

## Modern Pentathlon

Canadian Modern Pentathlon Association (CAMPA)

[www.pentathloncanada.ca](http://www.pentathloncanada.ca)

The Canadian Modern Pentathlon Association (CAMPA) is pleased to officially announce the names of the athletes it is putting forward for selection to the Canadian Olympic Committee: Kara Grant (Stratford, P.E.I.), Monica Pinette (Langley, B.C.) and Joshua Riker-Fox (Delacour, Alta.).

### **BEIJING 2008 - OLYMPIC QUOTES**

*"Our goal is to solidify our position among the top 15 nations in the world, by qualifying athletes of both genders and performing at our best at the 2008 Olympic Games in Beijing. We have made significant progress over the past four years, now it's time to show it on the Olympic stage."*

*Philipp Waeffler, National Team Coach*

*"No matter how talented an athlete may be, it takes hard work and determination to train successfully for the 5 diverse technical and physical sports which comprise the Modern Pentathlon competition. We are very proud of our Canadian athletes who are now proving themselves to be amongst the best pentathletes in the world. We are extremely fortunate to have experienced, dedicated coaches to work closely with them."*

*Angela Ives, President, CAMPA*

*"Modern Pentathlon has taken a huge step forward...we have come so far in the last few years. It hasn't been easy but three spots for Beijing with the qualification of **Kara Grant, Monica Pinette and Josh Riker-Fox**...I can't think of a better reward than that."*

*Dave Lynnes, High Performance Director, CAMPA*



## CANADA AT THE 2008 OLYMPIC GAMES

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UIPM Press Release:

### **MODERN PENTATHLON OLYMPIC QUALIFICATION UPDATE**

Budapest, 1 June 2008 – At the conclusion of the Individual Finals of the MVM Modern Pentathlon World Championships in Budapest and with only 68 days to go until the XXIX Olympiad in Beijing, the qualification for the Games is almost complete. UIPM as the governing body of Modern Pentathlon confirms the achieved qualification positions to the National Olympic Committees (NOCs) as follows:

**CANADA MEN: RIKER-FOX Joshua; WOMEN: PINETTE Monica, GRANT Kara**

### **TEAM CANADA OVERVIEW**

On the women's side, Canada will feature two athletes from a strong talent pool that includes **Kara Grant** and **Monica Pinette**. Both Grant and Pinette are two of the top athletes from the Pan American region and each possesses the skill and experience to contend for a top result in Beijing. Both competed already at the 2004 Games in Athens. Monica Pinette won the silver medal at the Pan American Games 2007 and recently came through the Budapest 2008 MVM Modern Pentathlon World Championships with an 11th place finish—one of the best finishes in Canadian history at a World Championships. Kara Grant finished 3<sup>rd</sup> at the World Cup in Mexico 2008—*which is Canada's first World Cup Medal in Modern Pentathlon*. These results are great pre-Olympic news.

An Olympian in 2004, **Grant** is a 10-year national team veteran who previously captured a bronze medal at the Pan American Games in 1999 and recorded a ninth-place result at the 2006 World Championship. She qualified for Beijing after her results at the World Cup in Budapest (point system). **Pinette** also represented Canada at the 2004 Olympic Games in Athens and has enjoyed several notable international results in 2006 including a gold medal at the Pan American Modern Pentathlon Championship, a top-six result at the prestigious World Cup Final event and a silver medal at the Pan Am Games in 2007, thus qualifying for the Olympic Games in Beijing. She placed 11<sup>th</sup> at the Budapest 2008 MVM Modern Pentathlon World Championships.

Though not as experienced as the women, Canada's men's team is a rising squad that is led by **Joshua Riker-Fox**. Riker-Fox is considered one of the stronger athletes in the Pan American region. By winning the bronze medal at the recent Pan Am Games in Rio de Janeiro he earned a spot for Beijing 2008. The focus over the next few years will be to build more international experience.

## CANADIAN ATHLETE PROFILES

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### **Monica PINETTE** (Born: 5th February 1977 in Vancouver B.C.)

Hometown: Langley, B.C.

