

## Modern Pentathlon Australia Selection Policy 2024

The purpose of this document is to outline the basis on which Modern Pentathlon Australia will select athletes to compete internationally in 2024, including:

- all age categories (senior, junior, U19, U17 and U15),
- all sports (MP, Tetrathlon, Biathle/Triathlon and Laser Run), and
- all levels, including World Cups, World Championships, Continental Championships, World University Championships, and any other UIPM sanctioned international competitions.

The international calendar of UIPM events can be found on the UIPM website ([www.uipmworld.org](http://www.uipmworld.org)). The domestic calendar of MPA-endorsed selection events can be found on the [MPA website](#).

The objective of this Selection Policy is to implement a framework of performance to ultimately ensure that MPA is selecting athletes to represent Australia with the best chance of producing podium pentathlon performances at pinnacle events in the short and long term, with the primary target events being the 2028 and 2032 Olympic Games, 2026 Youth Olympic Games as well as the UIPM World Pentathlon Championships (Senior, Junior and Youth) leading up to each of these Games.

The National Performance Benchmark Standards, being one of the key criteria used to select athletes, have been developed in conjunction with the Australian Institute of Sport (AIS). The benchmarks are based on international MP performance data and are intended to ensure selection decisions are evidence-based and consistent with the objective of selecting athletes with the best chance of producing podium performances. Different benchmarks apply to different age groups, reflecting the ideal progressive development of an athlete as they mature.

At all times, we want to create an ambitious, supportive performance culture and instil the mindset that selection to represent Australia is an honour and a privilege, and that selection decisions are made with the best interests of the athlete's long-term development and of the sport's benchmark performance in mind.

It is the responsibility of each individual athlete and their coach/es and parents/guardians to familiarise themselves with the contents of this document.

*The Pathways and Performance Director (PPD), is responsible for updating the selection documentation, which will be presented and approved by the MPA Board on an annual basis. Any queries with regards to this selection document should be directed to the MPA Pathways and Performance Director at [pathways@modernpentathlon.org.au](mailto:pathways@modernpentathlon.org.au)*



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## SECTION 1: HIGH PERFORMANCE AND SELECTION COMMITTEES

### High-Performance Committee

In May 2020, a High-Performance Committee (HP Committee) was established on the recommendation of our Pathways Program Funders - the AIS. Chaired by an appointment of the MPA Board, the HP Committee is an advisory body to the Pathways and Performance Director (PPD); it includes experts from within, and independent of, the sport, in order to bring a wide range of skills and experiences to the table.

The HP Committee is not a decision-making or selection body. However, it does have the following delegations:

- a) to endorse the MPA Selection Committee members, as recommended by the PPD, which will be appointed for 4-year terms aligned to the Olympic cycle (3 years in case of Paris 2024 lead-in).
- b) to provide advice to the PPD on the Categorisation and Selection Criteria;
- c) to endorse, on the recommendation of the PPD, performance standards and/or benchmarks required for appropriate categorisation levels.

After an open recruitment process, the HP Committee members appointed for the 2021-24 cycle are as follows:

- MPA President (Chair)
- Pathways and Performance Director
- Kate Thompson
- Hannah Crowther (retired 2022)
- Kitty Chiller (following resignation as MPA President in 2022)
- Ashlee Uren
- Dr Tony Rice (external)

### Selection Committee

The MPA Selection Committee (**MPA SC**) will consist of:

- a minimum of 3 and a maximum of 4 members; 2 of whom should be from the HP Committee, including the HP Committee Chair, who will also act as Chair of the Selection Committee
- at least one member external to MPA with significant international selection experience in another sport

The mandate and delegation of the Selection Committee shall include:

- making all selection & athlete categorisations decisions
- upon submission, considering Extenuating Circumstances in any Categorisation / Selection decision
- engaging experts, including medical or health professionals, to provide reports or conduct medical examinations of or time trials for an Athlete as required

MPA Selection Committee members for the 2023 – 24 years of the Paris cycle are as follows:

- Maki Takken (Chair)
- Kitty Chiller
- Ned Draydon (external)
- Pathways & Performance Director

Notes:

- At least one member from either, and preferably both, Committees should attend every MPA major event
- Parents, immediate family members or coaches of current athletes in consideration for selection cannot be a member of the HP Committee or the Selection Committee.



