

Modern Pentathlon Australia National Championships Canberra 17-19 December 2021

INVITATION LETTER

Timetable

Masters, Seniors, Juniors, U19 Timetable

Friday 17th December 2021		
Date & Time	Event	Location
3:00 PM	Technical Briefing Seniors, Masters, Juniors	Australian Institute of Sport AIS Basketball Hall Leverrier Street, Bruce ACT 2617.
3:30 PM – Warm Up 4:00 PM – Competition Start	FENCING Ranking Round Senior Athlete Pool (Masters, Seniors, Juniors/ U19)	Australian Institute of Sport AIS Basketball Hall
6:00 PM – Competition (at the conclusion of ranking round)	FENCING Bonus Round	Australian Institute of Sport AIS Basketball Hall

Saturday 18th December 2021		
Date & Time	Event	Location
7 AM	RIDING Owners Round	ACT Equestrian Park 208 Cotter Rd, Weston ACT 2611
9 AM - First Rider (warm up) 9:20 AM - Competition Start	RIDING	ACT Equestrian Park 208 Cotter Rd, Weston ACT 2611
12:30 PM – Warm Up 1:00 PM – Competition Start	SWIMMING	Aquatic Testing and Training Centre Australian Institute of Sport
2:00 PM – Warm Up 2:30 PM – Competition Start	LASER-RUN	Australian Institute of Sport AIS Basketball Hall
5PM	Presentation	TBC



Youth (U17, U15, U13, U11) Timetable

Saturday 18th December 2021		
Date & Time	Event	Location
9:30 AM	Technical Briefing Youth Athletes	Australian Institute of Sport AIS Basketball Hall Leverrier Street, Bruce ACT 2617.
10:00 AM – Warm Up 10:30 AM – Competition Start	FENCING Ranking Round	Australian Institute of Sport AIS Basketball Hall
12:30 PM – Warm Up 1:00 PM – Competition Start	SWIMMING	Australian Institute of Sport Aquatic Testing & Training Centre
2:00 PM – Warm Up 2:30 PM – Competition Start	LASER-RUN	Australian Institute of Sport AIS Basketball Hall
4 PM (exact time TBC)	Presentation	TBC

Relay Timetable

SUNDAY 19th December 2021		
Date & Time	Event	Location
8:30AM	Technical Briefing- Relay	Australian Institute of Sport AIS Basketball Hall
9:00 AM – Warm up 9:30 AM – Competition Start	FENCING Ranking Round	Australian Institute of Sport AIS Basketball Hall
12:30 PM – Warm Up 1:00 PM – Competition Start	SWIMMING	Australian Institute of Sport Aquatic Testing & Training Centre
2:00 PM – Warm Up 2:20 PM – Competition Start	LASER-RUN	Australian Institute of Sport AIS Basketball Hall
4:00 PM (exact time TBC)	Presentation	TBC

****All times are estimates and subject to change given the number of entrants for categories. More accurate timetable will be provided with the start list a week prior to the event.***



New UIPM Competition Format for 2024 Paris Olympic Cycle & MPA National Championships

The competition will be held as close as possible to the new format as described by UIPM. Unfortunately, not all the details of this format or updated rule book are available at this time and not all potential changes are appropriate for us to implement however the following new format changes will be applicable in this competition:

- The point score from fencing will decrease from 7 points per win to 5 points.
- The fencing bonus round points will increase from 1 point to 2 points.
- The riding format is still to be determined, but 20mins with your draw horse before the competition will remain.
- The laser run will change to 5 X 600m with 4 X 5 green shooting series
 - Run – Shoot – Run – Shoot – Run – Shoot – Run – Shoot – Run

Specific details for the scoring system for the Laser Run are not yet published so we will simply transpose the LR times (at 5 x 600) into the current 4 x 800 scoring points. While it may not necessarily be where the scores and points will end up once UIPM has finalised it, it will be consistent for all athletes here so therefore fair for all.

Whatever points system is being applied will be applied across the entire age group for consistency and uniformity. Confirmation of points per hit, jumping penalty, seconds etc., will be confirmed in weeks before the competition.