▪ Achieved a notable sixth-place result at the prestigious 2006 World Cup Final in Chianciano Terme, Italy... Finished 29th in the individual event and teamed with Elena Bales and Kara Grant to finish fourth in the women's relay event at the 2006 World Championship and sixth in 2007. Captured the gold medal at the 2006 Pan American Modern Pentathlon Championship and the silver medal at the Pan American Games 2007. Recorded a pair of top-10 finishes during the 2006 and 2007 World Cup season. Represented Canada at the 2004 Olympic Games in Athens and was the top Canadian in the women's individual event, finishing 13th. Was Canada's lone aboriginal athlete at the 2004 Olympic Games. Recorded a seventh-place finish at the 2003 Pan American Games. Captured gold at the 2003, 2006 and 2007 Canadian Championship. (Source: Olympic.ca)

▪ Profile: <http://www.bcempa.bc.ca/serv02.htm> &

▪ <http://www.realchampions.ca/athletes/mpinette/index>

Coach: Philipp Waeffler

*Recent Quote: "I have a certain level where I am able to perform—but I need to be in the right head space to reach this level," said Monica after competing in the World Championships. "It seemed like a very long and hard day, but I was able to be mentally strong for the whole 10 hours with no low moments. I am really proud that I could do this at such an important pre-Olympic competition."*

**Monica Pinette**, World Championships in May 2008 - 11<sup>th</sup> place finish

### **Kara GRANT** (Born: January 9, 1979 in Charlottetown, P.E.I.)

Hometown: Stratford, P.E.I.

Kara qualified for Beijing based on points after the recent World Championships in Budapest (May 2008). Kara competed in 2004 Olympics where she placed 22nd. She won the bronze medal at Pan Am Games 1999 and placed 4th in 2007. Kara finished 9th at the 2006 World Championships. 2007 results : 5th Place in Switzerland; New Brunswick "Men's" Epee Champion; Mill field World Cup, Great Britain - 14th; Cairo World Cup, Egypt - 40th; Mexico City World Cup, Mexico - 8th. Canadian National Champion in 1999, 2000, 2001, 2002. and 2004. Finished 3<sup>rd</sup> at the World Cup in Mexico 2008.

▪ Profile: <http://www.karagrants.net/> & <http://www.esteemteam.com/index.php/athlete/47>

Coach: Philipp Waeffler

*Recent quote: "I had the day of my life. It's been a long time coming with a lot of soul searching over the past couple of weeks to try and get myself in the right frame of mind to have a great competition," said Kara Grant. "I won the shooting event with a personal best score 187. I was fifth in fencing with 976 and second after two events. The swimming went very well for me, although I did drop to 9th overall. The riding was a little scary as the quality of the horses wasn't great and the horse I drew pulled up lame and I had to take a reserve horse. This could have gone very poorly but I lucked out and got a slightly complicated horse that suited me perfectly and had only one rail down."*

**Kara Grant**, Mexico City World Cup in March 2008 (won Bronze)

## **Joshua RIKER-FOX** (Born: September 6, 1983 in Delacour, Alta.)

Hometown: Delacour, Alta.

- Josh Riker-Fox captured a bronze medal at the 2007 Pan American Games. He represented Canada in the individual event at the 2006 World Championship in Guatemala. In 2006, finished fifth at the Open Polish Championship, eighth at the USA Open National Championship, 12th at the Pan American Modern Pentathlon Championship and 14th at the African Open Championship...Represented Canada in the individual event at the 2003 Pan American Games in Santo Domingo, finishing seventh...Captured gold at the 2006 Canadian Championship. (Source: *Olympic.ca*)
- Profile: <http://www.bcempa.bc.ca/profiles.htm>

Recent quote: *"Watching the World Championships Final from the sidelines was very difficult. I was not elated with my result, although aspects of it were confirmation of my continuing development," said Josh Riker-Fox. "Had I shot on par with my average score, I would have likely qualified for the final. It felt great to fence much more competitively than I have all year. This competition also highlighted the constant increase in competitiveness. With 105 athletes, the margin for error is very narrow. This was illustrated by the small time gap of 1:04 dividing first place and my position, 19th, at the start of the run in the semi-final."*

*Joshua Riker-Fox, World Championships (Budapest) May 2008  
18<sup>th</sup> place in semi-finals*

- More Canadian athlete profiles can be found at  
<https://www.olympic.ca/EN/hopefuls/2007/mp.html>