## SECTION 2: ELIGIBILITY REQUIREMENTS

Athletes wishing to be considered for selection must:

- 1) be members of MPA or one of its Member Organisations (as defined in MPA's Constitution);
- 2) satisfy the citizenship and eligibility requirements for the respective international event/s for which they are seeking selection;
- 3) have read, be bound by, and fully comply with all applicable MPA Policies and Standards, including but not limited to the:
  - i) National Integrity Framework
  - ii) Child Safeguarding Policy
  - iii) Member Protection Policy
  - iv) Competition Manipulation & Sport Wagering Policy
  - v) Improper Use of Drugs and Medicine Policy
  - vi) Complaints, Disputes and Discipline Policy
  - vii) Selection and Appeals Policy;
- 4) have completed all educational programs specified by MPA (and any additional education programs required by the UIPM), including:
  - a) SIA Anti-doping Fundamentals  
[https://elearning.sportintegrity.gov.au/blocks/androgogic\\_catalogue/index.php?c1=Courses](https://elearning.sportintegrity.gov.au/blocks/androgogic_catalogue/index.php?c1=Courses)
  - b) Competition Manipulation and Sports Betting  
[https://elearning.sportintegrity.gov.au/blocks/androgogic\\_catalogue/index.php?c1=Courses](https://elearning.sportintegrity.gov.au/blocks/androgogic_catalogue/index.php?c1=Courses)
  - c) 2024 Annual Update  
[https://elearning.sportintegrity.gov.au/blocks/androgogic\\_catalogue/index.php?c1=Courses](https://elearning.sportintegrity.gov.au/blocks/androgogic_catalogue/index.php?c1=Courses);have signed and submitted the Selection Nomination Form (a link to which can be found in **Appendix 1** or on the MPA website) by no later than 7 February 2024\*, including an acknowledgement that the athlete has read the Anti-Doping Declaration and that the athlete agrees to all of the undertakings, acknowledgements and declarations therein;
- 5) agree to comply with all International Event requirements (see **Section 4**) including pre-payment in full of any travel and accommodation costs;
- 6) be prepared to sign and be bound by the terms of the MPA Athlete Agreement (a copy of which is available on the MPA website);
- 7) maintain a high standard of personal behaviour, consistent with that expected of an athlete representing Australia or seeking to represent Australia; and
- 8) not do anything which might bring the sport of modern pentathlon, MPA, Modern Pentathlon Oceania, UIPM, the AIS, Australian Olympic Committee (AOC), or the Australian Sports Commission (ASC) into disrepute.

*\* Late nominations will only be accepted after discussion with the Performance and Pathways Director and the approval of the MPA Selection Committee.*



## SECTION 3: EXTENUATING CIRCUMSTANCES, FITNESS TRIALS & APPEALS

### Extenuating Circumstances

In considering athletes' performances at events, trials, training camps or other attendances required for selection, the MPA Selection Committee may, in its sole discretion, give weight to Extenuating Circumstances.

For the purposes of this Criteria, "Extenuating Circumstances" means:

- a) an injury or illness\*
- b) an athlete having an extended break from the sport, with a commitment to return to full competition
- c) pregnancy
- d) an unanticipated event occurring at or immediately prior to a Selection Competition(s) or other benchmarking event.

If an Athlete is unable to compete at a selection event or trial, to attend training camps or to satisfy any other attendances required under this Selection Policy due to Extenuating Circumstances, the Athlete must advise the Pathways and Performance Director of this fact in writing, including all relevant reasons, **prior** to the relevant selection event/trial/camp/other attendance.

