



2026 MODERN PENTATHLON NATIONAL CHAMPIONSHIPS

JUNE 6, 2026 | COCHRANE/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 2026 Modern Pentathlon National Championships. These Championships are being hosted in Calgary/Cochrane, 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

VENUES

OBSTACLE RACING

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



FENCE

SLS Centre, Cochrane
800 Griffin Rd E, Cochrane,
AB T4C 2B8



SWIMMING

SLS Centre, Cochrane
800 Griffin Rd E, Cochrane,
AB T4C 2B8



LASER RUN

SLS Centre, Cochrane
800 Griffin Rd E, Cochrane
AB T4C 2B8



BANQUET & AWARDS CEREMONY

Cochrane RancheHouse
101 Ranchehouse Rd, Cochrane
AB T4C 2B8



SCHEDULE OF EVENTS

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

SATURDAY, JUNE 6

Obstacle

Check-in and General Warm-Up 8:00-8:15am (**Open**)
Equipment Warm-Up 8:15-8:30am (**Open**)
Competition: 8:30-8:55am

*U19 and under age groups to immediately follow.

Detailed OCR heats will be send out prior to the start day of competition.

Fence

Check-in and Warm-up: 11:00am
Competition: 11:45am

Swim

Check-in: 1:50pm
Warm-up: 2:00pm
Competition: 2:20pm

Laser Run

Check-in: 3:15pm
Warm-up: 3:20pm
Competition: 3:30pm

Check-in and General Warm-Up: 5:30-6:00pm

Equipment Warm-up: 6:00-6:15pm Competition: 6:20-6:40pm

Banquet and Awards Ceremony

6:00-9:30pm

Cochrane RancheHouse

Cost of Dinner included in athlete registration.

Additional tickets can be purchased for \$60 each

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 Open category. Following are the distances for the swim and laser run events by age category.

CATEGORY	AGE	BIRTH YEAR	SWIM DISTANCE	LASER-RUN DISTANCE
Open	(> 21)	2004 or earlier	100m	5 x 600m
U 19	(17, 18)	2008 – 2009		
U 17	(15, 16)	2010 – 2011	100m	4 x 600m
U 15	(13, 14)	2012 – 2013	100m	3 x 600m
U 13	(11, 12)	2014 - 2015	100m	3 x 300m
U 11	(9, 10)	2016 - 2017	50m	2 x 300m
Masters 1	(≥ 30)	1996 – 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 June 4 for pentathlon/tetrathlon, fencing and obstacle
2. 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 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 (June 6 lunch, June 6 Banquet dinner).

Pentathlon - \$250

Tetrathlon (no obstacle) - \$200

Fencing Only - \$25

Obstacle Only - \$40

Additional Banquet Tickets for Guests - \$60

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

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

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

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

