



Pentathlon Ontario and Pentathlon Canada are pleased to present the 2022 Modern Pentathlon National Championships. These Championships will be hosted in and around Guelph Ontario at the venues outlined below. For those of you needing accommodations we have room blocks secured at two hotels, details below.

We look very forward to hosting you and your families after 2 years of not being able to host due to COVID restrictions.

If you have any questions please contact Shelley Callaghan, Pentathlon Canada Executive Director at: [executivedirector@pentathloncanada.ca](mailto:executivedirector@pentathloncanada.ca)

## Registration Details

### Registration Costs:

All Pentathlon and Tetrathlon participants must be members of Pentathlon AB, Pentathlon ON or Pentathlon Canada. If you are not a member you will be asked to register as a member and pay for your membership, in addition to the event registration.

Please note that the registration cost for Pentathlon and Tetrathlon includes meals (BBQ-riding only, continental breakfast, lunch and Banquet dinner) and participation in the Sunday Triathlon- Run, Swim, Shoot event)

Pentathlon - \$300

Tetrathlon - \$250

Triathlon- Run, Swim, Shoot Event- \$15

Additional Banquet Tickets for Guests- \$55

**NEW: Family Discount-** families with multiple athletes competing in the Pentathlon or Tetrathlon. First family member pays full price with additional family members getting a \$100 discount. Contact Shelley to receive the coupon code - [executivedirector@pentathloncanada.ca](mailto:executivedirector@pentathloncanada.ca)

### Registration links:

Register for Pentathlon and Tetrathlon [HERE](#)

Register for Triathlon ONLY [HERE](#)

### Registration Deadlines:

Registration is open, with deadlines as follows:

1. Registration closes at 11:59pm June 20
2. Late Registration subject to availability for Tetrathlon only (no riding) until July 4<sup>th</sup> (add \$50)
3. Triathlon Registration closes 12:00pm July 16 subject to availability

## **VENUES**

### Riding

#### **Old Orchard Farm**

12386 First Line Nassagaweya, Moffat, Ontario, Canada L0P 1J0

### Fencing, Swimming, Laser-Run

#### **University of Guelph- Gryphons Athletics Centre**

50 East Ring Road, Guelph, ON, CA N1G 2W1

### Banquet and Awards Ceremony

#### **York Rd. Kitchen**

648 York Rd, Guelph N1E 6A4

### Triathlon- Run, Swim, Shoot Event

#### **C3 Canadian Cross Training Club (James Dick Quarry)**

18119 Hurontario St, Caledon Village, ON L7K

## **SCHEDULE OF EVENTS**

Competition will be run in accordance with [UIPM rules](#).

Friday, July 15

### **RIDING**

3:30pm

Course open for walking

4:30pm

Horse demo ride, horse draw and riding to follow

Saturday, July 16

### **TECHNICAL Meeting**

8:30am

#### **West Gym**

For all coaches and officials.

### **FENCING**

9:00am- 12:00pm

#### **West Gym**

Format for this event is single-touch bouts with groupings based on registrations.

### **SWIMMING**

12:30 – 2:00pm

#### **Gold Pool**

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

### **LASER RUN**

2:00 – 5:30pm

#### **Gryphon Fieldhouse**

### **Banquet and Awards Ceremony**

7:00-9:30pm

#### **York Rd. Kitchen**

Cost of Dinner included in athlete registration. Additional tickets can be purchased for \$55 each. Cash Bar.

Sunday, July 17

## Triathlon- Run, Swim, Shoot

9:00am-12:00pm

### C3 Canadian Cross Training Club (James Dick Quarry)

Open fun event for alumni, athletes, parents. Participants arrive and are put into teams. Included for athletes participating in National Championships. Registration \$15 for individuals just competing in this event.

### 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 for Tetrathlon only. Masters athletes may compete in the Senior category. 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)	2000 or earlier	200m	5 x 600m
Junior	(19 – 21)	2001 - 2003		
U19	(17, 18)	2004 – 2005		
U17	(15, 16)	2006 – 2007	200m	4 x 600m
U15	(13, 14)	2008 – 2009	100m	3 x 600m
U13	(11, 12)	2010 - 2011	100m	3 x 300m
U11	(9, 10)	2012 - 2013	50m	2 x 300m
Masters 1	(≥ 30)	1992 – 1963	100m	3 x 600m
Masters 2	(≥ 60)	1962 or earlier	50m	2 x 600m

### Laser Run

- Counts as 2 events (run and shoot)
- Please indicate if you need to borrow a laser pistol. There are limited laser pistols available.
- Indoor course (running spikes allowed)

### Fencing

- Equipment must be in safe working order
- ☑ Bonus round fencing ladder will take place at conclusion of the ranking round, with each bonus round victory counting for 2 points.

### Swimming

- 25 metre pool, starting blocks
- Warm up will be 20 minutes at opening of pool
- Bathing suit required, goggles and cap

### Riding

- Stadium height will be set as per horse availability
- ASTM Helmet with secure strap and riding footwear mandatory, Riding jacket & Britches required as per UIPM rules
- 20 minute warm up with 5 jump maximum as per UIPM rules

### Host Hotels:

We have secured the following room blocks at the hotels below:

**Days Inn**, 785 Gordon St., Guelph, ON N1G 1Y8 519-822-9112 - \$160/night + tax- 2 queen beds

To be included in the room block please register through this [LINK](#)

Room block is available at this rate until June 14, 2022

**Delta Hotel**, 50 Stone Rd. W, Guelph, ON N1G 0A9 519-780-3700 - \$209/night 2 queen beds

To be included in the room block, please register through this [LINK](#)

Room block available at this rate until June 16, 2022