



2018 WINTER INVITATIONAL COMPETITION

Saturday, January 6, 2018
Fergus & Guelph-Eramosa, Ontario

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<u>Registration</u>	12:45 pm	Centre Wellington Sportsplex 550 Belsyde Ave. East Fergus, ON N1M 2P7 http://www.arenamaps.com/arenas/1805.htm
<u>Fencing</u>	1 pm- 4 pm	Centre Wellington Sportsplex
<u>Swimming</u>	4 pm – 5 pm	Centre Wellington Sportsplex
<u>Laser-Run</u>	5.45 pm approx	Royal Distributing Athletic Performance Centre 7384 Wellington Rd 30 Guelph, ON N1H 6J2 Field a http://www.get.on.ca/rdapc/default.aspxnd

2018 WINTER PENTATHLON COMPETITION – ENTRY DETAILS	
Division	Events
4 EVENT <i>open to full members and Recreational Members</i>	Fencing, swimming, AND Laser-Run (Laser-Run counts as 2 events)
3 EVENT <i>open to full members and Recreational Members</i>	Any 3 of: fencing OR swimming AND Laser-Run (Laser-Run counts as 2 events)
2 EVENT <i>open to full members and Recreational Members</i>	Fencing AND swimming, OR Laser-Run only (Laser-Run as 2 events)

***** Accommodations will be made for para-athletes *****

Entries can be done in 2 ways:

Please send the completed entry form, waiver by email **prior to December 20**

1. For PayPal entries only:

Email Entry form to Secretary at jprudolph1@gmail.com
and a PayPal invoice will be sent for payment by closing date.

2. For Payment by Cheque only:

Mail entry form and cheque payable to Pentathlon Ontario to:
Pauline Vossen
351521 17th Line,
East Garafraxa, ON L9W 7E1
jprudolph1@gmail.com

Deadline for entries December 20, 2017

Please direct any questions by email to: Shaun Lagrange: salagrange@sympatico.ca
An email confirmation will be sent upon entry receipt.

A \$20.00 late entry fee will be applicable for entries received after December 20 2017
All withdrawals prior to deadline will be levied an administrative fee of \$20.00.

SUGGESTED ACCOMMODATION FOR OUT OF TOWN GUESTS

Best Western Plus Fergus
Address: 830 St David St N, Fergus, ON N1M 2L1
Phone: (519) 843-2100

Please note that sports events including Modern Pentathlon cannot take place without the help of dedicated volunteers the day of the event . We request each athlete brings a volunteer or family member that can assist with for example, fencing piste set up, swim timing, & laser run set up and timing.

INFORMATION ON DIVISIONS

Please review all current IPM rules prior to competing at: <http://www.pentathlon.org/calendar/rules-regulations/>

Athlete information for divisions The age as of Dec 31, 2018	Swim distance	Run distance	Combined Event (Run/Shoot)	Athlete information for divisions The age as of Dec 31, 2018
10 and under	50 m	400 m	1 x 400 m run 1 x 50 seconds 5 shots	10 and under
11 - 12 years	100 m	800 m	2x 400 m run 2 x 50 seconds 5 shots	11 - 12 years
13 – 14 years	100 m	1600 m	2 x 800 m run 2 / 50 seconds 5 shots	13 – 14 years
15 – 16 years	200 m	2400 m	3 x 800 m run. 3 x 50 seconds 5 shots	15 – 16 years
17 – 29 years	200 m	3200 m	4 x 800 m run 4 x 50 seconds 5 shots	17 – 29 years
30+,40+,50+	100 m	2400 m	3 x 800 m run. 3 x 50 seconds 5 shots	30+,40+,50+
60+,70+	50 m	1200 m	3 x 400 m run 3 x 50 seconds 5 shots	60+,70+

Laser-Run (All Divisions)

- Laser-Run counts as 2 events (run and shoot)
- See table above. It involves an initial run in of 20 meters, followed by 1, 2, 3 or 4 (see table, according to age group) sets of shooting in 50 seconds followed by run sequence.
- Laser targets and laser pistols will be used. CO₂ and air will not be provided
- Please indicate if you need to borrow a laser pistol. **There are limited laser pistols available for rent.**
- Course on track and artificial turf. (running spikes allowed)

Fencing

- Equipment must be in safe working order
- Club level equipment can be provided on request for the day, please see registration form
- Long pants and running shoes are appropriate for the Youth divisions.
- A bonus round fencing ladder will take place at conclusion of the ranking round (time permitting), with each bonus round victory counting for 1 point.

