



# Western Winter Nationals

## February 9 – 10, 2019

WESTERN WINTER  
NATIONALS

### VENUES

#### Equestrian

**High River Agricultural Society - Rodeo Grounds**  
PO. Box 5271 Stn. Main  
High River, AB

#### Fencing, Swimming, Laser Run-Shoot

**University of Calgary**  
University of Calgary, 2500 University Dr. NW  
Kinesiology Complex

### SCHEDULE OF EVENTS

February 9

#### **RIDING (High River Agricultural Society)**

2:00pm – 5:30pm

#### **SWIMMING (UC Aquatic Centre)**

7:00pm – 9:00pm

Athlete check-in on deck. Spectators please seat in the upper viewing area.

February 10

#### **FENCING (UC Kinesiology Auxiliary Gym and Dance Studio)**

11:00am – 1:00pm

Format for this event will be Pentathlon single touch bouts (possibly repeated pairings) with age groupings based on registrations. See next page for details.

**Lunch between events; catering provided by Fuel for Gold.**

#### **LASER RUN (UC Track)**

2:00pm – 4:00pm

Venue and equipment set up, heat assignment.

**Scoring and awards to immediately follow.**

### Categories and Distances

The age of the pentathlete is determined by subtracting the year of birth from the year of the competition. Youth may compete in higher age categories. Masters athletes may compete in Senior category. Shooting in each series is completed when the target is hit five times or 50 seconds expires. Following are the distances for the swim and laser run events by age category.

Category	Age	Birth Year	Swim Distance	Laser-Run Distance
Senior	(> 21)	1997 or earlier	200m	4 x 800m
Junior	(19 – 21)	1998 – 2000		
U19	(17, 18)	2001 – 2002		
U17	(15, 16)	2003 – 2004	200m	3 x 800m
U15	(13, 14)	2005 – 2006	100m	2 x 800m
U13	(11, 12)	2007 – 2008	100m	2 x 400m
U11	(9, 10)	2009 – 2010	50m	1 x 400m
U9	(< 9)	2011 or later		
Masters 1	(≥ 30)	1989 – 1960	100m	3 x 800m
Masters 2	(≥ 60)	1959 or earlier	50m	3 x 400m



WESTERN WINTER  
NATIONALS

# Western Winter Nationals

## February 9 – 10, 2019

### Event Format

#### Fencing

**FORMAT** – Pentathlon competition format consists of all fencers within a competitive group competing against every other fencer in a large pool format. Each bout consists of one minute to one point. The bout ends when a single hit is recorded and a victory is awarded to one fencer. No points are awarded to either athlete if no hits are recorded. Each athlete must complete a minimum of 19 bouts. UIPM rules apply.

**Eligibility** – Athletes are eligible to compete in the fencing component if they are members of Pentathlon Alberta.

- All fencers must wear fencing whites including mask, jacket, glove, pants, helmet and knee socks along with a sous-plastron. Women must wear a chest guard.
- Fencers must provide two weapons and spare body wire.

#### Swimming

**FORMAT** – Pentathlon competition format for the swim consists of completing the distance determined by an athlete's category, as fast as possible. Scoring corresponds to one's time. UIPM rules apply.

**Eligibility** – Athletes must be able to safely complete the competitive distance and participate in a group warm-up where the available swim lanes may be busy.

- Swimmers must wear swimwear meeting FINA rules (<http://www.fina.org/content/fina-approved-swimwear>)

#### Riding

**FORMAT** – Pentathlon competition format for the equestrian event consists of a random draw for a horse, a 20-minute warmup of up to five jumps and the completion of a show jumping course. UIPM rules apply, except where modified to accommodate rider experience. Senior rider-horse pairings are randomly drawn. Intermediate rider-horse and lead-line pairings are selectively matched. A group warmup will precede the show jumping rounds. For athletes not competing in the full pentathlon, there is a lead-line ride option. This is suitable for athletes who are competing in four events now and would like to learn about the equestrian phase. Space is limited for the ride. All non-riding athletes are invited to audit this event; spend time with the horses and competitors, and observe the coach's instruction.

#### Laser-Run

**FORMAT** – Pentathlon competition format for the run/shoot consists of running into one's shooting station, shooting five successful shots (or 50 passing), and then running one loop. The number of times an athlete shoots, and the distance to run are captured in the competition categories above. Scoring corresponds to one's time. UIPM rules apply.

**Eligibility** – athletes must be able to respectfully handle a laser pistol. Please review the Pentathlon Alberta [Policy for LASER Shooting and Combined Event](#).

- Running attire and athletic shoes are required.
- Number of heats will be dependent on participant numbers, available targets and time available to complete event.

This competition is sanctioned by Pentathlon Alberta. Pentathlon Alberta provides funding for event space, referees, and equipment.



# Western Winter Nationals February 9 – 10, 2019

WESTERN WINTER  
NATIONALS

## Registration Details

Registration opens December 21<sup>st</sup> at [www.pentathlonalberta.com](http://www.pentathlonalberta.com), with deadlines as follows:

1. Regular Registration until January 26<sup>th</sup>.
2. Late Registration – January 27<sup>th</sup> to February 4<sup>th</sup> (add \$20).
3. Closing of Registration – February 4<sup>th</sup> (after this date, registrations not accepted).

Entry fees are as follows:

Event Options	
5 Event Pentathlon Registration (competing in ride – limited spots available).....	\$140
4 Event Pentathlon Registration (lead line in ride – limited spots available).....	\$110
4 Event Pentathlon Registration.....	\$75
OR by INDIVIDUAL EVENT	
Fencing event entry.....	\$45
Swim event entry.....	\$45
Laser-Run event entry.....	\$45
Additional Sunday Lunch (Fuel for Gold).....	\$15
Additional T-shirt.....	\$25
Audit the Equestrian Event.....	free

Registration includes a T-shirt and Sunday lunch.

Auditing the equestrian event refers to joining the Saturday competition at the High River Agricultural Society Rodeo Grounds, listening to the instruction and spending time around the horses. The High River Agricultural Society Rodeo Grounds are located on the SW corner of Alberta Highways #2A & #543. Southbound on the #2 from Calgary, please take exit #194 west to 498 Ave and continue to the crossing of #2A.

Please direct questions to [entries@pentathlonalberta.com](mailto:entries@pentathlonalberta.com) and [info@arespentathlon.ca](mailto:info@arespentathlon.ca).

## Accommodation

[Hotel Alma](#) is on the University campus, a minute's walk from the Kinesiology Complex.

[University of Calgary's Global Village](#) is also a very short walk to the Kinesiology Complex. As a 2-star accommodation, its rates are very reasonable.

[Motel Village](#) is 2.2km from the University of Calgary, and has several available options.