## **CANADIANS AND WORLD RANKINGS**

***Visit the following 3 ranking lists to see how Canadians rank in the world:***

**1 - The New Balance Pentathlon World Ranking** provides the most current listing of the top athletes in the sport of Modern Pentathlon. Competition results for the last 365 days are used in the rankings. The New Balance Pentathlon World Ranking score is determined by using points from the athlete's best 3 competitions. For more information visit: <http://www.pentathlon.org/index.php?id=106>

**2 - The World Cup Ranking List** compiles points awarded specifically from the World Cup competitions held in 2008. Visit: <http://www.pentathlon.org/index.php?id=107>

**3 - The Olympic Qualifying Ranking List** compiles only the points awarded specifically for Olympic Games qualifying competitions. For more information visit: <http://www.pentathlon.org/index.php?id=108> and click on «*Olympic Qualification PWR*».

## OLYMPIC MEDALS WON BY CANADIAN IN MODERN PENTATHLON

- Canada has not yet won an Olympic medal. Our best placing (male or female) was 13<sup>th</sup> by Monica Pinette in Athens in 2004.
- Canada won a world Championship in 1983 when Lynn Chornobrywy [Canada](#) was the World Champion (Individual Women).

## FAST FACTS ABOUT CANADIAN PENTATHLETES

- At the 2004 Olympic Games **Monica Pinette** placed 13<sup>th</sup> with 5,100 points, and **Kara Grant** came in 22<sup>nd</sup> with 4,928 points. Canada's men did not qualify to compete at the 2004 Olympic Games. (*Source: Olympic.ca*)
- A 1st: **Monica Pinette** and her team mate **Kara Grant** were the first Canadian women to ever compete in the Olympic Games in Modern Pentathlon. (*Source: CAMPA*)
- National Team Coach **Philipp Waeffler** competed at the 1996 Olympics for Switzerland. Philipp began coaching in 2000 and in 2002 he became the Canadian pentathlon national team coach. He coached the Canadian team at the 2003 and 2007 Pan American Games as well as the Olympic Games 2004 in Athens.
- Canada's **Monica Pinette** won a silver medal and **Josh Riker-Fox** won a bronze medal in modern pentathlon at 2007 Pan Am Games.
- Did you know? The [CAMPA Virtual Competition \(CVC\)](#) site was designed to help overcome the geographic limitations to group training and competing in Canada. With competitions organized locally across the country, this site provides a centralized method to compare results on a standardized scale.
- **Kara Grant** finished 3<sup>rd</sup> at the World Cup in Mexico in March 2008. This is the *first* World Cup medal that Canada has ever won.

## DID YOU KNOW?

The sport of Modern Pentathlon has been called the “true Olympic sport”. The athletes will compete in their 5 events in one day, in approximately 10 hours—shooting, fencing, swimming, riding and cross-country running. At the Beijing 2008 Olympic Games, the men will compete on August 21 and the women will compete on August 22.

## INTERNATIONAL COMPETITION

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### INTERNATIONAL TEAMS TO WATCH

Hungary and Russia are powerhouses. Great Britain, Lithuania and the Czech Republic are very strong Pentathlon nations, earning several medals at major competitions during the past 4 years.

At the Olympics, Sweden and Hungary are the two nations that have won the most titles, with nine and four victories respectively in the 21 editions of the Olympic Games.

(Source: *Olympic.org*).

- A list of the top ten countries based on Medals from Olympic Games and World Championships are **for women**: POL, GBR, RUS (URS), HUN, ITA, GER, DEN, BLR, FRA, SWE. **For men**: HUN, RUS (URS), SWE, ITA, POL, USA, CZE (TCH), FIN, GER, FRA. More details can be found at <http://www.pentathlon.org/index.php?id=154>

The top men's pentathlete in the world is Viktor Horvath from Hungary. Russia's Ilia Frolov is second and France's Jean Maxence Berrou is third. According to the Canadian Modern Pentathlon Association, other men to watch for include Libor Capalini (Czech Republic), Gábor Balogh (Hungary) and Edvinas Krungolcas (Lithuania). On the women's side, Pinette and Grant will face world No. 1 Amelie Caze (France), No. 2 Aya Medany (Egypt) and No. 3 Lena Schoneborn (Germany). In all, a list of 20 women's pentathletes will be strong competitors in Beijing from countries including Ukraine, Hungary, Poland, Britain, Belarus, Italy, Russia, the U.S., China and elsewhere.

