



2022 AUSTRALIAN CHAMPIONSHIPS APRIL 22-24

BULLETIN # 1 04-April-2022

The organising committee is in full swing, preparing everything for our athletes to have the best competition they can to culminate the 2021/2 season. We are all incredibly excited to get our entire community together again for the first time in 2 years.

There has been much planning and discussion to ensure our athletes are as prepared as possible to have the most successful event possible. Hence a quiz has been organised to provide you with a fun way to check your knowledge about the rules of racing. A sound understanding of these rules will ensure you avoid any time penalties, disqualification or an appeals process. Please see the "Ensure You're Prepared" section below for more information.

All information will be posted on our website - <https://modernpentathlon.org.au/2022-nationals>

A large purpose for producing this bulletin is to ensure those attending are prepared as they can be and know what to expect. Consequently, could all competitors please check the entries listed below to confirm their entry has been received correctly.

Ensure You're Prepared

As we fine-tune our physical preparations, we also must ensure we understand the rules of racing clearly. We want to ensure everyone has their best race in the culmination event of the season at the National Championships and avoid incurring unnecessary time penalties, disqualifications or appeals.

A quiz has been prepared to test your knowledge around the swim and ride. Please check them out.

RIDING QUIZ - <https://modernpentathlon.org.au/wp-content/uploads/2022/04/EDUCATIONAL-QUIZ-UIPM-Riding-Rules.pdf>

SWIMMING QUIZ - <https://modernpentathlon.org.au/wp-content/uploads/2022/04/EDUCATIONAL-QUIZ-UIPM-Swimming-Rules.pdf>



Entries

We are preparing the draws for the event, and we want to make sure there are no mistakes, so **please check the below table to ensure we have your entry recorded correctly.**

If you find an error please email Hannah – hannah@modernpentathlon.org.au ASAP please.

DivTitle	Gender	Athlete FirstName	Athlete LastName	Athlete DOB	Relay	Youth fencing Poule
Under 11 (2012-2013)	Female	Ava	Harrington	12/08/2011	x	x
Under 13 (2010-2011)	Female	Skye	Orchard	16/06/2011	x	x
Under 13 (2010-2011)	Male	Harry	Gault	28/10/2010	x	x
Under 13 (2010-2011)	Male	Finnely	Clarke	13/08/2010	✓	✓
Under 15 (2008-2009)	Female	Matilda	Mason	17/07/2008	✓	✓
Under 15 (2008-2009)	Female	Xanthe	Wade	11/04/2009	x	✓
Under 15 (2008-2009)	Female	Tessa	Leen	30/10/2009	✓	✓
Under 15 (2008-2009)	Female	Peyton	Lee	20/11/2009	✓	✓
Under 15 (2008-2009)	Female	Amalie	Blanchard	11/03/2008	✓	x
Under 15 (2008-2009)	Male	Jack	McKerron	27/02/2008	✓	✓
Under 15 (2008-2009)	Male	Colby	Devlin	2/07/2009	✓	✓
Under 15 (2008-2009)	Male	Ted	Kleinschafer	6/01/2008	✓	✓
Under 15 (2008-2009)	Male	Wilfred	Kleinschafer	15/09/2009	✓	✓
Under 15 (2008-2009)	Male	Mitchell	Pointon	23/04/2009	x	✓
Under 15 (2008-2009)	Male	Charles	Hiscock	23/01/2009	x	x
Under 15 (2008-2009)	Male	Finley	Hiscock	23/01/2009	x	x
Under 17 (2006-2007)	Female	Alyssa	Greening	3/09/2006	✓	x
Under 17 (2006-2007)	Female	Analiese	Murphy	21/12/2007	✓	x
Under 17 (2006-2007)	Female	Zoe	Addinsall	2/10/2007	✓	✓
Under 17 (2006-2007)	Female	Chloe	Leen	29/09/2006	✓	x
Under 17 (2006-2007)	Female	Saffron	Wardrop-Brown	24/01/2006	✓	✓
Under 17 (2006-2007)	Male	Max	Clarke	26/12/2007	✓	✓
Under 17 (2006-2007)	Male	Murray	Clare	26/11/2007	✓	✓
Under 17 (2006-2007)	Male	Kian	Blanchard	11/10/2006	x	x
Under 19 (2004-2005)	Female	Zara	Temesi	31/10/2005	x	
Under 19 (2004-2005)	Female	Alana	Docherty	14/09/2005	x	
Under 19 (2004-2005)	Male	Joel	Collings	16/10/2004	x	



Entries cont...

