



EVENT BULLETIN – 18 April 2023

The countdown is well and truly on, with just 3 days until we celebrate the season in our culmination event The 2023 MPA National Championships. It will be fabulous to have our entire community together again.

Friday afternoon, the competition will begin with the non-continuous Triathlon (swim and laser run) at Caulfield Grammar School

Please find within this bulletin further information to ensure your experience is the most fulfilling possible. All information will be posted on our website event page as another reference point for you <https://modernpentathlon.org.au/2023-nationals>

We are really looking forward to welcoming you all to the 2023 Australian Championships.

Competition Venue

The primary location of the event will be held at Caulfield Grammar School (St Kilda Campus)

Caulfield Grammar School

St Kilda Campus

Enter via Gate 9, McWhae Avenue, (no parking available in that carpark)

Off Glen Eira Road,

St Kilda East VIC 3183

The Riding Venue (Saturday morning only)

Willow Lane Equestrian Centre

296 Pillars Rd, Bangholme VIC 3175

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

ON ARRIVAL – Please make your way to the **Lindsay Thompson Sport & Physical Education Centre** (same location as last year) and check in at the Registration Desk.

Team App

MPA will be using Team App to communicate with all members at the event. Members should download the smart phone app prior to the event. Team app can be found in the [App Store](#) (iPhone) & in [Google Play](#) (android). Once signed up for the app, please search for the following Team:



2023 MPA AUS
Championships

Preparation Advice

- Ensure you have reusable water bottles; they can be easily refilled via the numerous water fountains situated around the facility. Keep hydrated throughout the competition
- 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 a food van on Saturday and Sunday only. This can be used after the event and by your supporters. Ensure you stick to food you know that 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 does not mitigate any responsibility from checking and signing the recorded score after each bout, it is more of a good habit to get into. Also make notes about your opponent's fencing style for your growth and development as a fencer.
- Hub Managers to ensure they bring the **Hub Fencing boxes** and give them to Kayt Spano on the Friday morning.
- Pentathletes to bring their fully charged named Eco Aims targets and give to Brian Vagg on the Friday morning. Please clearly label your target.
- Ensure that your Laser Pistols are fully charged.

Targets

Any athletes with Eco Aims targets, **can you please bring your target to the event fully charged and clearly labelled.** These can be given to Brian Vagg at the laser run area on Friday when you arrive at the venue for registration. Pickup will be after the completion of the Laser Run on Sunday afternoon.

MPA Merchandise

These will be on sale at the registration desk with EFTPOS facilities available. Drink bottles, lapel pins and this year's event T-shirt. Help support this event by purchasing any of these items.



Event T-shirts \$55.00

Drink Bottles \$12.00

Lapel Pins \$15.00

Horse Venue Waiver Forms

Any riders, spectators and officials who are attending the ride venue are required by the venue to fill in the attached [Liability Wavier](#) form and return via email to communications@modernpentathlon.org.au **prior to entering the property.**

Social Dinner

WHERE: Caulfield Grammar School
Lindsay Thompson Sports & PE Centre
WHEN: Friday 23rd April
TIME: 4.30pm (after the conclusion of the Triathle Presentations)

We will be ordering pizzas for everyone to share after the first day of events – athletes, families and officials. **This will be at a cost of approx \$10-15 per head.** We are looking forward to sharing this time together. Please advise us as soon as possible of any allergies and whether there are any changes below;

Contact First Name	Contact LastName	Number of people
Finnley	Hiscock	3

Jack	McKerron	2
Matilda	Mason	5
Rhys	Lanskey	2
Amos	Vagg	3
Lachlan	Nicholls	1
Xanthe	Wade	3
Analiese	Murphy	3
Eszter	Hortobagyi	5
Chloe	A'hearn	3
Amalie	Blanchard	4
Finnley	Clarke	3
Thor	Kerr	2
Victoria	Craig	1
Timothy	Oliver	2
Zoe	Addinsall	2
Kayla	Bongers	1
Mitchell	Pointon	4
Peyton	Lee	1
TOTAL		50

International Laser Run Selection Update

Friday evening during the informal dinner, MPA President Maki Takken along with team coaches Adam Temesi & Eszter Hortobagyi will give a talk to all athletes who have nominated for international selection in laser run, outlining how the selection procedure will work. Modern Pentathlon Australia's expectation of athletes who are selected on the Australian team. **It is compulsory for all athletes who have submitted a nomination for the international laser run event to attend this discussion.**

Catering over the Weekend

FRIDAY 21 April

We have organised for your enjoyment "Roadshow" catering van, who served us last year. They **will be available from 9.30am to 3pm on Friday** serving hot fresh Coffee, tea, hot chocolate, a variety of cold drinks (listed below), morning and afternoon tea consisting of fresh warm Danish pastries, cookies etc. As well as hot pies and sausage rolls.