Swimming

- **6-lane 25 metre pool**, starting blocks
- Youth E/F, flutter boards welcome (scores will be adjusted)
- Warm up will be **20 minutes** at opening of pool
- Bathing suit required, goggles and cap recommended

2018 WINTER INVITATIONAL COMPETITION ENTRY FORM

Last Name: _____ First: _____

Address: _____

Postal Code: _____ Email: _____

Phone Number () _____

Birth Date (YY/MM/DD) _____

Division entered* _____

**for information on entering more than one division please contact salagrange@sympatico.ca*

I will be sharing a LASER pistol with _____
Best official past recorded swim time for your division entered : division: _____ time : _____

Please indicate divisions entering. Fill out one entry form per competitor.

4 events \$75 \$ _____

3 events (please indicate selection below) \$60 \$ _____

2 events (please indicate selection below) \$50 \$ _____

Swimming Fencing Combined event (counts as 2)

I am a Pentathlon Ontario member

**NOTE 2018 Membership information will be sent out separately,
2017 membership will exceptionally be extended for current members to include this competition only.**

I would like to purchase a 2018 recreational membership
(allows competition at 1 Invitational competition) \$ 20 \$ _____

I would like to purchase a 2018 first year
2017 \$50 introductory / Youth C and under competitive
Membership. \$ 50 \$ _____

I need to borrow fencing equipment \$ 5 \$ _____
*Please give details on what is needed and sizes.
Late entries cannot be guaranteed equipment.*

I need to borrow a laser pistol \$15 \$ _____

Total Event Registration, equipment rental, Membership \$ _____

ENTRY WAIVER

Name: _____ Birth Date: _____

Waiver and Release: I understand that participation in laser pistol shooting, fencing, running, riding and swimming involves certain risks and serious dangers which are inherent to the sport and I hereby release the Pentathlon Ontario ("P.O."), Old Orchard Farm, the Centre Wellington Sport plex, the Township of Wellington; Township of Guelph Eramosa, and their Directors, Officers, Officials, Representatives, Servants and Agents from any liability or costs arising out of or in connection with any activity of Pentathlon, including any liability due to the negligence or a breach of contract of its servants or agents in the course of my participating in the sport, or training, for a Pentathlon Ontario event.

I further confirm that I am over the age of majority in my province, (alternatively) I understand that my parent or guardian is required to sign this Waiver before I can participate in any activity under the auspices of the Pentathlon.

Athlete name: _____ Signature _____

FOR MINORS UNDER AGE OF 18 - I concur that the above named minor is in good physical condition and may participate in Pentathlon activities. I have read and understood the above waiver and my signature indicates agreement with both the application for participation in this sport and with the waiver.

Parent/Guardian name: _____ Signature _____

Patient/Guardian Consent: Consent is hereby given for such routine diagnostic procedures and medical treatment by an attending physician, his or her assistants or his or her designees as is necessary in his or her judgment should such care be required by either myself or the above mentioned athlete.

Parent/Guardian Signature _____

PENTATHLON CANADA WAIVER

Covering all Modern Pentathlon Competitions, Local, Provincial, National and International

I am aware that modern pentathlon involves many inherent risks, dangers and hazards, including but not limited to, the use and operation of air pistols, fencing equipment, equestrian equipment, horses and obstacles, cross-country running terrain with associated hazards, negligence on the part of event organizers, event volunteers, coaches, other athletes and spectators.

I freely accept and fully assume all such risks, dangers, and hazards and the possibility of personal injury, property damage or loss resulting from such risks, dangers, and hazards. In consideration of Pentathlon Canada allowing me to take part as a manager, coach or athlete in Modern Pentathlon competitions, whether they be local, provincial, national or international, (hereafter referred to as "the Competitions"), I hereby agree as follows:

TO ASSUME AND ACCEPT ALL RISKS, DANGERS AND HAZARDS in connection with my participation in, and/or travel to or from, the Competitions;

TO WAIVE ANY AND ALL CLAIMS that I may have against the Pentathlon Canada, its directors, officers, employees, agents and representatives (all of whom are collectively referred to as "Pentathlon Canada");

TO RELEASE Pentathlon Canada from any and all liability for any loss, damage, injury or expense that I, or my next of kin, may suffer or incur as a result of my participation in, and/or travel to or from, the Competitions, due to any cause whatsoever, INCLUDING NEGLIGENCE ON THE PART OF Pentathlon Canada;

TO HOLD HARMLESS AND INDEMNIFY Pentathlon Canada from any and all liability for property damage or personal injury suffered by myself or by a third party as a result of my participation in, and/or travel to or from, the Competitions.

I have read and understood this Waiver prior to signing it and am aware that by signing this document, I am accepting the terms of this Waiver and am thereby affecting the legal rights and liabilities of myself, my family, administrators and assigns in relation to Pentathlon Canada. I confirm that I am over the age of majority in my Province.

(For those under the age of majority in their Province) I understand that my parent or guardian is required to sign this Waiver before I can participate in any competition under the auspices of Modern Pentathlon.

Print Athlete Name: _____ Signature of Athlete: _____

Signature of Parent for minors under 18 : _____ Date _____