



2022 AUSTRALIAN CHAMPIONSHIPS APRIL 22-24

BULLETIN # 3 20-April-2022

The countdown is well and truly on, with just 2 sleeps (or 3 for our Youth Competitors) until we celebrate the season in our culmination event The 2022 MPA National Championships. It will be fabulous to have our entire community together again.

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.

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 also as another reference point for you - <https://modernpentathlon.org.au/2022-nationals>

We are really looking forward to welcoming you all.

PARKING – There is ample parking on the streets around Caulfield Grammar. The principle entry to the school for our event will be McWhae Avenue, Gate 9, however there is **no** 'general' parking in this carpark. This carpark is reserved for officials, first aid, food vans etc.

Know the Rules – Be Prepared

It is imperative to ensure you understand the rules of racing clearly. Our primary aim as event organisers, 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 Laser-Run, Riding, Swimming and Fencing. Please check them out.

LASER RUN QUIZ – <https://modernpentathlon.org.au/wp-content/uploads/2022/04/EDUCATIONAL-QUIZ-UIPM-Laser-Run-Rules.pdf>

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>



Other things to ensure you are prepared & get the most out of the event

- Ensure you have reusable water bottles, they can be easily refilled via the numerous water fountains situated around the facility.
- Running spikes are not permitted in the Laser Run.
- Ensure you have your race food prepared and bring it on the day to ensure you can perform at your best. There will be food van, though this can be put to use after the event and by your supporters 😊 . Ensure you stick to food you know will fuel your performance
- The spare targets on the laser-run are going to be labelled R1 & R2 (Reserve Targets) instead of UIPM S1 & S2.
- All fencers are encouraged to note their scores as a good habit following their bouts. This doesn't mitigate any responsibility from checking and signing the recorded score after each bout, it's more of a good habit to get into and also make notes about your opponent's fencing style for your growth and development as a fencer.
- Modern Pentathlon Drink bottles will be on sale at the registration desk 😊 . \$12 with EFTPOS facilities available.



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, sauerkraut, 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.



Entries

If you find an error, or you would like to make an edit, please email Hannah – 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	Finnley	Clarke	x	✓

Under 15 (2008-2009)	Female	Matilda	Mason	✓	✓
Under 15 (2008-2009)	Female	Xanthe	Wade	✓	✓
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	✓	✓
Under 17 (2006-2007)	Female	Saffron	Wardrop-Brown	✓	✓
Under 17 (2006-2007)	Male	Max	Clarke	x	x
Under 17 (2006-2007)	Male	Kian	Blanchard	✓	✓

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	x	✓
Juniors (2001-2003)	Male	Cohen	Wade	✓	x
Seniors (<2000)	Female	Genevieve	Janse van Rensburg	✓	x
Seniors (<2000)	Female	Tully	Watt	✓	✓
Seniors (<2000)	Female	Shermaine	Tung	x	✓
Seniors (<2000)	Female	Hannah	Crowther	✓	x
Seniors (<2000)	Female	Aleska	Van Heekeren	x	x
Seniors (<2000)	Male	Timothy	Oliver	✓	✓
Seniors (<2000)	Male	Kiat Xuan	Kok	✓	✓
Seniors (<2000)	Male	Rhys	Lanskey	✓	x

Relay

The relay is an opportunity for everyone and will comprise teams of 3 athletes. The organising committee will select teams making 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 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

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.

- No running spikes will be allowed during the run.



Social Dinner

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

WHEN: Saturday 23rd 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.

We now have 60 participants (athletes, officials and their families) register for a social dinner, which is just absolutely fabulous, and we are looking forward to sharing many stories. 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.

