



2022 AUSTRALIAN CHAMPIONSHIPS APRIL 22-24

INVITATION LETTER

Timetable

Masters, Seniors, Juniors, U19 Timetable

Friday 22 nd April 2022		
Date & Time	Event	Location
7 AM	RIDING Owners Round	Willow Lane Equestrian Centre 296 Pillars Rd, Bangholme VIC 3175
9 AM - First Rider (warm up) 9:20 AM - Competition Start	RIDING	
2:00 PM – Technical Briefing 2:30 PM – Warm Up 3:00 PM – Competition Start	FENCING Ranking Round	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
At the conclusion of the Ranking Round approx. 5:30PM -	MPA AGM	TBC



Masters, Seniors, Juniors, U19 Timetable

Saturday 23 rd APRIL 2022		
Date & Time	Event	Location
8:30 AM	Facilities open for individual Warm Up	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
10 AM – First Bout	FENCING Bonus Round	
12:30 PM – Competition Starts <i>No warm up prior in line with new format</i>	SWIMMING	Warm up permitted 70 minutes prior to the start of competition
1:30 PM – Competition Start <i>No warm up prior in line with new format</i>	LASER-RUN	Warm up permitted 70 minutes prior to the start of competition
As soon as practicable possible post competition of all ages	PRESENTATION	TBC

Youth (U17, U15, U13, U11) Timetable

Saturday 23 rd APRIL 2022		
Date & Time	Event	Location
8:00 AM	Facilities open for individual Warm Up	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
9:00 AM	Technical Briefing Youth Athletes	
9:15 AM – Competition Start	FENCING Youth Ranking Round	
12 pm	General Warm UP	General warm up for the Youth Pentathlon. Though it will need to not clash with Senior event.
1:00 PM – Competition Start	SWIMMING	
2:00 PM – Competition Start	LASER-RUN	
4 PM – (As soon as practicable possible post competition of all ages)	PRESENTATION	TBC



Relay Timetable

SUNDAY 24th APRIL 2022		
8:00AM	Facilities open for individual Warm Up	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
9:00AM	Technical Briefing- Relay	
9:30 AM – Competition Start	FENCING Ranking Round	
1:00 PM – Competition Start <i>No warm up prior in line with new UIPM format</i>	SWIMMING	
2:30 PM – Competition Start <i>No warm up prior in line with new UIPM format</i>	LASER-RUN	
4:00 PM (As soon as practicable possible post competition of all ages)	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.***

Relay

The Organising Committee would like to encourage all athletes to enter the relay event, the day following the Individual National Championships. Whilst this will not be an MPA National Championships title, it will undoubtedly be a fabulous fun, exciting and incredibly positive opportunity for everyone to gain more competition experience and increasing learnings.

The relay is an opportunity for everyone and will comprise teams of 3 athletes. The organising committee will select teams with the assistance of coaches around the country. The selection will be based on recent performances, every attempt will be made to keep the teams as equitable as possible. Scoring will be as per UIPM tables when required

Each team will have a more experienced athlete (Athlete #1), and 2 youth/junior/ developing athletes (Athlete #2 & Athlete #3). The more experienced athlete will mentor, guide and support their team members.



The experienced athlete will fence only the other teams experienced fencer, whilst the less experienced will fence against the less experienced fencers. In the swim leg each team, there will be 1 X 100m and 2 X 50m legs. Laser-run will cover 4 shooting cycles and 4x 600m runs. The most capable athlete will perform 2x shoot cycles and 2x 600m and the remaining 2 athletes will each perform 1x shoot cycle and 1x 600m run.

Athlete	Fence	Swim	Laser-Run
Athlete #1	All other Athlete #1	100m	2x Shoot, 2x 600m run
Athlete #2	Other Athlete #2 or Athlete #3	50m	1x Shoot, 1x 600m run
Athlete #3	Other Athlete #2 or Athlete #3	50m	1x Shoot, 1x 600m run

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. The new rule book has just been released on the UIPM website. Not all changes are appropriate for us to implement however the following new format changes will be applicable in this competition:

- **Warm-up;** Athletes will have access to all facilities (except riding) for their warm-up starting 70mins before the competition and finishing 10 min before the beginning of competition start. In other words, there will be no time or facility availability allocated for athletes to warm up for the swim and laser run just before competition. This will only be permitted prior to competition commencement.
- To optimise transition times, athletes are encouraged, and should wear pentasuits in the swimming and laser run events.
- There are no changes of the Fencing Ranking Round.
- The fencing bonus round points will increase from 1 point to 2 points.
- The riding format – only 12 jumps (10 obstacles).
 - The same existing routine with athletes starting 20 mins ahead of entering the arena.
- The laser run will change to 5 X 600m with 4 X 5 green shooting series, starting with running for the U19, Juniors & Seniors
 - Run – Shoot – Run – Shoot – Run – Shoot – Run – Shoot – Run
 - Youth categories keep shooting immediately after leaving the start line.

The 500pt time on the points table remains the same. In case of faster performances than what is covered by the points table, the same logic must be followed to extend the time/ points.



