



# **2022 AUSTRALIAN CHAMPIONSHIPS APRIL 22-24**

## **BULLETIN # 2    12-April-2022**

It is now only 10 sleeps until our community comes together again, to commence the 2022 MPA National Championships. Early Friday morning, the competition will begin with Riding at Willow Lane Equestrian Centre, Bangholme. The remainder of our competition will take place at Caulfield Grammar School.

There will be a photographer at each day of the event to ensure we capture the occasion. Photos will be made available afterwards.

Please find within this bulletin further information to ensure your experience is the most fulfilling as possible.

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

Between now and the event, we all wish you all a happy and safe Easter to you all and your families.

### **Know the Rules – Be Prepared**

As we fine-tune our physical preparations and begin to look forward to the taper, and maybe a little extra time, it is the perfect opportunity to ensure we understand the rules of racing clearly.

Our primary aim is to ensure everyone has their best race at the National Championships and avoid incurring unnecessary time penalties, disqualifications or appeals.

Consequently, a number of quizzes have been prepared to test your knowledge of fencing, 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>

**FENCING QUIZ** – <https://modernpentathlon.org.au/wp-content/uploads/2022/04/EDUCATIONAL-QUIZ-UIPM-Fencing-Rules.pdf>



## Entries

The draw and final timetable will be released shortly. Please check the table below to ensure we have your entry recorded / updated correctly to ensure there are no mistakes.

If you find an error, please email Hannah – [hannah@modernpentathlon.org.au](mailto:hannah@modernpentathlon.org.au) ASAP please.

DivTitle	Gender	Athlete FirstName	Athlete LastName	Relay	Youth fencing Poule
Under 13 (2010-2011)	Female	Ava	Harrington	x	✓
Under 13 (2010-2011)	Female	Skye	Orchard	x	✓
Under 13 (2010-2011)	Male	Harry	Gault	x	x
Under 13 (2010-2011)	Male	Finley	Clarke	x	✓

Under 15 (2008-2009)	Female	Matilda	Mason	✓	✓
Under 15 (2008-2009)	Female	Xanthe	Wade	x	✓
Under 15 (2008-2009)	Female	Tessa	Leen	✓	✓
Under 15 (2008-2009)	Female	Peyton	Lee	x	✓
Under 15 (2008-2009)	Male	Jack	McKerron	✓	✓
Under 15 (2008-2009)	Male	Colby	Devlin	✓	✓
Under 15 (2008-2009)	Male	Ted	Kleinschafer	x	✓
Under 15 (2008-2009)	Male	Wilfred	Kleinschafer	x	✓
Under 15 (2008-2009)	Male	Mitchell	Pointon	✓	✓
Under 15 (2008-2009)	Male	Charles	Hiscock	✓	✓
Under 15 (2008-2009)	Male	Finley	Hiscock	✓	✓

Under 17 (2006-2007)	Female	Alyssa	Greening	x	✓
Under 17 (2006-2007)	Female	Analiese	Murphy	✓	x
Under 17 (2006-2007)	Female	Zoe	Addinsall	✓	✓
Under 17 (2006-2007)	Female	Chloe	Leen	✓	x
Under 17 (2006-2007)	Female	Saffron	Wardrop-Brown	✓	✓
Under 17 (2006-2007)	Male	Max	Clarke	x	x
Under 17 (2006-2007)	Male	Kian	Blanchard	✓	x

Under 19 (2004-2005)	Female	Zara	Temesi	x	
Under 19 (2004-2005)	Female	Alana	Docherty	✓	



