



AN OVERVIEW



“Loyalty, Character, Sportsmanship”

WELCOME ALL TETRATHLON COMPETITORS!

BC Islands Region is proud to be hosting the 2003 National Tetrathlon Championships! We would like to warmly welcome all athletes, new and familiar, all chaperones and coaches and all family members and friends, to Vancouver Island and to the warmlands of the Cowichan Valley. We look forward to this annual gathering of Tetrathlon and Pony Club enthusiasts!



The Venue we will be using this year is located in Duncan, "City of Totems", which is in the heart of the Cowichan Valley. The "Cowichan" name comes from the Quw'utsun' people who first inhabited this area some 4000 years ago and translates to mean 'land warmed by the sun'. It is no surprise then that this area boasts the highest mean temperatures in Canada and is home to over 70,000 people. Duncan is famous for its World's Largest Hockey Stick and Puck at the Cowichan Community Centre, and for its many authentic carved Totem Poles that are on display throughout the city.



While at Duncan, we will be staying at the Queen Margaret's School campus, which offers: 27 park-like acres, Campus Residence and Full Cafeteria, Over-height Gymnasium, Outdoor Tennis Courts, Heated Outdoor Pool, Field Hockey Pitch, Heritage Chapel, Horse Boarding Stables, and Indoor/Outdoor Riding Rings.

The riding venue will be held about 40 km. north, at Michael Lake Cross Country Course. This lovely private facility is situated on over a hundred acres of open fields, rolling hills, forests, and orchards. It is a sanctioned Horse Trials course from Pre-Green to Preliminary levels. Horse stabling is in outdoor paddocks situated in a lovely forested campsite. They are also currently building a large indoor ring and barn facility, with limited barn stabling. Campsites are available (no hookups), and there are several Bed and Breakfasts to choose from in the area.



While traveling to the Riding facility, we will stop at the world famous town of Chemainus. Heralded as "The Little Town That Did" Chemainus is known world-wide as the largest outdoor art gallery. With thirty-three larger-than-life historic paintings in this open air gallery Chemainus attracts over 300,000 visitors annually. For 100 years, Chemainus remained a "one industry" town. Until 1983 it boasted one of the world's largest sawmills. When the mill closed, many felt the end of commercial viability for the town was near. However, through the dreams, imagination and energy of the community, the little town of Chemainus found a new life by putting on a new face. The town transformed itself into Canada's largest permanent outdoor art gallery, capturing and expressing its history, its people, and its future.



We have many other fun stops and activities planned to make this year's Championships one to remember. We hope that once you visit our Island you will want to return and visit many of the natural wonders we have to offer!

Best of Luck to all Competitors at the Warmland Challenge 2003

MEALS and ACCOMMODATION:

Competitor's, Coaches, Chaperones, Officials:

–**Accommodations:** Queen Margaret's School: 660 Brownsey Avenue, Duncan, BC, V9L 1C2
www.qms.bc.ca phone: 250-746-4185, fax: 250-746-4187

The Accommodations are in semi-private dorm rooms (2 per room), bedding provided. Please bring own toiletries and towels.

–**Meals:** Opening Barbecue on Field Hockey Pitch, Most meals in University style Cafeteria, with some bagged lunches, etc. Banquet on Campus. **No alcohol will be allowed at the competition at any time.**

Non-Competitors: Visitors, Family, Volunteers, etc.

The following list is of local Hotels, etc.:

Best Western Cowichan Valley Inn 6474 Trans Can. Hwy., Duncan. BC	250-748-2722 toll free: 1-800-927-6199
Travelodge Silver Bridge Inn 140 Trans. Can. Hwy., Duncan, BC	250-748-4311
Days Inn Duncan 5325 Trans Can. Hwy., Duncan BC	250-748-0661 toll free: 1-800 DAYS INN

Bed & Breakfast Establishments near the Cross-Country Course:(Book Early)