SATURDAY 22nd & SUNDAY 23rd April

The Catering van **will be open for business from 8am onwards on Saturday & Sunday** with a wide variety of delicious options available throughout the day. These include;

- Ham and Cheese Croissants
- The famous Reuben Sandwich (*corned beef, Swiss cheese, sauerkraut, pickles*)

- Chicken Sandwiches
- Vegetarian Sandwiches *(There will be a gluten free option available)*
- A selection of gourmet hot pies, sausage rolls and spinach and ricotta rolls.
- Sweet treats such as freshly made Danish pastries and a variety of cookies
- Hot drinks: Coffee, Tea, Hot chocolate, Chai
- Cold drinks: Iced coffee, iced chocolate, soft drinks, bottled juices and Sports drinks

Let Ken and his friendly staff serve you over the Event weekend! Let's give him our support.

Entry List

If you find an error, or you would like to make an edit, please email Kayt – exec@modernpentathlon.org.au **ASAP please.**

U13, U15 & U17

Div Title	Gender	Athlete First Name	Athlete Last Name	Youth fencing Poule
Under 13 (2011-2012)	Female	Ava	Harrington	✓
Under 15 (2009-2010)	Female	Amalie	Blanchard	✓
Under 15 (2009-2010)	Female	Xanthe	Wade	✓
Under 15 (2009-2010)	Female	Tessa	Leen	✗
Under 15 (2009-2010)	Female	Peyton	Lee	✗
Under 15 (2009-2010)	Female	Gwenyth	Homer	✗
Under 15 (2009-2010)	Male	Colby	Devlin	✓
Under 15 (2009-2010)	Male	Finnley	Clarke	✗
Under 15 (2009-2010)	Male	Wilfred	Kleinschafer	✗
Under 15 (2009-2010)	Male	Mitchell	Pointon	✓
Under 15 (2009-2010)	Male	Charles	Hiscock	✓
Under 15 (2009-2010)	Male	Finley	Hiscock	✓
Under 15 (2009-2010)	Male	William	Nieuwenhuis	✓
Under 17 (2007-2008)	Female	Chloe	A'hearne	✓
Under 17 (2007-2008)	Female	Indigo	Harris	✗

Under 17 (2007-2008)	Female	Matilda	Mason	✘
Under 17 (2007-2008)	Female	Analiесе	Murphy	✓
Under 17 (2007-2008)	Male	Jack	McKerron	✓
Under 17 (2007-2008)	Male	Nathan	Clark	✓
Under 17 (2007-2008)	Male	Max	Clarke	✘
Under 17 (2007-2008)	Male	Oliver	Homer	✓

Masters, Seniors, Juniors, U19

<i>Div Title</i>	<i>Gender</i>	<i>Athlete First Name</i>	<i>Athlete Last Name</i>	<i>Riding</i>
Under 19 (2005-2006)	Female	Kayla	Bongers	✘
Under 19 (2005-2006)	Female	Chloe	Leen	✘
Juniors (2002-2004)	Female	Zoe	Addinsall	✓
Juniors (2002-2004)	Female	Alyssa	Greening	✓
Juniors (2002-2004)	Male	Kian	Blanchard	✓
Seniors (<2001)	Female	Genevieve	Janse van Rensburg	✓
Seniors (<2001)	Female	Tully	Watt	✓
Seniors (<2001)	Female	Aleska	Van Heekeren	✘
Seniors (<2001)	Male	Timothy	Oliver	✓
Seniors (<2001)	Male	Amos	Vagg	✓
Seniors (<2001)	Male	Rhys	Lanskey	✓
Seniors (<2001)	Male	Lachlan	Nicholls	✓
Masters	Female	Victoria	Craig	✓
Masters	Female	Eszter	Hortobagyi	✓
Masters	Female	Bronwyn	Morris	✘
Masters	Male	Thor	Kerr	✘

Podium & Racing Uniform Standard

ALL NATIONAL EVENTS (Modern Pentathlon, Triathlon, Laser Run etc.)

A professional photographer/videographer will be present over the course of the competition. Many photos will be used for our website and social media. Parents of athletes under the age of 18 years need to complete and sign the section at the bottom of the Athlete's Profile form, prior to the competition please

RACING UNIFORM STANDARD

To compete in the Australian Championships in either Modern Pentathlon, Laser Run, Triathlon etc. athletes **must not wear their Australian/National uniform.**

Athletes **must wear their State or Club/Hub modern pentathlon uniform.** To optimise transition times, athletes are encouraged and should wear Penta suits in the swimming and laser run events. Running spikes are not to be worn due to the varied running surfaces.

If the athlete does not belong to a club, they are encouraged to wear their State Swimsuit, tri suit and/or athletics/cross country if they have them. Alternatively, athletes may compete in suitable running attire or racing swimming costume of their choice, whilst it is preferable to wear their state's color's (examples listed below), it is not essential. However, No conspicuous major branding please.

State Colours;

State/territory	Main colour	Secondary colours
Australian Capital Territory	Blue	Gold and White
New South Wales	Sky Blue	Navy Blue and White
Northern Territory	Red Ochre	Black and White
Queensland	Maroon	White and Gold
South Australia	Red	Gold and Dark Blue
Tasmania	Bottle Green	Yellow and Maroon
Victoria	Navy Blue	Silver and White
Western Australia	Gold	Black and White

PODIUM STANDARD

The top 3 final placed Athletes, in any age group, in any National event, must adhere to the following Podium Standards.