### WOMEN TO WATCH - INTERNATIONAL (Source: *UIPM Media Guide*, p 66).

Victoria Tereshchuk (Ukraine, 18th February 1982)

Zsuzsanna Voros (Hungary, 4th May 1977)

Paulina Boenisz (Poland, 29th September 1978)

Marta Dziadura (Poland, 22nd February 1981)

Aya Medany (Egypt, 20th November 1988)

Georgina Harland (Great Britain, 14th April 1978)

Anastasia Samusevich (Belarus, 20th September 1985)

Claudia Corsini (Italy, 24th December 1977)

Tatiana Mouratova (Russia, 19th September 1979)

Lada Jienbalanova (Kazakhstan, 10th April 1970)

Monica Pinette (Canada, 5th February 1977)

Sheila Taormina (United States, 18th March 1969)

Donata Rimsaite (Lithuania, 29th January 1988)

Mhairi Spence (Great Britain, 31st August 1985)

Fakhry Omnia (Egypt, 2nd February 1982)

Jelena Rublevska (Latvia, 23rd March 1976)

Amelie Caze (France, 18th February 1985)

Lena Schoneborn (Germany, 11th of April 1986)

Zhou Liu (China, 25th August 1987)

Katia Rodriguez Ortiz (Cuba, 29th September 1984)

### MEN TO WATCH – INTERNATIONAL (Source: *UIPM Media Guide*, p 66).

Viktor Horvath (Hungary, 26th February 1978)

Libor Capalini (Czech Republic, 30th January 1973)

Gábor Balogh (Hungary, 5th August 1976)

Edvinas Krungolcas (Lithuania, 21st January 1973)  
Andrei Moiseev (Russia, 3rd June 1979)  
Dzmitry Meliakh (Belarus, 3rd July 1979)  
Deniss Cerkovskis (Latvia, 2nd November 1978)  
Eli Bremer (United States, 31st May 1978)  
Andrejus Zadneprovskis (Lithuania, 31st August 1974)  
Cyril Viala (France, 6th July 1978)  
Aleksei Turkin (Russia, 10th January 1979)  
Choon-Huan Lee (Korea, 19th May 1980)  
Amro El Geziry (Egypt, 29th November 1986)  
Steffen Gebhardt (Germany, 22nd of July 1981)  
Eric Walther (Germany, 13th March 1975)  
Marcin Horbacz (Poland, 16th June 1974)  
Michal Sedlecky (Czech Republic, 14th April 1979)  
Nicola Benedetti (Italy, 26th December 1985)  
Qian Zhenhua (China, 1st September 1979)  
David Svoboda (Czech Republic, 19th March 1985)

## **BEIJING OLYMPICS AND MODERN PENTATHLON**

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In Beijing a total of 72 athletes will compete, 36 women and 36 men will compete for individual medals (6 medals in total - no team medals). The quota for each NOC is 2 men and 2 women. A list of athletes (international) who have qualified can be found on the UIPM site at <http://www.pentathlon.org/index.php?id=155>

### **COMPETITION SCHEDULE\* FOR BEIJING**

Source: <http://www.pentathlon.org/index.php?id=167> \*check for updates to schedule

#### **MEN on Thursday August 21, 2008**

**Session Start: 8:30 End: 12:40 National Conference Center- Fencing Hall**

0830 – 0850 Men's Shooting

0950 – 1240 Men's Fencing

**Session Start: 14:10 End: 14:35 Yingtung Natatorium**

1410 – 1435 Men's Swimming

**Session Start: 16:30 End: 19:40 National Olympic Sports Center-Stadium**

1630 – 1820 Men's Riding

1900 – 1915 Men's Running

1930 – 1940 Men's Medal Ceremony

#### **WOMEN on Friday August 22, 2008**

**Session Start: 8:30 End: 12:40 National Conference Center- Fencing Hall**

0830 – 0850 Women's Shooting

0950 – 1240 Women's Fencing

**Session Start: 14:10 End: 14:35 Yingtung Natatorium**

1410 – 1435 Women's Swimming

**Session Start: 16:30 End: 19:40 National Olympic Sports Center-Stadium**

1630 – 1820 Women's Riding

1900 – 1915 Women's Running

1930 – 1940 Women's Medal Ceremony

### **TEAM CANADA TRAVEL DATES (to Olympics)**

The Canadian team will fly to Seoul, Korea on August 9th and then on to Beijing on August 16th. Prior to August 9th each athlete has a slightly different calendar in terms of competitions and training. It's unlikely that they'll be back in Canada for any competitions prior to the Games

