has not hit the valid zone 5 times) the athlete may start running without being penalised after getting the sign from shooting judge behind.
- The athlete must complete the full sequence of shooting and running.
- Athletes are responsible for shooting on the correct target.
- The athlete must stand with both feet on the ground, without support, completely within the shooting station. The entire pistol must be held and shot with one hand only excepting in Under 11 age category. The unarmed hand must not give support to the armed arm or hand.
- The laser pistol must touch the table between every shot.
- Athletes must follow the course from crossing the start line, going to the shooting range for each shooting series and, having completed the correspondent series of the shooting and running the distance according to their category, cross the finish line.
- If informed by a Judge and/or announced by the sound system, the athlete must stop and remain in the Last Penalty Stop Area for the time indicated.
- The Last Penalty Area will be located halfway between the shooting range and the finish line.
- During the race no athlete may accept any physical assistance or refreshment.
- The athlete must complete the course by passing finishing line to register a finish time.
- Athletes will be timed and placed in the order in which any part of their torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
- The competition result will be based on the competing time of the athletes, the fastest is ranked better.



## TRIATHLE AGE SPECIFIC DISTANCES

Group	Age (year of birth)	Sequence	Total Swim	Total Run	Shooting Distance
<b>Under 11</b>	10 and younger (2011-2012)	2x200 run + 2x25 swim + 2x5 hits	50m	400m	5m (both hands)
<b>Under 13</b>	11-12 (2009-2010)	2x400 run + 2x50 swim + 2x5 hits	100m	800m	5m
<b>Under 15</b>	13-14 (2007-2008)	4x400 run + 4x25 swim + 4x5 hits	100m	1600m	7m
<b>Under 17</b>	15-16 (2005-2006)	4x600 run + 4x50 swim + 4x5 hits	200m	2400m	10m
<b>Under 19</b>	17-18 (2003-2004)	4x800 run + 4x50 swim + 4x5 hits	200m	3200m	10m
<b>Junior</b>	19-21 (2000-2002)	4x800 run + 4x50 swim + 4x5 hits	200m	3200m	10m
<b>Senior</b>	22 + 1999+	4x800 run + 4x50 swim + 4x5 hits	200m	3200m	10m
<b>Masters 30+, 40+, 50+</b>	1991-1982; 1972-1981; 1962-1971	4x600 run + 4x50 swim + 4x5 hits	200m	2400m	10m

## TRIATHLE PROCEEDURE

Triathlon is a sport combining the disciplines of Shooting, Swimming and Running. Triathlon is continuous and organised outdoors, and can be managed on any surface (grass, sand asphalt etc.). The sequence of the competition in continuous Triathlon is:

- Pack Start – up to 25 m from the shooting station;
- Shooting – 5 green lights with laser;
- Swimming;
- Running;
- Number of sequences SHO-SWI-RUN
- Finish Line

Each of the different events of the competition must be organised in one area, so as to provide a flow from one event to another.

- The trial begins with a pack start, in which all competitors gather at the starting line
- Athletes start in a line up to 25 m from the shooting position.
- If the shooting position is also on a hard surface, athletes start the competition with shoes:
- The Transition Area must be placed before the swimming segment.



- Transitioning back on to the running leg, athletes are not allowed to throw any personal items (including goggles, water bottles and cap) away and are not allowed to hand them over to anyone. Any violation will be punished with a 10 second penalty.
- At the shooting range, athletes must complete successfully 5 hits before continuing to the next segment (the swimming). If after 50 seconds the athlete has not completed 5 hits, the athlete may continue to the swimming.
- Athletes are not allowed to stop shooting until the end of their 50 seconds or before reaching the 5 hits: otherwise they will incur a 10 second' penalty to be given at the shooting range before proceeding to the next leg.
- The swim course starts from a minimum depth of 90cm.
- The course before that point counts as the running course. Athletes then dive into the water and swim free style (in any fashion) for the required swimming distance before exiting the water, putting back their shoes (if necessary) to start the running segment.
- After finishing the running leg, athletes return to their dedicated shooting position for the next shooting series.
- After the last lap they will cross the finish line in Individual events

### **Competition Format cont...**

Timetable times subject to change pending entry numbers.

