



## Guelph Mini-Meet

May 3-4, 2008

### A Five-Event Modern Pentathlon

Whether you are an experienced pentathlete/tetrathlete or not, this open competition is a great start to the season. Bring your friends, parents and neighbours to try a weekend of Modern Pentathlon.

**Please register by April 28, 2008**

## Schedule of Events

### Saturday, May 3

- 8:00-10:00am Registration-pickup of bibs and packages  
University of Guelph pool
- 8:00-8:30am Swimming Warm up Novice & Green Jrs +  
Red Pool, University of Guelph
- 8:30-11:00am Swimming  
Red Pool, University of Guelph, Order of Go-  
5 Heats run followed by warm up for next 5 heats.

Drinks, donuts, fruit and yogurt only available for sale. Please bring or go for lunch between shooting and running

- 10:30-1:00pm Shooting  
Old Orchard Farm
- 1:30pm Running Course Walk  
Old Orchard Farm
- 2:00-3:30pm Running  
Old Orchard Farm, Order of Go Open to Novice
- 3:30-4:30pm Award Presentation and Snacks  
Old Orchard Farm

### Sunday, May 4

- 9:00am Fencing lesson and demonstration (open at 8:30)  
Puslinch Community Centre, equipment provided
- 9:30-12:00pm Fencing  
Puslinch Community Centre, age group teams

Soup, Sandwiches and Drinks available for sale.

- 1:00-6:00pm Horseback Riding  
Old Orchard Farm  
Arrive as early as possible to view horses & proceed to coaches for  
match up in warm up arena
- 6:30pm Award Presentation  
Old Orchard Farm

## Events, Equipment and Additional Info

### Swimming

- 6-lane 25 yard pool, no diving blocks
- Start in the pool or dive from deck
- Novice 100 yards; Junior 150 yards; all others 200 yards
- General order of go: Open, Junior, Novice
- Warm up is 8:00-8:30am. Heats will begin after that. Please be on time.
- Bathing suit required, Goggles and cap optional
- Shower facilities on site
- Once your swim is done, go directly to the shoot

### Shooting

- 20 shots at a 10m target for all competitors
- 20 shooters per line
- Limited number of Air pistols available. Pellets, eye protection & assistance provided
- Recommended to bring your own or borrow an air pistol
- Novice 2-handed shooting; Green Junior optional; all others one-handed
- Wear flat soled shoes that do not support the ankle.
- Shooting is in the riding arena, dress appropriately for the weather
- Parents bring a chair to watch
- If you are shooting for the first time or are a beginner, let us know and instruction will be provided

### Running

- Running shoes and clothing for an outdoor cross country course
- Novice 1km; Green Junior 1.5km; all others 2km

### Fencing

- Flat soled shoes such as runners or tennis shoes
- Loose long pants and T-shirt to allow the fencing jacket over top
- Jacket, mask, glove and epee are provided
- Please let us know at the fencing event if you are left handed
- Instruction will be given before the fence and new fencers are always welcome

### Riding

- Helmet and proper riding footwear with ½ heel mandatory
- Riding pants recommended
- Horses will be provided. 2 jumping arenas are planned plus a separate warm up ring
- Maximum jump heights Novice 1' 6" ; Green Junior 1' 9" ; Junior 2' 0" ; Open, Senior 2' 6"
- Jump heights will be lowered to suit rider's ability. Points will be adjusted accordingly

- Event is non-timed. Simple penalties. 50 points deducted for knock down & each refusal. 3 refusals onto the next jump. Falls determined by judge.

Don't have experience in shooting or fencing, don't worry. Instruction will be provided and the event will be beginner friendly. If you are not comfortable, just do the events you want to.

Can't do all the events? Prizes are awarded for Day 1 Total Points (Running, Swimming, and Shooting events only) and 2-day Total Points (all 5 events). Opting out of one or more events will lower your total score.

### **Divisions** as of January 1, 2008

Novice 11 years and under	born 1996 or later
Green Junior 1 <sup>st</sup> year Junior	
Junior 12-14 years	born 1992 or later
Senior 15-20 years	born 1987 or later
Open 21 years and over	
Masters division (over 40 years) if entries allow	

### **Entry Secretary**

Jacqui Dennis

Mail entries to RR#1 Guelph, ON. N1H 6H7

Email to [jacquidennis@rogers.com](mailto:jacquidennis@rogers.com)

Send in to Pony Club by April 20<sup>th</sup>

Entries due to the Secretary by April 28<sup>th</sup>. A late fee of \$15 will apply.