DivTitle	Gender	Athlete FirstName	Athlete LastName	Athlete DOB	Riding	Relay
Juniors (2001-2003)	Male	Lachlan	Nicholls	29/04/2004	✓	✓
Juniors (2001-2003)	Male	Amos	Vagg	28/10/2003	✗	✓
Juniors (2001-2003)	Male	Cohen	Wade	12/03/2003	✓	✗
Seniors (<2000)	Female	Genevieve	Janse van Rensburg	24/03/2004	✓	✗
Seniors (<2000)	Female	Tully	Watt	11/05/2001	✓	✗
Seniors (<2000)	Female	Shermaine	Tung	10/11/1994	✗	✓
Seniors (<2000)	Female	Hannah	Crowther	3/04/1987	✓	✗
Seniors (<2000)	Female	Aleska	Van Heekeren	16/06/1999	✗	✗
Seniors (<2000)	Male	Timothy	Oliver	28/03/1995	✓	✓
Seniors (<2000)	Male	Kiat Xuan	Kok	21/06/1994	✓	✓
Seniors (<2000)	Male	Rhys	Lanskey	28/08/2001	✓	✗
Relay only	Male	Andrew	Collings	5/07/1977	NA	✓

Relay

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 Teams will be out as soon as humanly possible.

The experienced athlete will fence only the other teams' experienced fencers, whilst the less experienced ones will fence against the less experienced fencers. In each team's swim leg, 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



Updated Rules and Regulations

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

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.

Catering at the event

There will be an onsite catering van for your enjoyment and convenience for the 2 days Saturday 23rd and Sunday 24th.

On the menu we have:

- **Toasties**
 - #1 ham, cheddar and mozzarella
 - #2 roasted mushrooms, cheddar, mozzarella, pesto, mayo and spinach
 - #3 Reuben - corned beef, Swiss, saurkraut, pickles and 1000 Island dressing

Gluten-free available for our toasties.

- A selection of pies, sausage rolls and empanadas (there will be vego options)
- Sweet treats:
 - Pastries, cinnamon scrolls, slices and cookies (gluten-free options)
- Drinks:
 - Hot and iced coffee, choc and Chai.
 - Juices, soft drinks and sports drinks.



Social Dinner

We have 40+ participants (athletes, officials and their families) register interest for a social dinner on the evening of Saturday 23rd. If you didn't register and would like to come, please let Hannah know – at hannah@modernpentathlon.org.au. Equally, if you did register and your plans have changed, please also let Hannah know so we can confirm the numbers with the venue.

We are aiming for a 6 pm dinner. Venue to be confirmed.

Please let hannah know if there is a discrepancy in the below

Contact First Name	Contact LastName	Dinner Guest #
Harry	Gault	4
Kirilee	Wilson	2
Matilda	Mason	3
Cath	Leen	1
Colby	Devlin	2
GUY	CLARE	2
Katherine	Cameron	2
Cath	Leen	1
Lucy	Brown	4
Eszter	Hortobagyi	2
Alana	Docherty	2
Andrew	Collings	2
Lachlan	Nicholls	3
Cherie	Mordue	3
Kalinda	Wade	4
Elizabeth	van Rensburg	2
Kiat Xuan	Kok	1
Shermaine	Tung	3
Rhys	Lanskey	3
Hannah	Every-Hall	1
Kate	Thompson	1
TOTAL		48



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					
7:30:00 AM					
8:00:00 AM	Riding - Owners Round			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 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

COVID-19

MPA is committed to taking all preventive measures against COVID-19 infection during competition, 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 double vaccinated to enter the grounds.** Proof of such will need to be shown on Day one at registration.

Organising Committee Contact Details

EVENT ADMINISTRATOR: Modern Pentathlon Australia

Hannah Every-Hall

hannah@modernpentathlon.org.au

0418 311 367

Competition Director

Guy Clare

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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,

The Event Organising Committee and the MPA Board