The restaurant, who has been incredibly accommodating, requires confirmation of numbers by THURSDAY 21st. 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
Eszter	Hortobagyi	2
Alana	Docherty	2
Andrew	Collings	2
Lachlan	Nicholls	3
Cherie	Mordue	3
Kalinda	Wade	4
Elizabeth	van Rensburg	2
Shermaine	Tung	3
Rhys	Lanskey	3
Hannah	Every-Hall	1
Kate	Thompson	1
Peyton	Lee	3
John	Fernon	1
Kayt	Spano	6
Jeff	Gray	1
Finley & Charlie	Hiscock	5
Kian	Blanchard	3
Kitty	Chiller	1
TOTAL		64



Event Flow for Saturday 23rd April

As highlighted from the beginning, the event director and organising team are committed to delivering a pentathlon in line with the new UIPM format rules. This format is new to all of us, and consequently, considerable time has been spent by those delivering the event studying and practically applying the new rules to the local environment. Every effort has been made to ensure we can deliver an event for our athletes as close as possible to the new format. We are excited to learn and grow and better ourselves and our athletes from this experience.

We have prepared a 'draft' flow, in order to prepare our athletes accordingly. We will endeavour to stick to these timeframes as much as humanly possible. Best wishes to you all, we are super excited to see you compete.

Senior, Junior, U19 Athletes Saturday 23 rd April, 2022	
<i>Estimated Times</i>	
	<i>Athletes will have access to all facilities for their warm up</i> Personalised boxes will be available at the Laser Run transition station. Athletes can save precious transition minutes by leaving their pistols and other laser run equipment in the transition boxes at the shooting range after they finish general warm up.
9:20am	
10:20am	Warm up closes
10:30am	Fencing Bonus Round Commences
11:20am	Fencing Bonus Round Concludes / Transition Time
11:30am	Swimming Commences - Heats known
11:45am	Swimming Concludes / Transition Time. 12 mins warm up available on the shooting range
12:00pm	Laser Run Commences - Lane number and handicap time will be provided by the LR Director (or delegate) at the shooting range to athletes as promptly as possible.



Youth U17, U15, U13 Saturday 23rd April, 2022	
<i>Estimated Times</i>	
8:00am	<i>Roll Call - Technical Briefing</i>
8:30am	Fencing Warm up Commences
9:00am	Fencing Ranking Round Commences
11:20am	Fencing Ranking Round Concludes / Transition Time
11:50am	General Warm Up Commences - Athletes can save precious transition minutes by leaving their pistols and other laser run equipment in the transition boxes at the shooting range after they finish general warm up.
12:50pm	General Warm Up Concludes
1:00pm	Swimming Commences - Heats known
1:30pm	Swimming Concludes / Transition Time. 12 mins warm up available on the shooting range for U17's
1:45pm	Laser Run Commences with U17's - Lane number and handicap time will be provided by the LR Director (or delegate) at the shooting range to athletes as promptly as possible.
2:05pm	Laser Run Commences with U15's & U13's
2:30pm	Presentations

Updated Rules and Regulations

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

Competition Venue

The primary location of the event will be held at the Caulfield Grammar School.

Caulfield Grammar School

Enter via Gate 9, McWhae Avenue, (no parking available in that carpark)
Off Glen Eira Road,
St Kilda East VIC 3183

The Riding Venue (Friday morning only)

Willow Lane Equestrian Centre
296 Pillars Rd, Bangholme VIC 3175



Volunteers

Information for all volunteers, role allocated, time required, expectations etc. can be found [HERE](#). If you require further information, please don't hesitate to contact Hannah Every-Hall.

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 over 18 will be required to be double vaccinated to enter the grounds.** Proof of such will need to be shown on Day one at registration.

Modern Pentathlon Australia – Annual General Meeting (AGM)

The MPA AGM is being held Friday 22nd after the Senior/ Junior Fencing Ranking Round.
Where: Function room, Level 1 in Caulfield Aquatic Centre, Caulfield Grammar School, 217 Glen Eira Rd, St Kilda East VIC 3183
Time: 5:30pm – 6:30pm (immediately following Fencing Ranking Round)

Organising Committee Contact Details

EVENT DIRECTOR: Modern Pentathlon Australia

Hannah Every-Hall

hannah@modernpentathlon.org.au

0418 311 367

Competition Director

Guy Clare

guy.clare@hotmail.com

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

See you in a couple days,

The Event Organising Committee and the MPA Board

Proudly Supported by:



and