If an Athlete becomes impacted by Extenuating Circumstances **during** a selection event, trial, training camp or other attendance required under this Selection Policy, the Athlete must advise the Pathways and Performance Director of this fact in writing, including all relevant reasons, as soon as possible after becoming aware of the Extenuating Circumstances.

Where any Athlete seeks consideration of Extenuating Circumstances, the MPA Selection Committee will make a decision on an individual case by case basis.

*In the case of injury or illness, the MPA Selection Committee may require the athlete to undergo a medical examination by a medical practitioner. The athlete must consent to the disclosure of the athlete's personal and health information (as relevant to the injury or illness in the context of selection) by such practitioner to the MPA Selection Committee, in order for the committee to make its decision.*

### Fitness Trials

Athletes who have been selected for an international competition may be asked to undergo a fitness trial if deemed necessary by the MPA Selection Committee for any of the following reasons:

- the athlete has missed a competition due to illness or injury after selection;
- the athlete has not competed for a period of 3 months in the lead up to the international event; or
- any other justifiable reason that gives the MPA Selection Committee cause for concern about the athlete's ability to perform to the standard in which they were selected in.

The MPA Selection Committee must notify the athlete in writing that a fitness trial is required, detailing the reasons why, the fitness tests to be performed and the targets to be met. The notification must be at least 2 weeks prior to the proposed trial date.

The fitness trial must be conducted at a time and date to be determined between the MPA Selection Committee and the athlete prior to departure for international competition. At least one member of the MPA High Performance Committee or MPA Selection Committee, or their nominee, must be present at the trial.

The athlete must organise (and pay if required) for the venues for the trial.



No other competitors may pace the athlete; where a target time must be met, the trial will be organised as a solo time trial and, if both laser run and swim are required, the two will be run in close succession.

If the athlete fails to 'pass' the fitness trial, the MPA Selection Committee may at its discretion:

- allow the athlete to compete in the international event;
- allow the athlete to compete in the international event but withdraw any funding which may have been forthcoming;
- allow the athlete to undergo a second fitness trial; or
- withdraw the athlete's entry to the international event/s.

## Appeals

MPA has adopted the National Sports Tribunal (NST) Selection and Appeals Policy. The policy can be found [here](#). This policy will apply to all National Team Selection decisions.



## SECTION 4: SELECTION ANNOUNCEMENT AND EVENT ENTRIES

### Selection announcements

The MPA Selection Committee will notify athletes of their selection or non-selection by no later than 2 weeks after the National Tetrathlon Championships in April (or sooner depending on event dates).

### International event entries

MPA personnel are solely responsible for entering athletes into international events (following the UIPM process).

No athlete, coach, state association or parent may contact an international event organiser themselves or enter an international event directly themselves, unless they have obtained prior approval from the MPA President and the Pathways and Performance Director. **Any athlete who violates this requirement will not be permitted to enter any international competitions for the remainder of the season.**

MPA's Executive Officer or other MPA personnel will complete the relevant International Competition Entry Forms for selected athletes, after discussion with athletes regarding travel dates and modes and accommodation requirements.

#### **IMPORTANT:**

- In most cases, athletes will need to self-fund their participation in international events. If MPA needs to pay up front to secure event entry, the athlete will not be entered, or permitted to travel, until all relevant costs have been paid in full to MPA in advance.
- It is the athlete's responsibility to ensure all details are filled in accurately on all forms (including those relating to airline travel). MPA takes no responsibility for incorrect information submitted to it (e.g. travel dates, pistol details including serial number).
- If the athlete does not provide the requisite information or submit the forms in time, MPA cannot guarantee entry to the competition.
- If any athlete owes MPA money, they will not be entered into any future events until the debt is fully cleared.