### **BEIJING MODERN PENTATHLON VENUE**

There are three venues for modern pentathlon in Beijing. Fencing will take place in the Fencing Hall of the National Convention Center in Olympic Green. The swim races will be held at the Yingdong Natatorium at the National Olympic Sports Center that can hold 4,852 spectators. (This same venue will hold water polo matches.) The Olympic Sports Center Stadium will play host to equestrian and running events.

**VENUE PHOTOS** <http://www.pentathlon.org/index.php?id=160>

### **QUALIFICATION SYSTEM FOR BEIJING**

Qualification System To be eligible to fill qualification places, athletes must have achieved the minimum standards of 5100 points (men) and 4800 points (women) on the UIPM qualification list of 1 June 2008. Qualification is attributed to the athlete by name. NOCs with more than 2 qualified athletes have the authority to decide which 2 athletes they will enter. Athletes must have achieved their qualification position: through an official Olympic qualification competition, through the Pentathlon World Ranking, by the Tripartite Commission Invitation places, or by the host nation provisions.

Dates / Process of Confirmation of Places By 1 June 2008, the UIPM will confirm in writing to all NFs the number of qualification places they have achieved. NOCs will have to confirm by 15 June 2008 to the UIPM their qualification places. By 30 June 2008 the UIPM will confirm the reallocation of all unused quota places following the specifications noted below. Reallocation of Unused Quota Positions Continental championships Qualification positions allocated through continental championships which are not used by the respective NOC will be reallocated to the next highest ranked athlete/NOC at the respective event. Other places All other unused quota positions will be reallocated to NOCs of the next highest ranked athletes on the UIPM World Ranking list of 1 June 2008. (See pages 18 to 21 of UIPM Media Guide for more information

<http://www.pentathlon.org/index.php?id=66>)

**Qualifying for the Olympics:** <http://www.pentathlon.org/index.php?id=152>

### **Olympic Selection Criteria - Canada**

In order for Canadian athletes to qualify for the 2008 Canadian Olympic team, they must meet the qualification standards set by both the International Federation (IF) and National Sports Federation (NSF) of their respective sport. Details and Summary info sheets can be found at <http://www.olympic.ca/EN/media/2008mediacentre/criteria/index.shtml>

## THE SPORT OF MODERN PENTATHLON

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### History

The sport of Modern Pentathlon has been called the “true Olympic sport” and the “sport that most accurately conveys the ideals of Olympism. Baron Pierre de Coubertin founded the modern pentathlon believing the event would test a person's moral qualities as much as their physical resources and skills, thereby producing the ideal, complete athlete. Originally introduced in the Olympic Games in 1912 (Stockholm, Sweden), Modern Pentathlon has a long and distinguished history. With its unique Olympic foundation it is understandable that there are many facets that define and comprise this sport. From its leadership role in the Olympic movement, to the statutes and rules that guide its operation, and the organization that keeps it moving progressively forward, Modern Pentathlon, represented in all corners of the world, is steeped in culture and cultivated in the Olympic spirit. (Source: UIPM Website)

### Origins

The sport of modern pentathlon simulates the trials of a military courier charged with delivering a message by horseback through hostile territory. After he loses his horse, the messenger defends himself with pistol and sword, swims a river and runs across country to accomplish his mission. Thus, the sport's five events are shooting, fencing, swimming, riding and running. Baron Pierre de Coubertin, the founder of the modern Olympics, asked that modern pentathlon be included in the 1912 games in Stockholm. De Coubertin wanted to revive the spirit of the pentathlon of the ancient Greeks. The ancient pentathlete wrestled, ran the length of the stadium, jumped and threw the spear and the discus. Competitors with a military background have dominated the modern pentathlon. (Source: Olympic.ca)

"Pentathlon" comes from the Greek word for 5 (*pente*), so it means 5 sports combined into one athletic event. (Source: BCMPA)

## MODERN PENTATHLON – OVERVIEW

**Sport Overview:** Modern pentathlon consists of five disciplines contested over the course of one day. The disciplines of modern pentathlon in the finals at the Olympic Games, are held in the following order: shooting, fencing, swimming, riding and cross-country running. In the qualifying and semi-final rounds, the order of the competition events may vary, except for cross-country running which is always held last. The following is an overview of each of the five modern pentathlon disciplines. In modern pentathlon, the athlete who accumulates the most points wins the competition.