A draw with specific heat times, warm up times and entrants will be released in week leading up to the competition.

The competition will be carried out according to UIPM Rules. The Triathlon Championships will take place on the Saturday 29th May 2021, and the Laser Run Championships on Sunday 30th May 2021.

Swimming: - 25m indoor pool  
- 8 Lanes

Laser Run: up to 10+2 shooting range with Ecoaims LT600 Hit/Miss Laser Targets.  
Running Course: Undulating, majority, grass surface, some track.



## **Competition Venue**

The entire weekend will be carried out at Sheldon College, 43 - 77 Taylor Road, Sheldon Queensland 4157

## **Accommodation Options**

1. Air Bnb
  - a. [https://www.airbnb.com.au/s/Victoria-Point--Queensland--Australia/homes?place\\_id=ChIJ\\_z6ibg1mkWsRUJze81qjAgU&checkin=2021-05-28&checkout=2021-05-30&adults=2&children=0&landing\\_page\\_section=MARQUEE](https://www.airbnb.com.au/s/Victoria-Point--Queensland--Australia/homes?place_id=ChIJ_z6ibg1mkWsRUJze81qjAgU&checkin=2021-05-28&checkout=2021-05-30&adults=2&children=0&landing_page_section=MARQUEE)
2. Stayz
  - a. <https://www.stayz.com.au/search/keywords:victoria-point-brisbane-queensland-australia/arrival:2021-05-29/departure:2021-05-31/@-27.68475696793286,153.09557058547534,-27.48513919150626,153.33596088622608,11z/minNightlyPrice/0?filterByTotalPrice=true&petlcluded=false&ssr=true&adultsCount=2&childrenCount=2>
3. Motels
  - a. <http://www.redlandbaymotel.com.au/>
  - b. <https://www.bayairmotel.com.au/>
  - c. <https://www.waterloobayhotel.com.au/>
  - d. <https://www.bellavistaofrabybay.com.au/>
  - e. <http://www.clevelandmotorinn.com.au/cmi4/>

## **INFORMAL DINNER MODERN PENTATHLON DINNER SATURDAY EVENING**

We would like to create the opportunity for our community to get together outside the competition arena. Hence we are in the process of booking a venue within the Victoria Point precinct. It would be a general menu, pay as you go. If you are interested, could you please register that interest on the entry form, including numbers so we can make a booking.

## **MEMBERSHIP**

Athletes are only allowed to participate in the National Championships if they are a State Modern Pentathlon Association member. International competitors need to confirm current National registration. Athletes can purchase a 'day membership' to compete, on the entry form.



## **COVID-19**

The LOC is committed to taking all preventive measures against COVID-19 infection during the competition time, following all the state government and MPA recommendations.

Venues and facilities have specific requirements such as operating with a COVIDSafe Plan, density limits (maximum numbers of people allowed in a space), cleaning and record-keeping – please respect these.

MPA and the LOC will update you on further information as it comes to hand.

## **GENERAL INFORMATION**

- All athletes are kindly requested to wear their state, club or hub official uniform or generic attire. National uniforms should not be worn at the competition.
- Expected Weather conditions: Average daily temperature 23 degrees Celsius

## **LOC CONTACT DETAILS**

Please directly contact the LOC for local information regarding family and friends wishing to attend the competition or for any local questions you may have.

### ***EVENT ADMINISTRATOR: MODERN PENTATHLON AUSTRALIA***

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### ***EVENT ORGANISERS:***

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### ***MEDIA & COMMUNICATIONS: MODERN PENTATHLON AUSTRALIA***

Shannon Knaus

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We are looking forward to seeing our Modern Pentathlon Community in Brisbane in May.

See you soon.

Train well,



MPA President