Kells Guesthouse	13490 Doole Rd.	250-245-9953
Marsh Meadow B & B	2198 Cedar Road Rd.	250-722-2112
Yellowpoint B & B	4130 Yellowpoint Rd.	250-245-7059
Yellowpoint Lodge	3700 Yellowpoint Rd.	250-245-7422

Local Websites for more information:

www.city.duncan.bc.ca
www.northcowichan.bc.ca
www.warmland.ca
www.bctravel.com

Airport Transportation:

Country Cabs Duncan Ltd.	250-746-0009
A-1 Taxi Service Charter & Transportation (250) 812-8900 A-1 Airport Taxi (877) 389-0090 (toll-free) A-1 Tours & Taxi http://www.a-1taxi.com	(250) 389-0090

TRANSPORTATION:

The Canadian Pony Club official Travel Agent is McPhail Travel (1-800-442-0611). National Tetrathlon encourages the use of McPhail Travel, wherever possible.

The Arrival and Departure Form must be completed fully if transportation is required to and from Nanaimo Airport or Victoria International Airport. Flights must arrive in time for the opening Ceremonies at 6:00 p.m. at Queen Margaret's School, Duncan, BC. Sunday, Aug. 3rd, 2003.

Please allow sufficient time for baggage claim, and travel time to the Venue:

Nanaimo Airport: 35 minutes travel time

Victoria International Airport: 90 minutes travel time

*For Competitors arriving early: Limited billeting is available. Please make a note of this requirement on the entry form.

Travel by Ferry and Horse Transportation:

Horses will be boarded at the Cross Country Course: Michael Lake, near Ladysmith, BC

Three Ferry routes service the Island:

1. Horseshoe Bay to Departure Bay (arrives in Nanaimo): 25 minute drive south to Michael Lake
2. Tsawwassen to Duke Point (arrives just South of Nanaimo) 15 minute drive south to Michael lake
3. Tsawwassen to Swartz Bay (arrives at Sydney, outside of Victoria) 2 hour drive north to Michael Lake, driving over the Malahat Range.

If traveling from Alberta or North of the Fraser River we recommend you take the Horseshoe Bay route.

If traveling from South of the Fraser River we recommend you take the Duke Pt. Route, but please be advised that there are less ferries on that route, and the ferry ride is longer (2 hrs.)

Please Contact the BC Ferry website for important and up to date information on livestock boarding!

****Please Note**** Ferry traffic is especially busy on a long weekend!

Ferry Schedule Information:

<http://www.bcferries.com>

or phone: 1-250-386-3431 for information or to reserve vehicles phone:
1-604-444-2890

Directions to Michael Lake Cross Country Course:

From Nanaimo Ferry (Departure Bay) (Duke Pt. Ferry):

Follow directional signs from Ferry to Victoria/Duncan (you will pass through Nanaimo on Hwy Number 1, if traveling from Departure Bay) Continue driving South on Hwy #1 passing the "Bungy Zone" and Nanaimo River, and passing the Nanaimo Airport.

At 2nd set of lights, past the entrance to the Nanaimo Airport, turn left onto Cedar Rd. Follow Cedar Rd. and at the Husky Station, turn Right onto Yellowpoint Rd.

Continue along until you see a Cranberry farm on the right and a steep hill. At the top of the hill turn Right onto Doole Rd. Continue along Doole Rd. to 13270 Doole Rd.

You will see directional signs to show you the entrance into the forested campsite area, which is above the main Cross Country course. (The main entrance to the facility is further up Doole Rd. to the right, just past Donna Rd. which is to the left)

From Duncan or parts South:

Take Hwy # 1 north past Chemainus and Ladysmith. Take the Cedar Rd. turnoff to the right (just before the 2nd light past the Husky Station after Ladysmith. If you get to the Nanaimo airport, you have gone too far).

Follow Cedar Rd. and at the Husky Station, turn Right onto Yellowpoint Rd. Continue along until you see a Cranberry farm on the right and a steep hill. At the top of the hill turn Right onto Doole Rd. Continue along Doole Rd. to 13270 Doole Rd.

