



2019 Ontario Provincial Championships

Friday May 31st & Saturday June 1st 2019
Moffat & Orangeville/Mono, Ontario

FRIDAY May 31 2019

Riding* 5.30 pm Starting with demonstration ride
Old Orchard Farm
12386 First Line, Moffat, ON L0P 1J0
Directions: <http://www.oldorchardfarm.ca/contact.html#directions>
Junior and Senior
(Optional for Youth, Masters divisions *)

SATURDAY June 1 2019

Registration 12.30 pm Tony Rose Memorial Pool
6 Northmen Way, Orangeville, ON L9W 3B2
Swimming 1 pm – 1.45 pm Centre Wellington Sportsplex
Fencing 2.30 pm approx. Orangeville Christian School
County Road 16, Orangeville, ON L9W 2Z6
Combined To follow Orangeville Christian School

SUGGESTED ACCOMMODATION FOR OUT OF TOWN GUESTS

Best Western Plus Orangeville,

ENTRY DETAILS		
Division	Divisions	Events
5 EVENT <i>open to full members ONLY for a Provincial Championship</i>	Junior, Senior, Masters*	fencing, swimming, riding, combined run/shoot (includes ride fee)
4 EVENT <i>open to full members ONLY for a Provincial Championship</i>	Junior, Senior, Masters, Youth	Fencing, swimming, AND combined run/shoot (combined counts as 2 events)
3 EVENT <i>open to full members and recreational members</i>	Junior, Senior, Masters, Youth	Any 3 of: fencing OR swimming AND combined run/shoot (Combined counts as 2 events)
2 EVENT <i>open to full members and recreational members</i>	Junior, Senior, Masters, Youth	Fencing AND swimming, OR combined run/shoot only (combined counts as 2 events)

* Other divisions may ride; however, it does not count toward the final placement within their division as per UIPM rules. There will be separate awards for riding divisions.

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

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>

Athlete information for divisions The age as of Dec 31, 2019	Swim distance	Run distance	Combined Event (Run/Shoot)	Age information for divisions The age as of Dec 31, 2018
Under 11	50 m	400 m	1 x 400 m run 1 x 50 seconds 5 shots	10 and under
Under 13	100 m	800 m	2x 400 m run 2 x 50 seconds 5 shots	11 - 12 years
Under 15	100 m	1600 m	2 x 800 m run 2 / 50 seconds 5 shots	13 – 14 years
Under 17	200 m	2400 m	3 x 800 m run. 3 x 50 seconds 5 shots	15 – 16 years
(Under 19, Junior, Senior)	200 m	3200 m	4 x 800 m run 4 x 50 seconds 5 shots	17 – 29 years
Masters 30+,40+,50+	100 m	2400 m	3 x 800 m run. 3 x 50 seconds 5 shots	30+,40+,50+
Masters 60+,70+	50 m	1200 m	3 x 400 m run 3 x 50 seconds 5 shots	60+,70+

Combined Event (All Divisions)

- Combined event 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.
- Please indicate if you need to borrow a laser pistol. There are limited laser pistols available.
- Outdoor course set on grass. (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.
- If A Bonus round fencing ladder will take place at conclusion of the ranking round, 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

Riding

- Stadium height will be set as per horse availability and most likely will be lower than UIPM Senior /Junior height.
- Accommodations for lower heights can be made (score will be adjusted accordingly)
- Youth riding as an additional event will ride a maximum of 2 ft 6 or lower maximum height comfortable
- ASTM Helmet with secure strap and riding footwear mandatory.
- 20 minutewarm up with 5 jump maximum

2019 ONTARIO PROVINCIAL CHAMPIONSHIPS ENTRY FORM

Please send the completed entry form, waiver by email prior to **May 16**

ontariocompetitions@pentathloncanada.ca

A PayPal invoice will be sent on receipt & to be paid by May 16
For entries & payment received after May 16^{12th} a \$25.00 late fee will apply
and there will be NO guaranty of horse or equipment availability.

Please direct any questions by email to: ontariocompetitions@pentathloncanada.ca

Last Name: _____ First: _____
Address: _____ Postal Code: _____
Email: _____ Phone: () _____
Birth Date (YY/MM/DD) _____
Division entered* _____

*for information on entering more than one division please contact ontariocompetitions@pentathloncanada.ca

IMPORTANT: Best official recorded swim time for your swim distance : DISTANCE: _____ time : _____

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

5 events \$140 \$ _____

For Youth A and below, please indicate height comfortable jumping:

_____ ft/_____ cm

4 events (No riding) \$ 85 \$ _____

3 events (please indicate selection below) \$ 70 \$ _____

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

Swimming Fencing Combined event (counts as 2)

I need to borrow fencing equipment \$ 10 \$ _____

Please give details on what is needed and sizes.

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

Total Event Registration, equipment rental, Membership \$ _____

**For 2019 membership information,
please email ontariocompetitions@pentathloncanada.ca
if you are not currently a 2019 member & you will be contacted with membership information**

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: _____

Print Parent Name for minors under 18 : _____ Signature of Parent for minors under 18 : _____

Date _____

ENTRY WAIVER

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 Town of Orangeville, The Town of Mono, the Orangeville Christian School 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: _____ Birth Date: _____

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 _____

The safety of horses provided for Modern Pentathlon competitions is of concern to all of Modern Pentathlon.

I recognize that the riding course and/or the horse selected for me might be beyond my riding abilities and I accept the authority of the Technical Committee (Equestrian Phase), in consultation with the head of my team delegation, during the warm-up phase of the riding competition, to decide to exclude me from the riding event.

Athlete Signature : _____ Date: _____

Parent signature for minors: _____ Date: _____