



2015 ONTARIO PROVINCIAL CHAMPIONSHIPS

Saturday, May 30 2015

(Riding)

Sunday, May 31 2015

(Fencing, Swimming, Combined)

Moffat & Fergus, Ontario

SATURDAY May 30 2015

Riding*	2.00pm	Starting with demonstration ride. Old Orchard Farm 12386 First Line, Moffat, ON L0P 1J0
Junior and Senior (Optional for youth divisions *)		Directions: http://www.oldorchardfarm.ca/contact.html#directions

SUNDAY May 31, 2015

<u>Registration</u>	8.30 am	Centre Wellington Sportsplex 550 Belsyde Ave. East Fergus, ON N1M 2P7 http://www.arenamaps.com/arenas/1805.htm
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<u>Swimming</u>	9.00 am sharp	Centre Wellington Sportsplex
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<u>Fencing</u>	10:30am	Centre Wellington Sportsplex
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<u>Combined</u>	to follow	Centre Wellington Sportsplex
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AGM, BBQ and Awards to follow





2015 ONTARIO PROVINCIAL CHAMPIONSHIPS – ENTRY DETAILS			
Division	Divisions	Events	Fees
5 EVENT <i>open to full members ONLY</i>	Junior, Senior, Masters *	fencing, swimming, riding, combined run/shoot (includes ride fee)	\$110
4 EVENT <i>open to full members and \$10 day members-</i>	Youth A,B,C,D,E,F	Fencing, swimming, AND combined run/shoot (combined counts as 2 events)	\$75
3 EVENT <i>open to full members and \$10 day members</i>	All	Any 3 of: fencing OR swimming AND combined run/shoot (Combined counts as 2 events)	\$60
2 EVENT <i>open to full members and \$10 day members</i>	All	Fencing AND swimming, OR combined run/shoot only (combined counts as 2 events)	\$50

* 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 ***

Entries can be done in 2 ways:

Please send the completed entry form, waiver by email **prior to May 20:**

1. For PayPal entries only:

Email Entry form to Secretary at jprudolph1@gmail.com and a PayPal invoice will be sent for payment by closing date.

2. For Payment by Cheque only:

Mail entry form and Cheque payable to Pentathlon Ontario to the Pentathlon Ontario Secretary prior to May 20 :

Pauline Vossen
 Pentathlon Ontario Secretary
 351521 17th Line,
 East Garafraxa, ON L9W 7E1
jprudolph1@gmail.com

Deadline for entries May 20

Please direct any questions by email to: Shaun Lagrange: salagrange@sympatico.ca
 An email confirmation will be sent upon entry receipt.

A \$20.00 late entry fee will be applicable for entries received after May 21 , 2015

Late entries will not be guaranteed availability of fencing equipment or horses if riding in optional Youth divisions.

All withdrawals prior to deadline will be levied an administrative fee of \$20.00.

SUGGESTED ACCOMMODATION FOR OUT OF TOWN GUESTS

Best Western Plus Fergus Address: 830 St David St N, Fergus, ON N1M 2L1 Phone:(519) 843-2100



INFORMATION ON DIVISIONS

Please review all 2015 UIPM rules prior to competing at: <http://www.pentathlon.org/calendar/rules-regulations/>

Athlete Information Divisions	The age as of Dec 31, 2015	Swim distance	Run distance	Combined Event (Run/Shoot)
Youth E / F	10 and under		400 m	1 x 400 m run 1 x 50 seconds 5 shots laser pistol
Youth D	11 - 12 years	100 m	800 m	2x 400 m run 2 /x 50 seconds 5 shots laser pistol
Youth C	13 – 14 years	100 m	1600 m	2 x 800 m run 2 / 50 seconds 5 shots 5 Laser Pistol
Youth B	15 – 16 years	200 m	2400 m	3 x 800 m run. 3 x 50 seconds 5 shots Laser Pistol
Youth A, JR, & SR	17 – 29 years	200 m	3200 m	4 x 800 m run 4 x 50 seconds 5 shots Laser Pistol
Masters	30+,40+,50+	100 m	2400 m	3 x 800 m run. 3 x 50 seconds 5 shots Laser Pistol
	60+,70+	50 m	1200 m	3 x 400 m run 3 x 50 seconds 5 shots laser pistol

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. CO₂ and air will not be provided
- 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.
- 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

- Up to max. 110 cm stadium course (**senior**) 105 cm (**Junior**).
- Accommodations for lower heights can be made (score will be adjusted accordingly)
- **Youth riding as an additional event must indicate maximum height comfortable**
- ASTM Helmet with secure strap and riding footwear mandatory.
- **20 minute** warm up with **5 jump** maximum.
- Ride numbers will be capped based on horse availability.



2015 ONTARIO PROVINCIAL CHAMPIONSHIPS ENTRY FORM

Last Name: _____ **First:** _____

Address: _____

Postal Code: _____ **Email:** _____

Phone: () _____ **Cell:** () _____

Birth Date (YY/MM/DD) _____

Division entered* : _____

*for information on entering more than one division please contact salagrange@sympatico.ca

I will be sharing a LASER pistol with _____
 Best official past recorded swim time for your division entered : division: _____ time : _____

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

5 events \$110 \$ _____

For Youth A and below, please indicate height comfortable jumping:
 _____ ft/ _____ cm

4 events (No riding) \$75 \$ _____

3 events (please indicate selection below) \$60 \$ _____

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

Swimming Fencing Combined event (counts as 2)

I am a 2014 Pentathlon Ontario member

I would like to purchase a day membership \$ 10 \$ _____

I would like to purchase a 2015 first year \$40 introductory / Youth C and under Membership \$ 40 \$ _____

I need to borrow fencing equipment \$ 5 \$ _____

*Please give details on what is needed and sizes.
 Late entries cannot be guaranteed equipment.*

I need to borrow a laser pistol \$10 \$ _____

Total Event Registration, equipment rental, Membership \$ _____



ENTRY WAIVER

Name: _____ Birth Date: _____

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 Centre Wellington Sport plex, , the Township of Wellington; 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 _____

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 : _____

Parent signature for minors: _____



**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: _____

Signature of Parent for minors under 18 : _____

Print Parent Name for minors under 18 : _____

Date _____