You will see directional signs to show you the entrance into the forested campsite area, which is above the main Cross Country course. (The main entrance to the facility is further up Doole Rd. to the right, just past Donna Rd. on the left)

Directions to Queen Margaret's School, Duncan, BC. (660 Brownsey Ave., Duncan, BC)

Follow Hwy #1 (north or south) to Duncan.

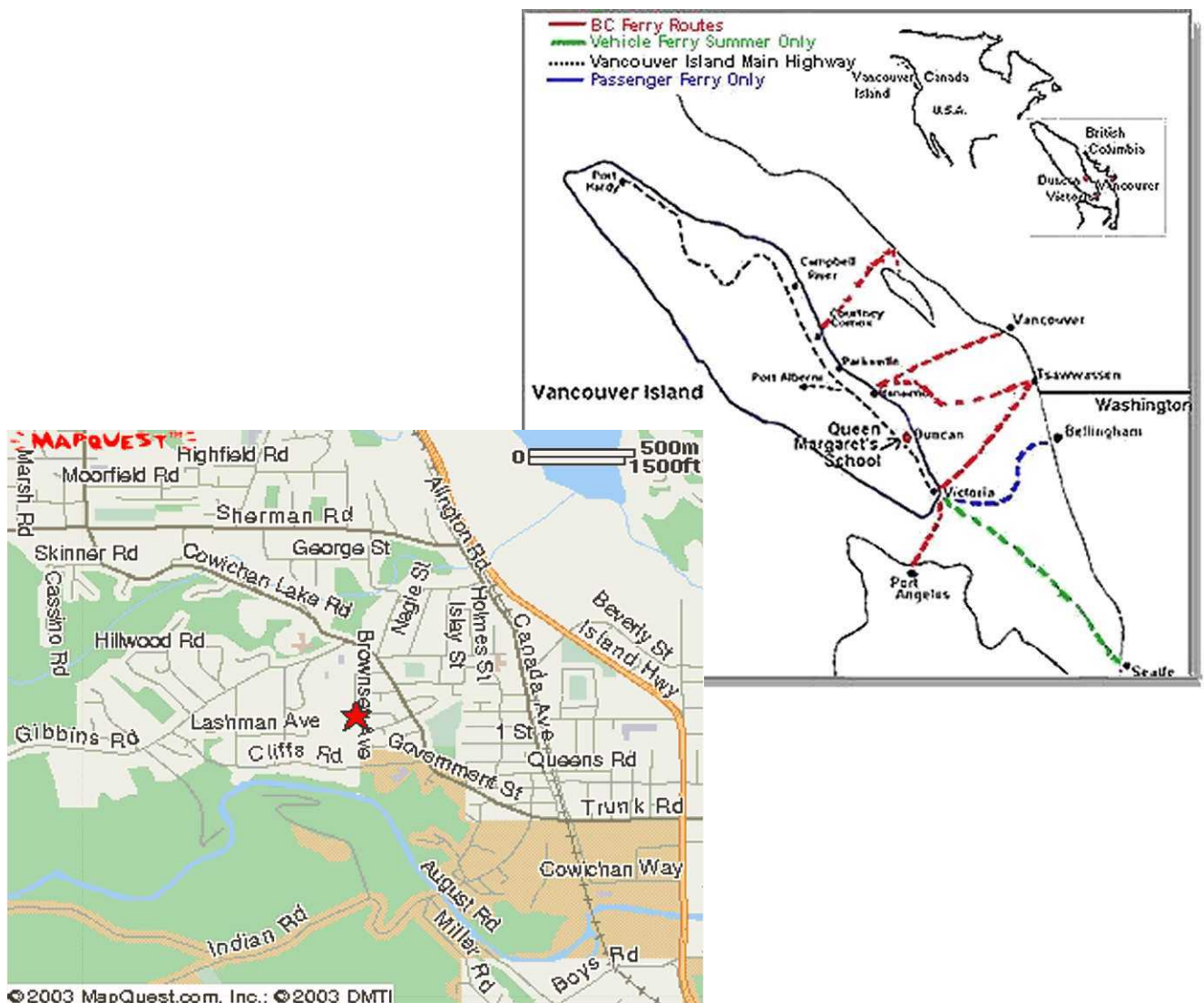
Turn West onto Trunk Rd.