### Pistol shooting

Air pistols are used to fire 20 shots at centre fire targets, 155mm in diameter, at a range of 10m. Competitors have 40 seconds to fire each shot. Targets are changed after each shot and a score of 172 out of a possible 200 is worth 1,000 points. Every target point above or below 172 is worth plus or minus 12 points.

### Fencing

Competitors fence in a round robin épée tournament consisting of one-hit matches with a time limit of one minute. If a hit is not scored within the time limit, both competitors register a defeat. The target area is the whole body, and hits are registered via an electronic tip at the end of the épée. A total score of 70% victories equals 1,000 points with the value of each hit above and below this percentage depending on the number of athletes competing.

### **Swimming**

Competitors swim a 200m freestyle race, seeded in heats according to their personal best time. A time of 2 minutes, 20 seconds for men and 2 minutes, 30 seconds for women earns 1,000 points. Every 1/10 of a second above or below this time is equal to plus or minus one point.

### **Riding**

Competitors ride horses supplied by the organizers and chosen by lot. Each rider has 20 minutes and five practice fences to familiarize himself/herself with the horse. The course is 350-400m long with show-jumping obstacles, including one double and one triple combination. Competitors start with 1,200 points and lose points for knockdown, disobedience and time penalties.

### **Running**

The 3,000m running event has a 'chase' start. Competitors are set off at intervals that correspond in seconds to the difference in points between themselves and the athlete ahead of them. A time of 10 minutes for men and 11 minutes, 20 seconds for women earns 1,000 points. Every half-second above or below this standard will gain or lose two points. (*Olympic.ca*)

More info on Modern Pentathlon:

- A Guide to Modern Pentathlon: <http://www.modern-pentathlon.com/>
- Spectator Guide (BCMPA) : [http://www.bcmpa.bc.ca/news\\_releases.htm](http://www.bcmpa.bc.ca/news_releases.htm)

## **CLOTHING AND EQUIPMENT FOR MODERN PENTATHLON**

**Swimming:** Swimming suit, Swimming cap. Protective eye goggles (to protect the eyes of the swimmers from the chlorine and to improve vision)

**Riding:** Riding uniform: riding breeches, shirt, riding-coat, boots. Crash helmet / head guard. Riding stick (whip)

**Fencing:** Fencing uniform for épée. Fencing glove. Protective Mask. Electrical sword blade (épée)

**Shooting:** 4.5 mm calibre air-pistol. A sports shirt or track suit on which it is compulsory to write the athlete's name and (in international events) the name of his/her country.

(Source: <http://www.olympics.org.uk/sportequip.aspx?gt=S&sp=MP>)

See also: <http://en.beijing2008.cn/cptvenues/sports/modernpentathlon/n214051454.shtml>

## **OLYMPIC HISTORY**

From 1912 to 1980 the Olympic Modern Pentathlon competition was held over five days with one event per day. Between 1984 and 1992, experiments with the format of the sport meant that the competition was held over four days with either running and shooting or swimming and shooting on the same day. There were individual medals awarded and from 1952 - 1992 team medals were decided by adding the three individual scores of team members together.

For the Atlanta Olympic Games in 1996, the competition was a one-day event in which 32 men who qualified via pre-Olympic competitions participated. Only individual medals were awarded.

In 1998, the UIPM received approval for women to compete in the Sydney 2000 Olympics Games and 24 men and 24 women competed in the individual competitions.

For the first time in history, the Pentathlon venues were 96 % sold out. In Athens 2004, 32 men and 32 women competed and both competitions were 100% sold-out. In Beijing 2008, 36 women and 36 men will compete, following an increase in quota awarded to UIPM by the IOC Executive Board. (Source: UIPM website)

More History: <http://www.pentathlon.org/index.php?id=38>

### **Pentathlon at ancient Olympic Games included the following events:**

The Pentathlon became an Olympic sport with the addition of wrestling in 708 B.C. and included the following:

**Running** Running contests included:

- the stade race, which was the pre-eminent test of speed, covering the Olympia track from one end to the other (200m foot race),
- the diaulos (two stades -- 400m foot race),
- dolichos (ranging between 7 and 24 stades).