## SECTION 5: EVENT CATEGORIES

MPA Selection Committee will consider athlete nominations to attend the following categories of events:

- Category A events, being:
  - UIPM World Championships (Pentathlon – Senior & Junior)
  - UIPM World Cups (Pentathlon)
  - UIPM World Challenger events (Pentathlon)
  - Continental Championships (Pentathlon)
- Category B events, being:
  - UIPM World Championships (Pentathlon – U19 & U17)
  - any specifically open international Senior, Junior, U19 or U17 Pentathlon events other than Category A events (e.g. Baltic Cup, Swiss Open)
- Category C events, being:
  - UIPM World Championships (Pentathlon – Masters)
  - UIPM World Championships (Laser Run, Biathlon, Triathlon – all ages)
  - events such as national championships (Pentathlon or Sub-sports) in other countries which are open to athletes from other National Federations.

Noting that MPA's ultimate selection objective is to select athletes with the best chance of producing podium performances at pinnacle Category A **pentathlon** events, the MPA Selection Committee nonetheless recognises that competition opportunities in Australia are relatively limited, and that Category B & C events may be seen as development opportunities in which athletes may improve their competition skills in a less demanding and competitive environment.

**Section 6** below sets out the performance requirements for selection in Category A, B and C **modern pentathlon** events (i.e. 5 disciplines).

**Section 7** below sets out the performance requirements for selection in all other Category C events.





## SECTION 6: PERFORMANCE REQUIREMENTS FOR PENTATHLON EVENTS (ALL CATEGORIES)

### Pentathlon events which include a riding component

To be considered for selection in 2024 for a Category A, B or C pentathlon event which includes a **riding** component, athletes must:

- hold a riding licence for the relevant height; and
- have completed, within the past year, at least one full riding height course without elimination or disqualification within an event endorsed by MPA for that purpose; and
- achieve performance results as outlined below, in any event endorsed by MPA for the purpose:
  - for selection to the **Senior World Championships**: achieve in line with or better than the Category A Senior benchmark tetrathlon or pentathlon points score;
  - for selection to a **Category B event**: achieve in line with or better than the relevant Category B benchmark combined swim/laser run points score AND competently participate in any MPA-endorsed event which includes the fencing discipline or in any Australian Fencing Circuit competition;
  - for selection to a **Category C event**: competently participate in any MPA-endorsed event which includes the fencing discipline or in any Australian Fencing Circuit competition.

Please see **Appendix 2** for pentathlon performance benchmarks.

### Pentathlon events which include an OCR component

To be considered for selection in 2024 for a Category A, B or C pentathlon event which includes an **OCR** component, athletes must:

- provide reasonable evidence of regular participation in OCR-type training in the prior six (6) months (evidence that the athlete has competed in stand-alone OCR events would also be viewed favourably); and
- achieve performance results as outlined below, in any event endorsed by MPA for the purpose:
  - for selection to **Junior Category A event**: achieve in line with or better than the relevant Category A Junior benchmark tetrathlon points score\*;
  - for selection to a **Category B event**: achieve in line with or better than the relevant Category B benchmark combined swim/laser run points score AND competently participate in any MPA-endorsed event which includes the fencing discipline or in any Australian Fencing Circuit competition;
  - for selection to a **Category C event**: competently participate in any MPA-endorsed event which includes the fencing discipline or in any Australian Fencing Circuit competition.

Please see **Appendix 2** for Category A pentathlon performance benchmarks and **Appendix 3** for Category B pentathlon performance benchmarks.

