



2024 AUSTRALIAN TETRATHLON & LASER RUN CHAMPIONSHIPS

EVENT BULLETIN

The countdown is well and truly on, with just 3 days until we celebrate the season opening events - The 2024 MPA National Tetrathlon Championships & the 2024 National Laser Run Championships. It will be fabulous to have our entire community together again.

Friday afternoon, the competition will begin with the fencing ranking round at Kardinia International College.

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/7812-2>

We are really looking forward to welcoming you all to the 2024 Australian Championships.

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.



Competition Venues

Day	Event	Venue
Friday, 12 th April	Fencing Ranking Round	Kardinia International College 29-31 Kardinia Drive, Bell Post Hill, Victoria 3215
Saturday, 13 th April	Fencing Bonus Round Swim Laser Run Laser Run and Fencing Come and Try	Kardinia International College 29-31 Kardinia Drive, Bell Post Hill, Victoria 3215
	Lunch Ride Laser Run Come and Try 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	Laser Run National Championships Laser Run Come and Try Laser Run Presentations	Kardinia International College 29-31 Kardinia Drive, Bell Post Hill, Victoria 3215
	Obstacle Course Racing Workshop	Geelong Ninjas 49-51 Raptor Place, South Geelong, Victoria 3220

ON ARRIVAL – Please make your way to the **Gym Classroom** and check in at the Registration Desk

Competition Awards

Australian Tetrathlon Championships

Medals will be awarded for athletes who place 1st, 2nd & 3rd in each age division & gender. Any athlete that does not participate in all 4 disciplines (Fence, Swim & Laser Run) will not be eligible for awards.

Melbourne Pentathlon Cup

Trophies will be awarded for athletes who place 1st, 2nd & 3rd in each age division & gender. Any athlete that does not participate in all 5 disciplines (Fence, Swim, Laser Run & Ride) will not be eligible for awards.

Australian Laser Run Championships

Results will be based on the Sunday Laser Run event only. Medals will be awarded for athletes who place 1st, 2nd & 3rd in each age division & gender.



2024 National Tetrathlon Timetable

Venue: Kardinia International College Kardinia International College Kardinia International College
Mt Moriac Equestrian Centre

	Friday 12th April	Saturday 13th April	Saturday 13th April	Sunday 14th April	Sunday 14th April
	Fencing Ranking Rounds		Come & Try		Come & Try
7:00:00 AM					
7:30:00 AM					
8:00:00 AM		Fencing Warm Up		Registration	
8:30:00 AM		Fencing Bonus Rd		Laser Run Warm Up	
9:00:00 AM		Laser Run Prelim Warm Up		Laser Run Heat 1	
9:30:00 AM		Swimming Warm Up		Laser Run Heat 2	Fencing & Laser Run Come & Try
10:00:00 AM		Swimming	Fencing & Laser Run Come & Try	Laser Run Heat 3	
10:30:00 AM				Laser Run Heat 4	
11:00:00 AM		Laser Run Warm Up		Presentations	
11:30:00 AM		Laser Run Heat 1			
12:00:00 PM		Laser Run Heat 2/ Heat 3 Warm Up		OCR Workshop Geelong Ninjas Raptor Pl, South Geelong	
12:30:00 PM		Laser Run Heat 3			
1:00:00 PM					
1:30:00 PM		Lunch @ MMEF			
2:00:00 PM		Course Walk			
2:30:00 PM		Warm Up			
3:00:00 PM	Registration	Riding	Fencing & Laser Run Come & Try		
3:30:00 PM	Roll Call & Technical Brief				
4:00:00 PM	Fencing Ranking Rnd - W'UP				
4:30:00 PM	Fencing Ranking Rnd	Presentations			
5:00:00 PM	Fencing Ranking Rnd				
5:30:00 PM	Fencing Ranking Rnd	Dinner at Venue			
6:00:00 PM	Fencing Ranking Rnd				
6:30:00 PM	Fencing Ranking Rnd	Town Hall			
7:00:00 PM	Fencing Ranking Rnd (if required)				
7:30:00 PM	Fencing Ranking Rnd (if required)	Annual General Meeting			



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 – **2024 MPA Tetrathlon Nationals:**



2024 MPA Tetrathlon
Nationals

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
- Ensure you have your race food prepared and bring it on the day to ensure you can perform at your best. 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 afternoon.
- Pentathletes to bring their fully charged named Eco Aims targets and give to Brian Vagg on the Saturday 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 Saturday when you arrive at the venue for registration. Pickup will be after the completion of the Laser Run on Sunday.



MPA Merchandise

Ordered event merchandise can be collected. EFTPOS facilities available for orders of current event merch as well as drink bottles, lapel pins and discounted previous event merch.

Help support this event by purchasing any of these items.



Drink Bottles \$12.00



Lapel Pins \$15.00

Informal Lunch and Dinner – Saturday

We would like to organize an informal social lunch and dinner on Saturday. The venue will be **Mt Moriac Equestrian Facility**.

