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

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 Triathle- Run, Swim, Shoot event)
Pentathlon - $300
Tetrathlon - $250
Triathle- Run, Swim, Shoot Event- $15
Additional Banquet Tickets for Guests- $55

Registration links:
Register for Pentathlon and Tetrathlon HERE
Register for Triathle 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 4th (add $50)
3. Triathle 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

Triathle- 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

**Triathle- 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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Age</th>
<th>Birth Year</th>
<th>Swim Distance</th>
<th>Laser-Run Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior</td>
<td>(&gt; 21)</td>
<td>2000 or earlier</td>
<td>200m</td>
<td>5 x 600m</td>
</tr>
<tr>
<td>Junior</td>
<td>(19 – 21)</td>
<td>2001 - 2003</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U19</td>
<td>(17, 18)</td>
<td>2004 – 2005</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U17</td>
<td>(15, 16)</td>
<td>2006 – 2007</td>
<td>200m</td>
<td>4 x 600m</td>
</tr>
<tr>
<td>U15</td>
<td>(13, 14)</td>
<td>2008 – 2009</td>
<td>100m</td>
<td>3 x 600m</td>
</tr>
<tr>
<td>U13</td>
<td>(11, 12)</td>
<td>2010 - 2011</td>
<td>100m</td>
<td>3 x 300m</td>
</tr>
<tr>
<td>U11</td>
<td>(9, 10)</td>
<td>2012 - 2013</td>
<td>50m</td>
<td>2 x 300m</td>
</tr>
<tr>
<td>Masters 1</td>
<td>(≥ 30)</td>
<td>1992 – 1963</td>
<td>100m</td>
<td>3 x 600m</td>
</tr>
<tr>
<td>Masters 2</td>
<td>(≥ 60)</td>
<td>1962 or earlier</td>
<td>50m</td>
<td>2 x 600m</td>
</tr>
</tbody>
</table>

**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 1 point.

**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