Competition Format

Category	Age Year of Birth	Running sequence	Shooting sequence	Distance to the target	Swim	Fencing	Riding
Under 11	2011-2012	3 X 400	2 X 5 hits (two hands)	5m	50m	#Optional	
Under 13	2009-2010	3 X 400	2 X 5 hits (two hands)	5m	100m	#Optional	
Under 15	2007-2008	3 X 600	2 X 5 hits	10m	100m	#Optional	
Under 17	2005-2006	4 X 600	3 X 5 hits	10m	200m	*Optional	
Under 19	2003-2004	5 X 600	4 X 5 hits	10m	200m	✓	
Juniors	2000-2002	5 X 600	4 X 5 hits	10m	200m	✓	100cm
Seniors	1999+	5 X 600	4 X 5 hits	10m	200m	✓	100cm
Masters 30+, 40+, 50+	1991-1982; 1972- 1981; 1962-1971	4 X 600	3 X 5 hits	10m	100m	✓	** 70cm
Masters 60+, 70+	1952-1961; 1951+	3 X 400	2 X 5 hits	10m	50m	✓	** 70cm

- # Under 11, 13 & 15 competitors, Swimming and Laser-Run are obligatory. Athletes in these categories are **NOT** permitted to fence in main pool or Ride.
 – There will be an optional ‘Youth’ fencing pool available for athletes to gain experience. Result of this discipline will **NOT** be counted towards their overall points.
- * Under 17 competitors, the swimming and laser-run events are obligatory. Athletes in this category may choose to fence for experience (in either the youth or senior pool, however the result of this discipline will **NOT** be counted towards their overall points score or placing. U17 athletes are not allowed to Ride.
- Under 19 competitions, 4 disciplines (without Riding) are obligatory. U19 athletes are not allowed to Ride.
- ** **Masters** - all at a max height of 70cm.



Competition Format cont...

Timetable times subject to change pending entry numbers.

Swimming:

- In the AIS Aquatic Testing and Training Centre
- 25m Indoor Testing Pool (with touch pads)

Fencing:

- Ranking Round – Up to 6 pistes indoor
- External fencers will be invited, with all hits counting toward MP score.
- There will be two pools, a senior pool (seniors, masters and juniors) and a youth pool.
- Men and Women will be fencing against each other.
- Under 11, 13 & 15 – There will be an optional ‘Youth’ fencing pool available for athletes to gain experience. The result of this discipline will NOT be counted towards their overall points score or placing.
- Under 17 – Athletes in this category may choose to fence for in either the youth or senior pool, however the result of this discipline will NOT be counted towards their overall points score or placing.
- Bonus Round – Senior fencing pool athletes only.

Laser Run:

- up to 18+2 shooting range with EcoAims LT600 Hit and Miss Targets
- Running Course: varied surface

Competition Venue

The large majority of the event (Fencing, Swimming and Laser Run) will be held at the Australian Institute of Sport - <https://www.google.com/maps/d/viewer?mid=1M2J-5wmcrlf5BRLbh1uIWVfpf0c&usp=sharing>

Leverrier Street,
Bruce ACT 2617

The Riding will be held at ACT Equestrian Park (<https://www.actea.asn.au/>). A 15 min drive from the Australian Institute of Sport



Accommodation Options

There is a vast array of accommodation options in Canberra to suit all budgets.

Please visit <https://visitcanberra.com.au/accommodation>

Informal Dinner Modern Pentathlon Dinner Saturday Evening

An informal social dinner will be organised on the Saturday evening. Please express your interest in attending on the entry form.

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 an 'MPA day membership' for \$20 in order to compete on the day and be covered by MPA insurance.

COVID-19

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

Appropriate measures will be implemented to ensure a safe environment for all.

MPA will continue to update you on further information as it comes to hand.

CANCELLATION

The ACT has recently extended its territory wide lockdown until 15th October 2021. MPA will follow state government regulations and restrictions daily and will continue to work closely with AIS personnel about any venue restriction. All participants and family members attending the event will have to adhere to ALL AIS and ACT Government regulations.

Given the ever-present uncertainty COVID presents to planning, the MPA board will make an announcement as to whether the Nationals will proceed no later than 15th November 2021. (Remembering however that any event is still liable to cancellation the day prior/day of depending on government advice.)



Racing uniform

All athletes are requested to wear their state, club or hub official uniform or generic attire. National uniforms should not be worn at the competition.

Weather

Average Weather conditions in Canberra in December 26°C / 12

Organising Committee Contact Details

EVENT ADMINISTRATOR: Modern Pentathlon Australia

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Competition Director

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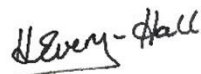
0409 353 183

We are looking forward to seeing our Modern Pentathlon Community come together in December in Canberra. See you all soon.

Train well,



Kitty Chiller AM
MPA President



Hannah Every-Hall
Pathways and Performance Director