*\* The MPA Selection Committee is aware that modern pentathletes can achieve the podium in a wide variety of ways across all 5 disciplines. Thus, the MPA Selection Committee reserves the right to assess and benchmark each athlete on a holistic individual basis in relation to their potential performance across all disciplines, having regard to the key performance indicators listed in the MPA Categorisation Policy. For the purposes of selection in 2024, the MPA Selection Committee may disregard performance results in the OCR discipline, provided the OCR-training requirement is met.*



## SECTION 7: PERFORMANCE REQUIREMENTS FOR ALL OTHER EVENTS

To be considered for selection in 2024 for a Category C event (other than Category C pentathlon events covered under section 6 above), the athlete must:

- competently participate in a Laser Run event at an MPA National competition;
- competently participate in any MPA-endorsed event which includes the fencing discipline or in any Australian Fencing Circuit competition (but only if the Category C event includes fencing); and
- provide reasonable evidence of regular OCR-type training in the past six (6) months (but only if the Category C event includes OCR). Evidence that the athlete has competed in stand-alone OCR events would also be viewed favourably, in this case.

MPA recommends that athletes wishing to be **competitive** in 'open entry' Category C events aim to meet or exceed the Laser Run & Swim performance benchmarks set out in Appendix 4.



## SECTION 8: RELAY ATHLETE PERFORMANCE REQUIREMENTS

- Athletes are selected to compete in relay events (male relay, female relay and a mixed relay) at MPA Selection Committee discretion.
- The MPA Selection Committee will evaluate the performance information available, take into account individual athletes' relay preferences in order of athlete ranking (using overall results from the most recent relevant National Championships), and nominate the strongest relay teams with the information and preferences available.
- If an athlete declines the invitation, the next athlete with the highest score and adequate performance standard in individual competition may be invited.
- For events that include a riding component, only athletes who hold a riding licence and within the past year have completed at least one full riding height course without elimination or disqualification within an event endorsed by MPA for that purpose will be eligible for selection.
- In 2024, for events with an OCR component, athletes must provide reasonable evidence of regular OCR-type training in the past six (6) months to be eligible for selection. Evidence that the athlete has competed in stand-alone OCR events would also be viewed favourably.



## SECTION 9: OLYMPIC & YOUTH OLYMPIC GAMES CRITERIA

The Australian Olympic Committee is the sole body authorised to select athletes, coaches, and other officials to an Olympic or Youth Olympic Games Team. The National Federation (MPA) is responsible for nominating athletes (and coaches) to the AOC for selection.

There is a separate nomination criteria document that is approved by the Australian Olympic Committee (AOC) for Olympic and Youth Olympic Games. These documents will be based on the official nomination criteria developed and published by the UIPM. The nomination criteria document for the 2024 Paris Olympic Games is published on the MPA website.



## SECTION 10: DOMESTIC EVENT ATTENDANCE REQUIREMENTS

The 2024 National Pentathlon Championships will not be held until September, in order to provide further time to consolidate OCR arrangements for athletes and organisers. As a result, the key selection events in 2024 will be the MPV State Championships (February 2024 - Geelong), the National Laser Run Championships (April 2024 – Geelong) and the National Tetrathlon Championships (April 2024 - Geelong).

### Modern Pentathlon with riding

Any athlete who did not compete in the Oceania Continental Championships in Cairo in August/September 2023 and who is seeking selection for Category A, B or C pentathlon events with riding must participate in the National Laser Run Championships, National Tetrathlon Championships **and** the MPV State Championships.

### Modern Pentathlon with OCR

Any Senior, Junior, U19 or U17 athlete seeking selection for Category A, B or C pentathlon events with OCR must participate in the National Laser Run Championships, National Tetrathlon Championships **and** the MPV State Championships (but will not be required to *ride* in the MPV State Championships).

### Category C sub-sport events

Any athlete seeking selection for any non-pentathlon Category C events must participate in the National Laser Run Championships **and** the National Tetrathlon Championships. At the National Tetrathlon Championships, athletes must participate in the both the swim and laser run disciplines (although their swim time will be disregarded if only seeking selection for laser run) and participation in the fencing is strongly encouraged for athletes aged 15+ who have been training and have access to appropriate equipment. Participation in the MPV State Championships on the same basis is strongly encouraged, although participation in the riding discipline is not expected.