### **For More Info**

Penny McLaren

519-763-3838

[canadianpenny@sympatico.ca](mailto:canadianpenny@sympatico.ca)

## **Locations**

### **University of Guelph Red Pool, Athletics Centre**

From Hwy 401, take Hwy 6 North Guelph exit to Stone Road. Turn Right (East) on Stone Rd and cross Gordon Avenue to the University of Guelph campus. Take the first lights past Gordon Ave Left onto campus. Take your first right and then immediately left into a parking area The Athletics Centre is at the north end of this parking area in front of the twin pad arena building.

### **Old Orchard Farm, Moffat**

12386 Nassagaweya 1st Line, located about half way between Sideroads 20 and 25 of Nassagaweya. From the University, take Gordon Avenue south 2 km to Arkell Rd. You can only turn left at these lights. Take Arkell all the way to the end and turn Right. This is Nassagaweya 1st Line.

### **Puslinch Community Centre, Aberfoyle**

Located in the village of Aberfoyle on Gordon Avenue/Brock Rd. From Hwy 401, take Guelph exit 299 Brock Road north into Aberfoyle, which is half way between Guelph and the 401. The Community Centre is on the left.

## **More Modern Pentathlon**

Modern Pentathlon is an Olympic sport using the same disciplines as the Guelph minimeet. Athletes are test in a one-day format on their mental and physical strength, speed, and technique earning points in all 5 sports. The athlete with the most points takes home gold. Tetrathlon originated from the sport of Modern Pentathlon and has put greater emphasis on the ride.

The Ontario Modern Pentathlon Association is hosting the Ontario Championships are **June 1, 2008** and the Canadian Nationals are **August 2-3, 2008** both in Guelph. You only require an OMPA membership to participate. Visit [www ompa.ca](http://www ompa.ca) for more info.

Interested in practicing the Fence and Shoot? The Guelph Fencing club practices Thursday nights from 6:00-7:30. Visit [www ompa.ca](http://www ompa.ca) for more info.



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ENTRY FORM

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_ Club: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Men          novice       green junior       junior       senior       open   
Ladies        novice       green junior       junior       senior       open

I will compete in Swimming       Shooting       Running       Fencing       Riding

I will be using my own gun: Yes  No  I am sharing a gun with \_\_\_\_\_

I will be jumping the full height for my division  I will be jumping a lower height   
If lower, what height are you jumping? \_\_\_\_\_

I normally ride a Horse  Pony       What size? \_\_\_\_\_

Pentathlon (5 events, 2 days)	\$75.00	<input type="checkbox"/>
Saturday only (3 events)	\$35.00	<input type="checkbox"/>
Fencing (Sunday morning)	\$15.00	<input type="checkbox"/>
Riding (Sunday afternoon)	\$30.00	<input type="checkbox"/>
Non OMPA members <b>Add:</b>	\$ 5.00	<input type="checkbox"/>
Bib deposit (refunded on return) <b>Add:</b>	\$ 5.00	<input type="checkbox"/>
Late fee after April 28 <sup>th</sup> <b>Add:</b>	\$ 15.00	
TOTAL	\$ _____	

Cheques payable to: Ontario Modern Pentathlon Association



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## ENTRY WAIVER

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Waiver and Release:** I understand that participation in pistol shooting, fencing, running and swimming involves certain risks and serious dangers which are inherent to the sport and I hereby release the Ontario Modern Pentathlon Association ( OMPA ), Old Orchard Farm, Guelph Pony Club, 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/Tetrathlon, 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 the OMPA Mini-Meet at Guelph, Brookville and Moffat.

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/Tetrathlon Mini-Meet.

Athlete name: \_\_\_\_\_ Signature \_\_\_\_\_

I concur that the above named minor is in good physical condition and may participate in Pentathlon/Tetrathlon 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 \_\_\_\_\_ Health Card # \_\_\_\_\_

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 \_\_\_\_\_

**CANADIAN MODERN PENTATHLON ASSOCIATION  
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 The Canadian Modern Pentathlon Association 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 Canadian Modern Pentathlon Association, its directors, officers, employees, agents and representatives (all of whom are collectively referred to as CAMPA );  
TO RELEASE CAMPA 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 CAMPA;  
TO HOLD HARMLESS AND INDEMNIFY CAMPA 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 CAMPA. 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.

Signature of Athlete \_\_\_\_\_ Print Name \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Print Name \_\_\_\_\_

Address: \_\_\_\_\_ Date \_\_\_\_\_