



**2023 AUSTRALIAN
CHAMPIONSHIPS
APRIL 21 -23**

INVITATION LETTER

Timetable

Masters, Seniors, Juniors, U19, U17, U15 and U13 Proposed Timetable

Triathlon (non-continuous format) Swim and Laser Run Competition

This event forms part of the full Modern Pentathlon and it is a requirement of entry for all pentathletes to participate in this Friday swim and laser run competition. This is to replicate as closely as possible the need to perform in a series of heats and finals in the new UIPM format for the Paris 2024 Olympic cycle.

This Triathlon / Swim & Laser Run event is also available for athletes to enter as a stand alone event.

Friday 21 st April 2023		
Date & Time	Event	Location
11:00 AM	REGISTRATION	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
12:30PM - Swim (warm up) 1:00 PM - Competition Start	SWIMMING	
2:00 PM – Laser Run	LASER RUN	
3:30 PM Presentations 4:30 PM Early Dinner	Presentations followed by early casual dinner at the venue	



Modern Pentathlon Australian Championship

Masters, Seniors, Juniors, U19 Proposed Timetable

Saturday 22 nd APRIL 2023		
Date & Time	Event	Location
7:30 AM Owners Course Walk 8:00 AM Owners Warm Up 8:20 AM Owners Round	RIDING Owners Ride	Willow Lane Equestrian Centre 296 Pillars Rd, Bangholme, VIC, 3175
9.00 AM Pentathletes course walk 9:15 AM Horse Draw 9:45 Warm Up 10:05 Pentathlon ride commences	RIDING Pentathlon Ride	
1:00 PM Roll call 1:30 PM Technical Briefing 2:00 Warm up starts	Fencing Technical Briefing Warm Up	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
2:30 PM Ranking round commences	FENCING Senior Ranking Round	
Time TBC	MPA AGM	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183

Youth (U17, U15, U13) Proposed Timetable

Saturday 22 nd APRIL 2023		
Date & Time	Event	Location
8:30 AM	Technical Briefing / Roll call	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
9:00 AM	Fencing Warm Up	
9:30 AM – Competition Start	FENCING Youth Ranking Round	
Time TBC	MPA AGM	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183



Masters, Seniors, Juniors, U19 Proposed Timetable

SUNDAY 23 rd APRIL 2023		
8:30AM	Facilities open for individual Warm Up	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
9:30 AM – Competition Start	FENCING Bonus Round Senior	
11:00 AM – Competition Start <i>No warm up prior in line with new UIPM format</i>	SWIMMING	
12:00 PM – Competition Start <i>No warm up prior in line with new UIPM format</i>	LASER-RUN	
3:30 PM (As soon as practicable possible post competition of all ages)	PRESENTATION	

Youth (U17, U15, U13) Proposed Timetable

SUNDAY 23 rd APRIL 2023		
9:00 AM	Facilities open for fencing Warm Up	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
9:30 AM – Competition Start	FENCING Bonus Round Youth	Note: running alongside senior bonus round
11:30AM	Facilities open for individual Warm Up	
12:30 PM – Competition Start <i>No warm up prior in line with new UIPM format</i>	SWIMMING	
1:30 PM – Competition Start <i>No warm up prior in line with new UIPM format</i>	LASER-RUN	
3:30 PM (As soon as practicable possible post competition of all ages)	PRESENTATION	

**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. 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 to 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 – 10 jumps (12 jumping efforts).
 - 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
 - Masters and Youth categories keep shooting immediately after leaving the start line.
- The Friday event is compulsory for ALL competitors in the Australian Championship Modern Pentathlon. The scores from the Friday competition will not be carried forward in the Australian Championship.

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.



	Friday 21st April	Saturday 22nd April		Sunday 23rd April	
	Laser Run & Swim	Masters, Seniors, Juniors, U19	Youth (U17, U15, U13)	Masters, Seniors, Juniors, U19	Youth (U17, U15, U13,)
7:00:00 AM		Owners Course walk 7.30am			
8:00:00 AM		Owners Warm Up			
8:30:00 AM		8.15 Riding - Owners Round	Roll Call/Technical Brief	General Warm Up	
9:00:00 AM		Course Walk – 9.15 Draw	Fencing Warm up	General Warm Up	
9:30:00 AM		9.45 Warm up	Fencing Ranking Rnd	Fencing Bonus Rd WUP	Fencing Bonus Rd WUP
10:00:00 AM		Riding	Fencing Ranking Rnd	Fencing Bonus Rd	Fencing Bonus Rd
10:30:00 AM		Riding	Fencing Ranking Rnd	Fencing Bonus Rd	Fencing Bonus Rd
11:00:00 AM	Registration	Riding	Fencing Ranking Rnd	Swimming	
11:30:00 AM			Fencing Ranking Rnd	Swimming - Trans - LR	General Warm Up
12:00:00 PM				Laser Run	General Warm Up
12:30:00 PM	Warm up				Swimming
1:00:00 PM	Swimming	Roll Call			Swimming
1:30:00 PM	Swimming	Technical Brief			Swimming - Trans - LR
2:00:00 PM	Laser Run	Fencing Ranking Rnd - W'UP			Laser Run
2:30:00 PM	Laser Run	Fencing Ranking Rnd			Laser Run
3:00:00 PM		Fencing Ranking Rnd			
3:30:00 PM	Presentations	Fencing Ranking Rnd			Presentations
4:00:00 PM		Fencing Ranking Rnd			
4:30:00 PM	Dinner at Venue	Fencing Ranking Rnd			
5:00:00 PM					



Competition Format

Category	Age Year of Birth	Running sequence	Shooting sequence	Distance to the target	Swim	Fencing	Riding
Under 13	2011-2012	3 X 300	3 X 5 hits (two hands)	5m	100m	#Optional	
Under 15	2009-2010	3 X 600	3 X 5 hits	5m	100m	#Optional	
Under 17	2007-2008	4 X 600	4 X 5 hits	10m	200m	*Optional	
Under 19	2005-2006	5 X 600	4 X 5 hits	10m	200m	✓	
Juniors	2002-2004	5 X 600	4 X 5 hits	10m	200m	✓	100cm
Seniors	2001+	5 X 600	4 X 5 hits	10m	200m	✓	110cm
Masters 30+, 40+, 50+	1984-1993; 1974-1983; 1964-1973	3 X 600	3 X 5 hits	10m	100m	✓	** 80cm

Under 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 the youth 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 80cm.
 For all distances in the Senior, Junior and U19 age categories, the first lap 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, juniors and U19) and a Youth poule .
- Men and Women will be fencing against each other.
- Under 13, 15 & 17 – the optional ‘Youth’ fencing poule is 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.
- Bonus Round – Senior fencing poule and Youth fencing poule.

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.uipmworld.org/sites/default/files/uipm_competition_rules_and_regulations_2023_02_print_01-2.pdf

Competition Venue

Fencing, Swimming and Laser Run

Caulfield Grammar School
217 Glen Eira Road,
St Kilda East VIC 3183

Ride

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 Friday Evening

An informal social dinner will be organised on the Friday evening commencing after the presentation ceremony. Venue Caulfield Grammar School. Please express your interest in attending on the entry form. It will be as early as 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.

New athletes can purchase an 'MPA day membership' for \$25 in order to compete in the Friday event and be covered by MPA insurance.

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 21st April 2023. 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 to 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 email 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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Competition Director

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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,



Maki Takken
MPA President



Kayt Spano
MPA Executive Officer

