



2023 Modern Pentathlon National Championships July 7 - 9, 2023 Vancouver, BC



Pentathlon Canada in partnership with Dynamo Fencing Club and Obstacle Sports Canada is pleased to present the 2023 Modern Pentathlon National Championships. These Championships will be hosted in Vancouver, British Columbia at the venues outlined below.

We look forward to hosting you and your families. It is going to be a great event!

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

VENUES

Obstacle Racing

Momentum Movement Academy

1961 McLean Ave Unit 2, Port Coquitlam, BC V3C 1N1

Laser-Run

Minoru Track

7191 Granville Ave, Richmond, BC V6Y 4G2

Swimming

Stevenson Outdoor Pool

4151 Moncton St, Richmond, BC V7E 3A8

Banquet and Awards Ceremony

TBD- Richmond BC

Fencing

Dynamo Fencing Club

2231 Vauxhall Place, Richmond BC, V6V 1Z5

Fun Event- Fence, Run, Shoot

Dynamo Fencing Club

2231 Vauxhall Place, Richmond BC, V6V 1Z5

SCHEDULE OF EVENTS

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

Friday, July 7

OBSTACLE RACING

Momentum Movement Academy

3:00 PM - 7:00 PM

Saturday, July 8

SWIMMING

Stevenson Outdoor Pool

8:30 AM – 10:30 AM

Athlete check-in on deck.

FENCING

Dynamo Fencing Club

11:00 AM- 2:30 PM

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

LASER RUN

Minoru Track

3:00 PM – 6:00 PM

BANQUET AND AWARDS CEREMONY

7:00-9:30pm

Dynamo Fencing Club

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

Sunday, July 9

FUN EVENT-FENCE, RUN, SHOOT

Dynamo Fencing Club

9:00am-12:00pm

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)	2001 or earlier	200m	5 x 600m
Junior	(19 – 21)	2002 - 2004		
U19	(17, 18)	2005 – 2006		
U17	(15, 16)	2007 – 2008	200m	4 x 600m
U15	(13, 14)	2009 – 2010	100m	3 x 600m
U13	(11, 12)	2011 - 2012	100m	3 x 300m
U11	(9, 10)	2013 - 2014	50m	2 x 300m
Masters 1	(≥ 30)	1993 – 1964	100m	3 x 600m
Masters 2	(≥ 60)	1963 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.
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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 1 point.

Swimming

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

Obstacle

- Course will be set up based on UIPM guidelines and judged using UIPM Rules
- Athletes will be given 20 minutes to walk the course and warm-up before getting started

Registration Details

Registration is open, with deadlines as follows:

1. Registration closes at 11:59pm July 4 for pentathlon/tetrathlon, fencing and obstacle
2. Registration for Sunday Fun Event closes at 12:00pm July 8 subject
3. Family Discounts available for pentathlon/tetrathlon registrations: 2 athletes from the same family= \$50 discount; 3 athletes from the same family=\$100 discount; 4 athletes from the same family=\$150 discount- please note all athletes must have a full athlete membership to participate
Please contact Shelley at executivedirector@pentathloncanada.ca to have the family discount applied after registration.

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 some meals (July 8 lunch, July 8 Banquet dinner and July 9 lunch) and participation in the Sunday Fun Event.

Pentathlon/Tetrathlon - \$250

Fencing Only- \$25

Obstacle Only- \$40

Sunday Fun Event- \$20

Additional Banquet Tickets for Guests- \$55

Register for Pentathlon and Tetrathlon [HERE](#)

Register for Fencing ONLY [HERE](#)

Register for Obstacle ONLY [HERE](#)

Register for Sunday Fun Day ONLY [HERE](#)