**Jumping** Athletes used stone or lead weights called halteres to increase the distance of a jump. They held onto the weights until the end of their flight, and then jettisoned them backwards.

**Discus throw** The discus was originally made of stone and later of iron, lead or bronze. The technique was very similar to today's freestyle discus throw.

**Wrestling** This was highly valued as a form of military exercise without weapons. It ended only when one of the contestants admitted defeat.

**Boxing** Boxers wrapped straps (himantes) around their hands to strengthen their wrists and steady their fingers. Initially, these straps were soft but, as time progressed, boxers started using hard leather straps, often causing disfigurement of their opponent's face.

**Pankration** This was a primitive form of martial art combining wrestling and boxing, and was considered to be one of the toughest sports. Greeks believed that it was founded by Theseus when he defeated the fierce Minotaur in the labyrinth.

**Equestrian events** These included horse races and chariot races and took place in the Hippodrome, a wide, flat, open space.

(Source: <http://en.beijing2008.cn/spirit/movement/origin/n214069872.shtml>)

### **MODERN PENTATHLON TRIVIA**

- Discus was a discipline in ancient pentathlon, an Olympic discipline from 708 B.C. (Source: *Olympic.org*)
- After the Sydney Olympic Games the most important changes of Modern Pentathlon rules were in riding. (Source: *Technical Newsletter UIPM 26 07 05*)
- The Sydney 2000 Games were the first Olympics in which women participated.
- Sweden and Hungary are the two nations that have won the most titles, with nine and four victories respectively in the 21 editions of the Games.
- The 1996 Atlanta Olympics was the first Games during which all 5 events of Modern Pentathlon were on a single day. Previously the event was over 4 days.
- Modern Pentathlon was first contested at the 1912 Olympic Games, and was won by a Swede named Gösta Lilliehöök. Future American World War II General George S. Patton finished fifth. (Source: *Wikipedia*)

- Lars Hall was the first non-military winner of the modern pentathlon at the 1952 Games (Gold). In 1956, Hall finished first again to become the first repeat winner of the modern pentathlon. (Source: *Olympic.org*)
- A vote by the IOC on July 8, 2005 keeps Modern Pentathlon in the Olympic Program until 2012. (Source: *Wikipedia*)

### **CANADA AT OLYMPIC GAMES & RECENT INTERNATIONAL MEDALS**

<b>Year</b>	<b>Competition</b>	<b>Athlete(s)</b>	<b>Result</b>
2008	World Cup	Kara Grant	Bronze
2007	Pan American Games	Monica Pinette	Silver
		Joshua Riker-Fox	Bronze
2004	Olympic Games	Monica Pinette	13 <sup>th</sup>
		Kara Grant	22 <sup>nd</sup>
1992	Olympic Games	Laurie Shong	59 <sup>th</sup>
		Ian Soellner	43 <sup>rd</sup>
1988	Olympic Games	Nicholas Fekete	40 <sup>th</sup>
		Lawrence Keyte	33 <sup>rd</sup>
		Barry Kennedy	45 <sup>th</sup>
		Men's team	11 <sup>th</sup>
1983	World Championships	Lynn Chornobrywy	Gold
1976	Olympic Games	Jack Alexander	46 <sup>th</sup>
		John Hawes	43 <sup>rd</sup>
		George Skene	45 <sup>th</sup>
		Men's Team	13 <sup>th</sup>
1972	Olympic Games	Kenneth Maaten	56 <sup>th</sup>
		Scott Scheuermann	54 <sup>th</sup>
		George Skene	59 <sup>th</sup>
		Men's Team	19 <sup>th</sup>

## GENERAL INFORMATION AND WEBSITES

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### RULES FOR MODERN PENTATHLON

UIPM Rules: Competition Rules; Disciplinary Rules; Marketing Rules; Medical Rules.

