



2024 AUSTRALIAN TETRATHLON & LASER RUN CHAMPIONSHIPS

INVITATION LETTER

Competition Venues & Draft Timetable

Day	Event	Venue
Friday, 12 th April	4pm start time Fencing Ranking Round	Kardinia International College 29-31 Kardinia Drive, Bell Post Hill, Victoria 3215
Saturday, 13 th April	8am start time* Fencing Bonus Round Swim Laser Run <i>Laser Run and Fencing Come and Try</i>	Kardinia International College 29-31 Kardinia Drive, Bell Post Hill, Victoria 3215
	Lunch Ride <i>Laser Run Come and Try</i> Tetrathlon and Melbourne Pentathlon Cup Presentations Dinner Town Hall Annual General Meeting	Mt Moriac Equestrian Facility 755 Reservoir Rd, Mt Moriac, Victoria 3240
Sunday, 14 th April	8:30am start time* Laser Run National Championships <i>Laser Run Come and Try</i> Laser Run Presentations	TBC
	Obstacle Course Racing Workshop	Geelong Ninjas 49-51 Raptor Place, South Geelong, Victoria 3220



**Timetable 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.*

Events

The **National Tetrathlon Championships** will be held over Friday and Saturday and include Fencing, Swimming and Laser Run.

The **Melbourne Pentathlon Cup** will be held over Friday and Saturday and include Fencing, Swimming, Laser Run and Riding.

The **National Laser Run Championships** will be held on Sunday.

There will be **Come & Try** events for both fencing and Laser Run on Saturday morning and a separate **Come & Try** Laser Run event on Saturday afternoon. There will also be a **Come & Try** Laser Run event on Sunday morning.

Entry Fees

Tetrathlon Australian Championships*	\$135.00 per person
Laser Run Australian Championships*	\$50.00 per person
Tetrathlon & Laser Run Australian Championships*	\$155.00 per person
Additional Fees	
Melbourne Pentathlon Ride (own horse)	\$35.00 per person
Melbourne Pentathlon Ride (pool horse)	\$135.00 per person
Laser Pistol Hire (Tetrathlon & Laser Run Championships only)	\$25.00 per person
Non-Member & Come & Try Event Insurance	\$25.00 per person

*Entry includes **FREE** attendance at OCR workshop

Entry Forms

Please complete your Entry Form for the event as early as possible. The Entry Form can be found [HERE](#).

Rules and Regulations

The updated UIPM Rules and Regulations can be found [HERE](#).
The Australian Local Rules can be found [HERE](#).

The riding heights for the Melbourne Pentathlon Cup are as follows:

- 80cm
- 90cm
- 100cm (Must have MPA riding licence to compete at this height)



Membership

Athletes are only allowed to participate in the National Championships (Modern Tetrathlon, Melbourne Pentathlon Cup and/or Laser Run) if they are a current and financial member of a Modern Pentathlon State association.

New athletes wishing to participate in the Laser Run and Fencing Come and Try can purchase an 'MPA day membership' for \$25 in order to compete and be covered by MPA insurance.

Uniform Requirements

Athletes are requested to wear their state, club or hub official uniform or generic attire. National team (Australian) 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.

For Presentation Ceremonies, 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 or Hoodie (jacket zipped up, no hood to be worn) and Polo Shirt
2. No Australian Uniform is to be worn on the podium.
3. No Shorts, T-shirts or 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 please) preferably in your State Colours please. State Fencing Tracksuit, State Athletics or Swim Tracksuit is encouraged.

Informal Lunch and Dinner –Saturday

We would like to organize an informal social lunch and dinner on Saturday (as noted in draft timetable). The venue will be **Mt Moriac Equestrian Facility**. Please express your interest in attending on the entry form and we will confirm details closer to the event, based on numbers.

Accommodation Options

There is a vast array of accommodation options in Geelong to suit all budgets.

www.wotif.com

www.airbnb.com.au

www.booking.com

Weather

The **average** weather conditions in Geelong in April are 20°C / 10°C (High/Low).



UIPM Competition Format for 2024 MPA National Championships

The competition will be held as close as possible to the format as described by UIPM. The UIPM rule book can be found on the UIPM website.

Please note the following:

- *Warm-up (Saturday)* – athletes will have access to the facilities for their warm-up starting 70 mins before the competition start time on Saturday morning and finishing 10 mins before the start of the Fencing Bonus Round. In other words, there will be no time or facility availability allocated for athletes to warm up for the swim and laser run immediately prior to those phases commencing.
- To optimise transition times, athletes are encouraged to wear pentasuits in the swimming and laser run events (if they have them).
- The fencing bonus round points will be 2 points.
- The laser run will consist of the relevant number and distance of laps (up to 5 X 600m) with the relevant number X 5 green shooting series, starting with running for the U19, Juniors and Seniors
 - Run – Shoot – Run – Shoot – Run – Shoot – Run – Shoot – Run
 - Masters and Youth categories will shoot immediately after leaving the start line before completing their allocated run distances
 - See table below for details of distances and number of series/laps
- The 500pt time on the points table remains the same. In the case of faster performances than are covered by the points table, the same logic will be followed to extend the time/ points.
- Swimming:
 - In the Kardinia International College Aquatic Facility
 - 25m Indoor Pool
- Fencing:
 - Ranking Round – Up to 6 pistes indoor
 - External fencers will be invited, with all hits counting toward the modern tetrathlon score.
 - Men and Women will be fencing against each other.
 - There will be two poules, a Senior poule (seniors, masters, juniors and U19) and a Youth poule (U13-U17).
 - Under 13 – the optional 'Youth' fencing poule is available for U13 athletes to gain experience. The result of this phase will NOT be counted towards their overall points score or placing.
 - Under 15 and U17 fencing points will count toward their overall points score and placing.
 - The Bonus Round will take place for both the Senior fencing poule and Youth fencing poule.
- Laser Run:
 - up to 15+2 shooting range with EcoAims LT600 Hit and Miss Targets
 - Laser Run events will be conducted on grass.
 - Spikes can be worn for both events.



Competition Format Discipline Details

Category	Year of Birth	Running Sequence*	Shooting Sequence*	Shooting Distance*	Swim Distance	Fencing
Under 11	2014-2015	2 x 300m	2 x 5 hits (two hands)	5m	50m	Optional
Under 13	2012-2013	3 x 300m	3 x 5 hits (two hands)	5m	100m	Optional
Under 15	2010-2011	3 x 600m	3 x 5 hits	5m	100m	Junior Poule
Under 17	2008-2009	4 x 600m	4 x 5 hits	10m	200m	
Under 19	2006-2007	5 x 600m	4 x 5 hits	10m	200m	Senior Poule
Junior	2003-2005	5 x 600m	4 x 5 hits	10m	200m	
Senior	2002 or earlier	5 x 600m	4 x 5 hits	10m	200m	
Masters 30-59	1965-1994	3 x 600m	3 x 5 hits	10m	100m	
Masters 60+	1964 or earlier	2 x 600m	2 x 5 hits	5m	50m	

*The Running Sequences, Shooting Sequences & Shooting Distances are also applicable for Laser Run Championships.



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. 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.

Organising Committee Contact Details

Event Director

Modern Pentathlon Australia
Kim Richardson
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Competition Manager

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

Train well,



Maki Takken
MPA President



Kim Richardson
Event Director