Proposed Timetable

	Friday 22nd April		Saturday 23rd April		Sunday 24th April
	Masters, Seniors, Juniors, U19	Youth (U17, U15, U13, U11)	Masters, Seniors, Juniors, U19	Youth (U17, U15, U13, U11)	RELAY
7:00:00 AM	Riding - Owners Round				
7:30:00 AM					
8:00:00 AM				General Warm Up	General Warm Up
8:30:00 AM				Technical Brief	Technical Brief
9:00:00 AM	First Rider (Warm Up)		General Warm Up	General Warm Up	General Warm Up
9:30:00 AM	9:20am Competition Start		General Warm Up	Fencing Ranking Rnd	Fencing Ranking Rnd
10:00:00 AM	Riding		Fencing Bonus Rd WUP	Fencing Ranking Rnd	Fencing Ranking Rnd
10:30:00 AM	Riding		Fencing Bonus Rd	Fencing Ranking Rnd	Fencing Ranking Rnd
11:00:00 AM	Riding		Fencing Bonus Rd	Fencing Ranking Rnd	Fencing Ranking Rnd
11:30:00 AM			Fencing Bonus Rd	Swim General Warm Up	Fencing Ranking Rnd
12:00:00 PM				LR General Warm Up	
12:30:00 PM			Swimming		Swimming
1:00:00 PM			Swimming	Swimming	Swimming
1:30:00 PM			Laser Run	Swimming	Laser Run
2:00:00 PM	Technical Brief		Laser Run	Laser Run	Laser Run
2:30:00 PM	Fencing Ranking Rnd - W'UP			Laser Run	
3:00:00 PM	Fencing Ranking Rnd				
3:30:00 PM	Fencing Ranking Rnd				
4:00:00 PM	Fencing Ranking Rnd				
4:30:00 PM	Fencing Ranking Rnd				
5:00:00 PM	Fencing Ranking Rnd				
5:30:00 PM	MPA AGM	MPA AGM			
6:00:00 PM	MPA AGM	MPA AGM			



Competition Format

Category	Age Year of Birth	Running sequence	Shooting sequence	Distance to the target	Swim	Fencing	Riding
Under 11	2012-2013	2 X 300	2 X 5 hits (two hands)	5m	50m	#Optional	
Under 13	2010-2011	3 X 300	3 X 5 hits (two hands)	5m	100m	#Optional	
Under 15	2008-2009	3 X 600	3 X 5 hits	5m	100m	#Optional	
Under 17	2006-2007	4 X 600	4 X 5 hits	10m	200m	*Optional	
Under 19	2004-2005	5 X 600	4 X 5 hits	10m	200m	✓	
Juniors	2001-2003	5 X 600	4 X 5 hits	10m	200m	✓	100cm
Seniors	2000+	5 X 600	4 X 5 hits	10m	200m	✓	100cm
Masters 30+, 40+, 50+	1983-1992; 1973-1982; 1963-1972	3 X 600	3 X 5 hits	10m	100m	✓	** 70cm

- # Under 11, 13 & 15 competitors, Swimming and Laser-Run are obligatory. Athletes in these categories are NOT permitted to fence in main poule or Ride.
 – There will be an optional ‘Youth’ fencing poule 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 poule, 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.
 For all distances in the Senior, Junior and U19 age categories, the first lap (individual or relay) has no shooting

Competition Format cont...

Timetable times subject to change pending entry numbers.

Swimming:

- In the Caulfield Grammar School Aquatic Facility
- 25m Indoor Pool

Fencing:

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

Laser Run:

- up to 15+2 shooting range with EcoAims LT600 Hit and Miss Targets
- Multi surfaces

Updated Rules and Regulations

- The updated Rules and Regulations can be found here -
https://www UIPM World.org/sites/default/files/uipm_normal_1.pdf

Competition Venue

Much of the event (Fencing, Swimming and Laser Run) will be held at the Caulfield Grammar School.

Caulfield Grammar School

217 Glen Eira Road,
St Kilda East VIC 3183

The Riding Venue

Willow Lane Equestrian Centre
296 Pillars Rd, Bangholme VIC 3175



Accommodation Options

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

www.wotif.com

www.airbnb.com.au

www.booking.com

Informal Dinner Modern Pentathlon Dinner Saturday Evening

An informal social dinner will be organised on the Saturday evening. Venue to be determined. Please express your interest in attending on the entry form. It will be as early a practicably possible.

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. We will be under the regulations of the Department of Education. As such, currently all competitors and spectators will be required to be vaccinated to enter the grounds. Proof of such will need to be shown on Day one at registration. Currently masks are also required indoors.

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

CANCELLATION

MPA reserves the right to cancel the Championships, alter the order of events or venue, or within UIPM rules run any Event in any way it deems necessary. MPA Management Committee reserves the right to cancel the Riding Event at any time on or prior to 22nd April 2022. If this occurs MPA will refund the portion of the Entry Fee for this section of the event to all competitors entered in the Riding Event. In the event the competition is cancelled due to events outside the control of MPA, any refunds will be made at the discretion of MPA Management Committee and with reference to any unavoidable costs already incurred by, or on behalf of MPA. No other refunds will be made in respect of any changes to the Schedule, Events or any other aspect of the Competition.



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.

To optimise transition times, athletes are encouraged, and should wear pentasuits in the swimming and laser run events.

Entry Forms

Online Entry will be open soon. It will be advertised via the MPA website, social media and campaign.

Weather

Average Weather conditions in Melbourne in April p22°C / 12°C (High/Low)

Organising Committee Contact Details

EVENT ADMINISTRATOR: Modern Pentathlon Australia

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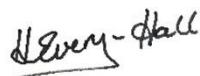
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We are looking forward to seeing our Modern Pentathlon Community come together in Melbourne in April. See you all soon.

Train well,



Kitty Chiller AM
MPA President



Hannah Every-Hall
Pathways and Performance Director