These are as follows;

1. CLUB/STATE MODERN PENTATHLON TRACKSUIT – TROUSERS, JACKET (ZIPPED UP) AND POLO SHIRT.
2. NO AUSTRALIAN UNIFORM IS TO BE WORN ON THE PODIUM.
3. NO SHORTS, T-SHIRTS, SINGLETS WILL BE ACCEPTED ON THE PODIUM.

If an athlete does not belong to a club, they will need to wear a pair of 'non-conspicuous branded' tracksuit - **long pants** and **long-sleeved jacket (zipped up)** (ie; no nike, adidas, champion etc brands thanks). Preferably in your State Colours please. State Fencing Tracksuit, State Athletics or Swim Tracksuit is encouraged.

Athlete Profile for MPA Website

We are currently updating our website, please complete the athlete profile form [HERE](#) along with Parental consent section attached and either return it by email

communications@modernpentathlon.org.au or in person at the National Championships to Marianne Martinelli.

For those athletes who have an Australian tracksuit jacket (no hoodies) and polo shirt, please bring these with you for your photograph. Athletes you will be photographed in the Australian uniform (head and shoulders shot) so please ensure your hair is neat and tidy. Please ensure your uniform is labelled also

Event Flow

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 endeavor to stick to these time frames as much as humanly possible. Best wishes to you all, we are super excited to see you compete.

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

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

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	RIDING	Willow Lane Equestrian Centre 296 Pillars Rd, Bangholme, VIC, 3175
8:00 AM Owners Warm Up	Owners Ride	
8:20 AM Owners Round		
9:00 AM Pentathletes course walk	RIDING	
9:15 AM Horse Draw	Pentathlon Ride	
9:45 Warm Up		
10:05 Pentathlon ride commences		
1:00 PM Roll call	Fencing	Caulfield Grammar School 217 Glen Eira Rd, St Kilda East VIC 3183
1:30 PM Technical Briefing	Technical Briefing	
2:00 Warm up starts	Warm Up	
2:30 PM Ranking round commences	FENCING	
	Senior Ranking Round	
Time TBC Approx 5.30pm	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 warmup prior in line with new UIPM format</i>	SWIMMING	
12:00 PM – Competition Start <i>No warmup prior in line with new UIPM format</i>	LASER-RUN	
3:30 PM (As soon as practicable 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 warmup prior in line with new UIPM format</i>	SWIMMING	
1:30 PM – Competition Start <i>No warmup prior in line with new UIPM format</i>	LASER-RUN	
3:30 PM (As soon as practicable possible post competition of all ages)	PRESENTATION	

Know the Rules

It is imperative you clearly understand the rules of racing. Our primary aim as event organiser, is to ensure everyone has their best race at the National Championships and avoid incurring unnecessary time penalties, disqualifications or appeals. The UIPM rules can be found [HERE](#)

Last year Guy Clare prepared some quizzes to test your knowledge of fencing, swimming, riding and laser run rules. Please check them out below.

[LASER RUN QUIZ](#)

[RIDING QUIZ](#)

[SWIMMING QUIZ](#)

[FENCING QUIZ](#)

[MAKING SENSE OF FENCING BOUTS](#)

Sport Integrity

Did you know, as an athlete and member of Modern Pentathlon Australia, you can be tested or investigated for doping at any time? Modern Pentathlon Anti-Doping Policy applies to athletes, coaches, and managers at all levels of competition. This means as an athlete you could be tested for banned substances at a competition, at training, and even at home.

CLEAN SPORT IS YOUR RESPONSIBILITY



SPORT INTEGRITY AUSTRALIA

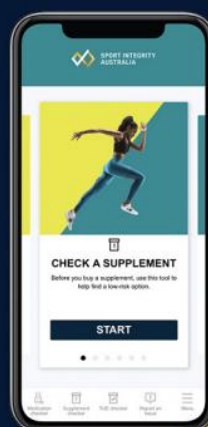
SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

The App also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the App from the Apple Store and Google Play store here.



ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: elearning.sportintegrity.gov.au
- Visit the site for courses on integrity topics including: Clean Sport 101, Child Safeguarding in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



QUESTIONS?

Email: education@sportintegrity.gov.au

Phone: 1300 027 232

Importantly, some medications and supplements can lead to a positive test, even if you didn't know they included a banned ingredient. If you do test positive, you may be banned from competing in all sport for up to four years. That means no competing, no training with your team, no coaching, and no playing another sport to stay fit.

To learn more, you can download the free Sport Integrity app and check out the section on rules, use the medication checker and check your supplements.

[SIA RESOURCES](#)

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.

Organising Committee Contact Details

EVENT ADMINISTRATOR: Modern Pentathlon Australia



Modern Pentathlon Australia
Sport House, 375 Albert Road
Albert Park, VIC 3206
modernpentathlon.org.au

Kayt Spano
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Competition Director

Cherie Mordue
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See you in a few days

The Event Organising Committee and the MPA Board

Proudly Supported by:



and