Follow thru town over train tracks at 2nd light. Keep straight. (becomes Government Street)

Continue up hill to Brownsey Rd. on the left. (Bruce's Grocery on the Right)

Turn left and enter school grounds.

Meet on Field Hockey Pitch to the right for Registration and Opening Ceremonies.



DISCIPLINE VENUES:



Shooting: Queen Margaret's School, Founders Hall (gymnasium)



Riding: Michael Lake Cross Country Course,
13270 Doole Rd., Ladysmith, BC.



Swimming: Cowichan Community Centre, Duncan, BC.



Running: Mount Tzouhalem Park, Duncan BC.

HORSE REQUIREMENTS AND SHARING OF HORSES:

●All competitors from BC. Islands, BC Lower Mainland, BC Interior North, Alberta South, Alberta Central, and Alberta North Pony Club Regions **MUST** bring adequately conditioned and trained horses to the competition and **MUST** allow their mount to be shared with competitors from outside the above mentioned Regions. ***Competitors are encouraged to bring additional horses if available.***

●All horses traveling from ***outside the BCLM Region must have current Negative Coggins certificate for 2003***, and attach a photocopy to their entry. All horses from BC Islands Region and the BCLM must have a signed affidavit (see form provided) stating that the horse has not traveled outside the lower mainland or Vancouver Island during the previous 12 months. (Or may attach a copy of a current Negative Coggins Test)

●All competitors will assist each other during the horse phase from Aug. 4th -6th, and assist the grooms wherever possible. Grooms are provided to care for the horses when the competitors are off site, but it is the competitors responsibilities to care for the horses while at the Riding Venue and during the competition.

AWARDS:

- Team Awards**: Rosettes to 5th place will be awarded to both women's & men's teams
 - High Point Individual Awards**: Rosettes to 8th place will be presented to high point individuals for men and women, both junior and senior competitors.
 - Discipline Awards**: Rosettes to 8th place will be presented to top competitors in all four phases. Shooting, riding, swimming & running for both men and women, senior and junior divisions.
 - Sportsmanship Award**: An award will be presented to the athlete who consistently demonstrates good sportsmanship during the competition (to be selected by organizing committee)
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SCORING:

●National Tetrathlon 2003, will run according to the Canadian Pony Club National Tetrathlon Rules 2001(Revised 2003).

DRESS:

●Opening Ceremony: All teams are asked to dress in their team colours (Regional flags if available) for the opening Ceremonies, to commence at approximately 6:00 p.m. Aug. 3, 2003.

●Shooting: It is strongly recommended that long sleeve shirts be worn.

●Riding: ASTM/SEI/BSI approved helmets with fastened safety harness are MANDATORY. Long sleeve shirts MUST be worn for both Stadium and Cross Country. Protective Eventing Vests are STRONGLY RECOMMENDED for both Stadium and Cross-Country. (See rules 13.7.1 to 13.7.3) Current Medical Information must be displayed at all times on the left arm during any mounted activities. (13.7.5) Proper footwear must be worn at all times when in the Stabling area.

●Awards Banquet: Semi-formal: shirt & tie, NO jeans, or shorts, appropriate banquet attire.

SHOPPING:

A scheduled stop will be made to the town of Chemainus, where there are many unique craft and gift stores available. A brief amount of time will be available for tourist shopping and viewing the outdoor Murals. No competitors or Chaperones may leave the Venue sites at any time without advanced permission from the Organizers.

LEISURE TIME:

●During Leisure time, Competitors will have the use of the Campus, and may choose to play tennis on the courts (some rackets & balls available, or bring your own), play games on the Field Hockey Pitch, play basketball, or games in the gymnasium, play on the playground equipment, stroll through the gardens and visit the Chapel, stroll through the grounds and visit the Horse Stables, or swim in the outdoor pool when a Lifeguard is on duty.