## Entries cont...

DivTitle	Gender	Athlete FirstName	Athlete LastName	Riding	Relay
Juniors (2001-2003)	Male	Lachlan	Nicholls	✓	✓
Juniors (2001-2003)	Male	Amos	Vagg	✗	✓
Juniors (2001-2003)	Male	Cohen	Wade	✓	✗
Seniors (<2000)	Female	Genevieve	Janse van Rensburg	✓	✗
Seniors (<2000)	Female	Tully	Watt	✓	✗
Seniors (<2000)	Female	Shermaine	Tung	✗	✓
Seniors (<2000)	Female	Hannah	Crowther	✓	✗
Seniors (<2000)	Female	Aleska	Van Heekeren	✗	✗
Seniors (<2000)	Male	Timothy	Oliver	✓	✓
Seniors (<2000)	Male	Kiat Xuan	Kok	✓	✓
Seniors (<2000)	Male	Rhys	Lanskey	✓	✗

## 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

**WHERE:** Goathouse Bar and Grill, 272 Glen Huntly Rd, Elsternwick Vic 3185  
<https://www.goathouse.com.au/>

**WHEN:** Saturday 23<sup>rd</sup> April

**TIME:** 5:30pm for 6pm.

We have a booking at the Goathouse Bar and Grill, where everyone will be able to order à la carte (off the menu) and pay individually at the bar. Ideally, order your meal as early as possible, as there is another large group coming in from 6:30pm.

We now have 50+ participants (athletes, officials and their families) register for a social dinner on the evening of Saturday 23<sup>rd</sup>. If you didn't register and would like to come, please let Hannah know – at [hannah@modernpentathlon.org.au](mailto:hannah@modernpentathlon.org.au). Equally, if you did register and your plans have changed. The restaurant, who has been incredibly accommodating, requires confirmation of numbers early next week. So your assistance with this will be appreciated.

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

Contact First Name	Contact LastName	Dinner Party #
Harry	Gault	4
Kirilee	Wilson	2
Matilda	Mason	3
Cath	Leen	1
Colby	Devlin	2
Guy	Clare	1
Katherine	Cameron	2
Cath	Leen	1
Lucy	Brown	4
Ezter	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
Peyton	Lee	3
John	Fernon	1
Kayt	Spano	4
Jeff	Gray	1
<b>TOTAL</b>		<b>56</b>



## 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](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.



## UPDATED 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					7:45 Role Call / Briefing
8:00:00 AM	Riding - Owners Round			Role Call / Technical Briefing	General Warm Up
8:30:00 AM				Technical Brief	Fencing Ranking Rnd
9:00:00 AM	First Rider (Warm Up)		General Warm Up	General Warm Up	Fencing Ranking Rnd
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	Transition
11:30:00 AM			Swimming	Recovery/ General Warm Up	Swimming
12:00:00 PM			Swimming - Transition - Laser Run	General Warm Up	Laser Run
12:30:00 PM			Laser Run	General Warm Up	
1:00:00 PM				Swimming	
1:30:00 PM	Role Call			Swimming	
2:00:00 PM	Technical Briefing			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
<b>Under 11</b>	2012-2013	2 X 300	2 X 5 hits (two hands)	5m	50m	#Optional	
<b>Under 13</b>	2010-2011	3 X 300	3 X 5 hits (two hands)	5m	100m	#Optional	
<b>Under 15</b>	2008-2009	3 X 600	3 X 5 hits	5m	100m	#Optional	
<b>Under 17</b>	2006-2007	4 X 600	4 X 5 hits	10m	200m	*Optional	
<b>Under 19</b>	2004-2005	5 X 600	4 X 5 hits	10m	200m	✓	
<b>Juniors</b>	2001-2003	5 X 600	4 X 5 hits	10m	200m	✓	100cm
<b>Seniors</b>	2000+	5 X 600	4 X 5 hits	10m	200m	✓	100cm
<b>Masters 30+, 40+, 50+</b>	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 DIRECTOR: Modern Pentathlon Australia*

Hannah Every-Hall

[hannah@modernpentathlon.org.au](mailto:hannah@modernpentathlon.org.au)

0418 311 367

### *Competition Director*

Guy Clare

[guy.clare@hotmail.com](mailto:guy.clare@hotmail.com)

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

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and



**Caulfield**  
grammar school