<http://www.pentathlon.org/index.php?id=33>

Technical Guidelines for Shooting, Fencing, Swimming, Riding, Running:

<http://www.pentathlon.org/index.php?id=120>

### STATISTICS

Current and past UIPM sanctioned competitions <http://www.pentathlon.org/index.php?id=49>

Competition results <http://www.pentathlon.org/index.php?id=114>

World Cup standings <http://www.pentathlon.org/index.php?id=107>

New Balance World Ranking list <http://www.pentathlon.org/index.php?id=108>

List of Olympic Medallists: <http://www.pentathlon.org/index.php?id=157> &

[http://en.wikipedia.org/wiki/List\\_of\\_Olympic\\_medalists\\_in\\_modern\\_pentathlon](http://en.wikipedia.org/wiki/List_of_Olympic_medalists_in_modern_pentathlon)

Results from 2004 Olympic Games: <http://www.olympic.ca/EN/hopefuls/2007/mp2.html>

### WEBSITES

Canadian Modern Pentathlon Association (CAMPA) [www.pentathloncanada.ca](http://www.pentathloncanada.ca)

International Modern Pentathlon Union (UIPM) *Union Internationale de Pentathlon Moderne*: [www.pentathlon.org](http://www.pentathlon.org)

Pentathlon National Governing bodies: <http://www.pentathlon.org/index.php?id=98>

A Guide to Modern Pentathlon: <http://www.modern-pentathlon.com/>

Spectator Guide (BCMPA) : [http://www.bcempa.bc.ca/news\\_releases.htm](http://www.bcempa.bc.ca/news_releases.htm)

Wikipedia [http://en.wikipedia.org/wiki/Modern\\_pentathlon](http://en.wikipedia.org/wiki/Modern_pentathlon)

Modern Pentathlon Lexicon (Sport Canada):

[http://www.pch.gc.ca/progs/sc/lex/pentathlon01\\_e.cfm](http://www.pch.gc.ca/progs/sc/lex/pentathlon01_e.cfm)

Official Lexicon (Athens) <http://www.lexique-jo.org/2004/lexique.cfm?rubrique=PENT>

Olympic Lexicon : <http://www.lexique-jo.org/liste4.cfm?rubrique=PENT>

### EVENTS

UIPM calendar <http://www.pentathlon.org/index.php?id=49>

### ATHLETE'S FAMILIES GOING TO GAMES

Contact Canadian Modern Pentathlon Association (CAMPA) for this information.

### MEDIA CONTACTS

Canadian Modern Pentathlon Association (CAMPA)

President - Angela Ives - [president@pentathloncanada.ca](mailto:president@pentathloncanada.ca)

National High Performance Coach - Philipp Waeffler [canadapentathlon@yahoo.ca](mailto:canadapentathlon@yahoo.ca)

National Development Coach - John Hawes [john.hawes@rogers.com](mailto:john.hawes@rogers.com)

70 Como Gardens, Hudson, Quebec, J0P1H0

Home: (450) 458-7974 / Fax: (450) 458-1746

Information officer at Olympic Games: Aline Lafreniere [alineml@sympatico.ca](mailto:alineml@sympatico.ca)

**CAMPA handbooks** (Olympic Qualification): <http://www.pentathloncanada.ca/forms.php>

**UIPM Media Guide – 2007:** <http://www.pentathlon.org/index.php?id=66> (download includes info on Olympic Qualification System, profiles, results, etc. published in 2007)

#### **NEWSLETTERS :**

UIPM monthly: <http://www.pentathlon.org/index.php?id=69>

Technical newsletters: <http://www.pentathloncanada.ca/DownloadsUIPM.php>

BCMPA newsletter: <http://www.bcmpa.bc.ca/newsletters.htm>

#### **PHOTOS**

BCMPA: <http://www.bcmpa.bc.ca/photoGallery.htm>

### **ABBREVIATIONS in MODERN PENTATHLON**

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CAMPA Canadian Modern Pentathlon Association (CAMPA)

CISM Conseil Internationale de Sport Militaire

EB Executive Board

HQ Headquarters

IJ International Judges

IOC International Olympic Committee

LOC Local Organising Committee

NF National Federation

NOC National Olympic Committee

PWR Pentathlon World Ranking

SG Secretary General

TC Technical Committee

TD Technical Delegate

TM Technical Meeting

UIPM Union Internationale de Pentathlon Moderne

#### Provincial bodies

AMPA Alberta Modern Pentathlon Association

BCMPA British Columbia Modern Pentathlon Association

OMPA Ontario Modern Pentathlon Association