



# 2025 MODERN PENTATHLON NATIONAL CHAMPIONSHIPS

JULY 25 - 27, 2025 | OKOTOKS/CALGARY, ALBERTA

Pentathlon Canada in partnership with Pentathlon Alberta, Ares Pentathlon & Fencing Club, Atlas Obstacle & Pentathlon Club, Breathe Parkour and Obstacle Sports Canada is pleased to present the 2025 Modern Pentathlon National Championships. These Championships are being hosted in Calgary/Okotoks, Alberta 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](mailto:executivedirector@pentathloncanada.ca)

## VENUES

### OBSTACLE RACING

#### Breathe Parkour

401 33 St NE Unit 8,  
Calgary, AB T2A 7R3



### FENCE

#### Okotoks Recreation Centre

99 Okotoks Dr, Okotoks,  
AB T1S 1K1



### SWIMMING

#### Riley Minue Pool

99 Okotoks Dr, Okotoks,  
AB T1S 1K1



### LASER-RUN

#### Wylie Athletic Park

99 Okotoks Dr, Okotoks,  
AB T1S 1K1



### BANQUET & AWARDS CEREMONY

#### Big Sky BBQ Foothills

306016, 15th St. E, Foothill, AB T1S 1A6



### CLINIC DAY

#### MNP Community & Sport Centre

2225 Macleod Trl SE, Calgary, AB T2G 5B6

## SCHEDULE OF EVENTS

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

### FRIDAY, JULY 25

#### Obstacle - U13 and younger

Check-in and General Warm-Up: 4:30-5:00pm  
Equipment Warm-up: 5:00-5:15pm  
Competition: 5:20-5:40pm

#### Obstacle - U15-U19 and Masters

Check-in and General Warm-Up: 5:30-6:00pm  
Equipment Warm-up: 6:00-6:15pm  
Competition: 6:20-6:40pm

### SATURDAY, JULY 26

#### Obstacle - Junior and Senior

Check-in and General Warm-Up: 9:00-9:30am  
Equipment Warm-up: 9:30-9:45am  
Competition: 9:50-10:10am

#### Banquet and Awards Ceremony

6:00-9:30pm  
Big Sky BBQ Foothills  
Cost of Dinner included in athlete registration.  
Additional tickets can be purchased for \$55 each

#### Fence

Check-in: 11:00am  
Warm-up: 11:30pm  
Swim and Laser Run to immediately follow



**Sunday, July 27**

**FUN EVENT**

9:00am-1:00pm

Open FUN event in partnership with Pentathlon Alberta for athletes, parents, family and friends. Expert coaches will be on hand to teach swimming, running and shooting techniques. Individual and team events will also take place followed by a BBQ/Picnic lunch. For athletes already competing in the pentathlon this event is included.

## CATEGORIES & 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 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)	2004 or earlier	200m	5 x 600m
Junior	(19 - 21)	2004 - 2006		
U19	(17, 18)	2007 - 2008		
U17	(15, 16)	2009 - 2010	200m	4 x 600m
U15	(13, 14)	2011 - 2012	100m	3 x 600m
U13	(11, 12)	2013 - 2014	100m	3 x 300m
U11	(9, 10)	2015 - 2016	50m	2 x 300m
Masters 1	(≥ 30)	1995 - 1966	100m	3 x 600m
Masters 2	(≥ 60)	1965 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.

**FENCING**

- Equipment must be in safe working order

**SWIMMING**

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

**OBSTACLE**

- Athletes will have 15-20 minute general warm up followed by a 15 minute on equipment warm up.
- Obstacles will be adjusted for smaller athletes. If you see something of concern during the warmup please point it out to the organizers and we'll look to make the necessary adjustments.
- Timers with buzzers are set up for the event. However, only the first athlete to press the buzzer will stop the official time. The other athlete will be recorded via stopwatch.
- Athletes will have one official run for time that will count towards their overall pentathlon score.
- For athletes in Masters, U 13 and below: athletes are permitted to fail twice on each obstacle though on the second fail, they may move on to the next obstacle.
- For athletes in U 15 and above: athletes who fail the same obstacle after two attempts, will be asked to stop the obstacle course at that time and will receive no points for the obstacle discipline.
- If an athlete fails an obstacle they must walk/run to the end of the obstacle, around the end vertical truss, and back to the beginning of the obstacle on the outside of the obstacle before attempting a second time.



## REGISTRATION DETAILS

**Registration is open, with deadlines as follows:**

1. Registration closes at 11:59pm July 24 for pentathlon/tetrathlon, fencing and obstacle
2. Registration for Sunday Fun Event closes at 12:00pm July 26
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](mailto:executivedirector@pentathloncanada.ca) to get the family discount code to have it applied at registration.

## REGISTRATION COSTS

All Pentathlon and Tetrathlon participants must be members of Pentathlon AB, Pentathlon ON, Pentathlon BC 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 26 lunch, July 26 Banquet dinner and July 27 BBQ/Picnic Lunch) and participation in the Sunday Fun Event.

**Pentathlon - \$250**

**Tetrathlon (no obstacle) - \$200**

**Fencing Only - \$25**

**Obstacle Only - \$40**

**Additional Banquet Tickets for Guests - \$55**

**Sunday Fun Event - \$0**

Register for **Pentathlon and Tetrathlon** [HERE](#)

Register for **Fencing ONLY** [HERE](#)

Register for **Obstacle ONLY** [HERE](#)

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

**Additional Banquet Tickets** can be purchased [HERE](#)