### Application for exemption on financial grounds where athletes are seeking selection in both pentathlon AND sub-sport events

For Senior, Junior, U19 and U17 athletes who are seeking selection to compete in both pentathlon and sub-sport events, this means that participation in all three selection events is necessary.

MPA recognises that the cost of travel may disproportionately affect those outside NSW and Victoria, and the MPA Selection Committee will consider applications for exemption from athletes in this situation from participation in the MPV State Championships. Applications for exemption on this ground must be submitted to the Pathways and Performance Director by no later than **31 January 2024**.

For applications for special consideration on the grounds of Extenuating Circumstances, please refer to **Section 3**.



## Selection considerations where athlete numbers are capped

If more athletes satisfy the selection criteria than MPA is able to select for a specific event or division, the MPA Selection Committee will have regard to the following factors in selecting those athletes which it considers are likely to have the best chance of achieving podium performances in pinnacle pentathlon events in the medium to long term:

- performance relative to other athletes who met the selection criteria
- performance in pentathlon events, not just sub-sport events (if relevant, having regard to age)
- achievement of benchmark times at multiple events
- ability to perform at or near the benchmark over multiple days of competition
- trajectory of improvement over the competition season
- participation in both state & national events
- commitment to training, competition and, if relevant, acquiring competency in additional pentathlon disciplines.



## APPENDIX 1: NOMINATION FORMS

[Category A Event Nomination Form](#)

[Category B & C Event Nomination Form](#)



## APPENDIX 2: PENTATHLON BENCHMARKS – CATEGORY A EVENTS

### PART A – PENTATHLON EVENTS INCLUDING RIDING

MEN			
Age Category	Swim + Laser Run Points	Tetrathlon Points	Pentathlon Points
Senior	931	1129	1394

WOMEN			
Age Category	Swim + Laser Run Points	Tetrathlon Points	Pentathlon Points
Senior	826	1043	1310

### PART B – PENTATHLON EVENTS INCLUDING OCR

MEN			
Age Category	Swim + Laser Run Points	Tetrathlon Points	Pentathlon Points
Junior	901	1081	n/a
Senior	931	1129	n/a

WOMEN			
Age Category	Swim + Laser Run Points	Tetrathlon Points	Pentathlon Points
Junior	788	968	n/a
Senior	826	1043	n/a

**Note:** These benchmarks are based on the 'Emerging' Categorisation benchmarks in MPA's Categorisation policy. Swim + Laser Run point benchmarks are provided for athlete guidance purposes only.





**APPENDIX 3: PENTATHLON BENCHMARKS – CATEGORY B EVENTS**

MEN	
Age Category	Swim + Laser Run Points
U17	633
U19	788
Junior	805
Senior	837

WOMEN	
Age Category	Swim + Laser Run Points
U17	585
U19	651
Junior	681
Senior	722



## APPENDIX 4: SUB-SPORTS BENCHMARKS

Note: MPA recommends that athletes wishing to be competitive in Category C events aim to exceed the Laser Run & Swim performance benchmarks specified below.

### Laser Run Details & Benchmark Times (mm:ss)

Age Category	Run Sequence	Total Distance	Laser Target Distance	Male Benchmark	Female Benchmark
U13	3 X 300m	900m	5m	4:25	4:25
U15	3 X 600m	1800m	5m	8:00	8:30
U17	4 X 600m	2400m	10m	11:40	11:50
U19	5 X 600m	3000m	10m	12:50	13:20
Junior	5 X 600m	3000m	10m	12:15	12:45
Senior	5 X 600m	3000m	10m	12:00	12:30

- All Under 19. Junior and Senior age athletes will start with a 600m lap before shooting.

### Swim Distance & Benchmark Times (mm:ss)

Age Category	Swim Distance	Male Benchmark	Female Benchmark
U13	100m	1:35	1:40
U15	100m	1:30	1:35
U17	200m	2:26	2:43
U19	200m	2:24	2:37
Junior	200m	2:20	2:32
Senior	200m	2:14	2:26