Please advise us as soon as possible of any allergies and whether there are any changes below;

First Name	Last Name	Lunch	Dinner
Kian	Blanchard	4	4
Chris	Bongers	1	1
Ilse	Bongers	1	1
Kayla	Bongers	1	1
Finnley	Clarke	1	
Colby	Devlin	2	
Johnny	Fenton	5	5
Gwyneth	Homer	2	2
Andrew	McLean	1	1
Lachlan	Nicholls	2	2
William	Nieuwenhuis	3	3
Charli	SEWELL	1	1
Stevi	SEWELL	3	3
Amos	Vagg	3	3
Aleska	Van Heekeren	3	2



Catering

There will be limited options of food items for sale at both venues. It is strongly advised athletes & families bring their own food while at the event.

For those that have opted into the catered Lunch & Dinner on Saturday, your choices are:

- Lunch: 'build or your own' wraps and sandwiches with choices of:
 - cold meats
 - salads (lettuce, tomato, coleslaw etc)
 - sauces
 - cheese.
- Fruit & muffins in limited quantities
- Dinner: Roast potato, Chili Con Carne (with meat), Chili San Carne (no meat), cheese, sour cream, salad & salsa. BBQ sausages & vegan option

Entry List

If you find an error, please email Kim – pathways@modernpentathlon.org.au ASAP please.

Australian Tetrathlon Championships

Anna	Harrington	Female	Under 13
Johnny	Fenton	Male	Under 13
Ilse	Bongers	Female	Under 15
Ava	Harrington	Female	Under 15
Gwyneth	Homer	Female	Under 15
Finnley	Clarke	Male	Under 15
William	Nieuwenhuis	Male	Under 15
Amalie	Blanchard	Female	Under 17
Peyton	Lee	Female	Under 17
Nathan	Clark	Male	Under 17
Colby	Devlin	Male	Under 17
Zoe	Addinsall	Female	Under 19
Analiese	Murphy	Female	Under 19
Charli	Sewell	Female	Under 19
Stevi	Sewell	Female	Under 19
Kian	Blanchard	Male	Under 19



Kayla	Bongers	Female	Junior
Amos	Vagg	Male	Junior
Aleska	Van Heekeren	Female	Senior
Lachlan	Nicholls	Male	Senior
Max	Cowan	Male	Senior
Chris	Bongers	Male	Masters 30-59

Melbourne Pentathlon Cup

Johnny	Fenton	Male	Under 13	
Ava	Harrington	Female	Under 15	90cm
Gwyneth	Homer	Female	Under 15	80cm
William	Nieuwenhuis	Male	Under 15	80cm
Amalie	Blanchard	Female	Under 17	80cm
Colby	Devlin	Male	Under 17	80cm
Zoe	Addinsall	Female	Under 19	90cm
Kian	Blanchard	Male	Under 19	100cm
Amos	Vagg	Male	Junior	100cm
Max	Cowan	Male	Senior	80cm

Australian Laser Run Championships

Anna	Harrington	Female	Under 13
Johnny	Fenton	Male	Under 13
Lenny	Jansz	Male	Under 13
Ilse	Bongers	Female	Under 15
Ava	Harrington	Female	Under 15
Gwyneth	Homer	Female	Under 15
Finnley	Clarke	Male	Under 15
William	Nieuwenhuis	Male	Under 15
Amalie	Blanchard	Female	Under 17
Peyton	Lee	Female	Under 17
Oli	Clapham	Male	Under 17
Nathan	Clark	Male	Under 17



Colby	Devlin	Male	Under 17
Zoe	Addinsall	Female	Under 19
Analiese	Murphy	Female	Under 19
Charli	Sewell	Female	Under 19
Stevi	Sewell	Female	Under 19
Kian	Blanchard	Male	Under 19
Amos	Vagg	Male	Junior
Aleska	Van Heekeren	Female	Senior
Lachlan	Nicholls	Male	Senior
Mitchell	Pointon	Male	Senior
Bianca	Share	Female	Masters 30-59
Chris	Bongers	Male	Masters 30-59
Andrew	McLean	Male	Masters 60+

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.

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

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](#)

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.

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](#)



CLEAN SPORT IS YOUR RESPONSIBILITY

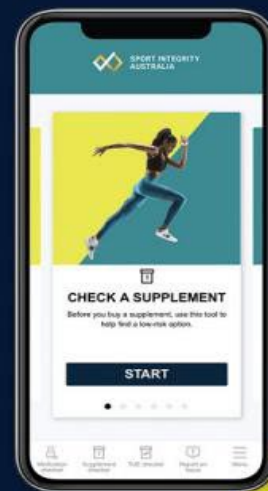


SPORT INTEGRITY AUSTRALIA

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



Rules and Regulations

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

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:

- Please check the event schedule for detailed warm up times for each discipline.
- To optimise transition times, athletes are encouraged to wear pentasuits in the swimming and laser run events (if they have them).
- 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:
 - The Ranking Round will take place on Friday – Up to 4 pistes indoor
 - Athletes will fence all athletes regardless of their age & gender for the Ranking Round (poule unique).
 - The Bonus Round will take place on Saturday
 - The fencing bonus round points will be 2 points.
- Laser Run:
 - 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
 - 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.



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

pathways@modernpentathlon.org.au

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