TENTATIVE SCHEDULE OF EVENTS: * Changes may occur*

Day 1: Sunday Aug. 3, 2003	3:00 – 5:00 p.m.	Arrival at QMS & Registration Please Note: Rooms may not be available until after 6:00 p.m. Bring luggage to Picnic Area outside Cafeteria
	6:00 p.m.	Opening Ceremonies: Field Hockey Pitch
	6:45 p.m.	Barbecue Dinner/ Group Photos
	8:00 – 10:00 p.m.	Shooting Practice: Founders Hall
	9:30 p.m.	Meeting: Chaperones/Coaches/Officials
	10:30 p.m.	Mug up
	11:00 p.m.	Lights Out/Room Check

Day 2: Monday Aug. 4, 2003	7:00 – 8:30 a.m. 7:30 – 11:30 a.m. 12:00 – 12:30 p.m. 12:00 – 12:30 p.m. 1:00 – 4:00 p.m. 4:00 – 4:45 p.m. 5:00 – 5:15 p.m. 5:15 – 6:00 p.m. 6:30-8:00 p.m. 6:30 – 7:00 p.m. 8:00 – 9:00 p.m. 9:30 p.m. 9:30 p.m. 10:30 p.m.	Breakfast in Cafeteria SHOOTING COMPETITION Bus to Michael Lake Cross Country Bagged Lunch Horse Orientation Official Course Walk Board bus back to QMS Stop at Transfer Beach, Ladysmith Dinner in Cafeteria Review Targets Outdoor Pool open Mug Up Meeting: Chaperones/Coaches/Officials Lights Out/Room Check
Day 3: Tuesday, Aug. 5, 2003	7:00 – 8:30 a.m. 9:00 a.m. 9:30 – 12:30 12:00 – 1:00 p.m. 1:00 – 3:00 p.m. 4:00 -4:30 5:00 – 6:00 7:00 -7:15p.m. 7:30 – 9:30 p.m. 10:00 p.m. 10:00 p.m. 10:30 p.m.	Breakfast in Cafeteria Bus ride to Michael Lake Cross Country RIDE COMPETITION: OWNERS STADIUM Bagged Lunch RIDE COMPETITION: OWNERS CROSS COUNTRY Bus ride back to Q.M.S. Dinner in Cafeteria Bus to Pool SWIM COMPETITION Mug Up Meeting: Chaperones/Coaches/Officials Lights Out/Room Check
Day 4: Wednesday, Aug.6, 2003	7:00 -8:30 a.m. 9:00 a.m. 9:30 – 12:30 12:00 – 1:00 p.m. 1:00 – 3:00 p.m. 4:00 -4:20 6:00 -6:15 6:30 – 7:30 8:00 – 9:00 p.m. 9:30 p.m. 10:30 p.m. 11:00 p.m.	Breakfast in Cafeteria Bus ride to Michael Lake Cross Country RIDE COMPETITION: NON-OWNERS STADIUM Bagged Lunch RIDE COMPETITION: NON-OWNERS CROSS COUNTRY Bus ride to Chemainus for Touring Bus ride back to QMS Dinner in Cafeteria Outdoor Pool Open Meeting: Chaperones/Coaches/Officials Mug Up Lights Out/Room Check
Day 5: Thursday, Aug. 7, 2003	7:00 – 8:30 a.m. 9:00 a.m. 9:30 a.m.-10:00 10:30 – 12:00 a.m. 12:00 12:15 – 2:00 p.m. 2:00 Free Time 4:00 – 5:30 p.m. 5:30 – 7:00 p.m. 8:00 – dawn	Breakfast in Cafeteria Bus ride to Mount Tzouhalem Park Official Course Walk RUN COMPETITION Bus to Maple Bay Beach Lunch on Beach Return to Q.M.S. Awards Presentation: Cafeteria Banquet dinner Dance and Party
Day 6: Friday, Aug. 8, 2003	8:00-9:30 Check Out	Breakfast in Cafeteria Farewell!