



Ontario Modern Pentathlon Association (OMPA)

Ottawa Mini-Meet & Pentathlon Training Competition

Thursday Jan 3-Friday January 4 2008

Open to members of Pony Club and Modern Pentathlon, parents & friends
Organized and hosted by the Ottawa Modern Pentathlon Club
Proceeds to Ottawa Modern Pentathlon Club

Schedule of Events

Thursday January 3

- 10:30am** Registration at Arnprior & District Rifle & Revolver Association, Arnprior
- 10:45-2:00pm** Shooting at Arnprior & District Rifle and Revolver Association
- 2:30pm-6:00pm** Riding Competition at Stonecrest Stables (West Carleton)

Friday January 4

- 8:15-9:45am** Swimming at Carleton University Pool, Ottawa
- 10:30am-2:30pm** Fencing at Excalibur Club, Ottawa University
Travel to Louis Riel Dome
- 3:00-5:00pm** Running at Louis Riel Dome, Ottawa
- 5:00pm** Immediately followed by awards at Louis Riel Dome

Pentathlon Divisions:

Division	Swimming	Riding	Running	Shooting
Youth E (10 and under)	50 Meter	Trot Pole Course	1000 Meter	10 Meter
Youth D (age 11-12)	50 Meter	18 x s	1000 Meter	10 Meter
Youth C (age 13-14)	100 Meter	2	1000 Meter	10 Meter
Youth B (age 15-16)	200 Meter	2 6	2000 Meter	10 Meter
Youth A (age 17-18)	200 Meter	2 9	3000 Meter	10 Meter
Junior (age 19-20)	200 Meter	3 3	3000 Meter	10 Meter
Senior//Open (21 and over)	200 Meter	3 3	3000 Meter	10 Meter

- Swimmers unable to complete these distances will be awarded points for trying! Flutter boards are available to those who would like them. Weak swimmers will be put in outside lanes beside the walls.
- Riding heights can be lowered upon request for any participant within their division. Heights can be lowered to trot poles where required. A Stonecrest riding instructor will confirm the rider's ability before the competition. It is up to the instructor's discretion during the warm up phase as to the height that will be permitted for each rider. The instructor has the right to refuse any rider to jump any height if necessary for safety concerns. Points will be adjusted accordingly. Any rider can be lead over trot poles.
- Shooting: The local pony clubbers will start the shoot lines at 10:45 to allow out of town people to arrive a bit later. Shoot lines will be posted/emailed nearer the event date. Participants in the Youth E and D divisions are permitted to use two hands to hold the pistol. No resting of arms is permitted. The competition is 20 shots for pentathletes and only those competing in all 5 phases. Tetrathletes and any others participating shoot 10 shots. We are limited with time as there are 6 positions in the range.
- Fencing: An introduction to fencing clinic will be available for those interested who are not participating the fencing competition. Participants in the fencing competition must have a minimum of 6 months fencing experience.

Please note: We require one safety representative per club to accompany two novice/junior shooters to assist with loading and firing problems on the range.

Locations

Arnprior and District Rifle & Revolver Association, Arnprior

474 Division St., Arnprior, On.

From Ottawa, take Hwy 417 towards Renfrew. On approaching Arnprior, the highway crosses over the Madawaska Bridge. There are 2 sets of stop lights after this (on the highway) and the next right is Division St. If you go left it is Pine Grove (wrong way!) The gun club is the second building on the right on Division St. The range building can be seen from the highway.

Contact: Red Doolittle.

Stonecrest Stables

Anne-Marie Fowler
4562 Stonecrest Road " Woodlawn " Ontario
K0A 3M0
Phone: (613) 623-6230
stonecrest.stables@sympatico.ca

Ottawa University Excalibur Fencing Club

3rd floor of the "Child Study Centre" Building, at 120 University Private, on the campus of the University of Ottawa.
<http://www.excaliburfencing.on.ca/about/facilities.htm>

Carleton University, Bronson St. Ottawa

Via Highway 417 (runs east-west through the centre of the City of Ottawa)
Exit Highway 417 (also called the "Queensway") at Bronson Avenue. Follow Bronson Avenue south approximately 2 kilometres. The campus entrance will be on the right at the intersection of Bronson and Sunnyside Avenue.
<http://www.carleton.ca/cu/campus/howto.html>

Louis Riel Dome, (indoor track) Blackburn Hamlet, Ottawa

1659 Bearbrook Ottawa On K1B 4N1 (613) 830-1993
http://www.ottawalions.com/directions_eng.htm

From the West:

Take PROVINCIAL ROUTE 174 E toward ORLÉANS / ROCKLAND
Take the CH. MONTREAL / MONTREAL RD. / RR-34 exit. (0.2 miles)
Turn RIGHT onto ST JOSEPH BLVD / PROMENADE ST JOSEPH / RR-34 E. (0.3 miles)
Turn SLIGHT RIGHT onto CHEMIN BEARBROOK / BEARBROOK RD / RR-28. (1.0 miles)
End at **1659 Bearbrook Rd** *****(the Dôme will be to your LEFT at the back of the Louis-Riel campus.)** http://www.ottawalions.com/dome_eng.htm

From the East :

Take PROVINCIAL ROUTE 174 W.

Take the RR-34 E/CH. MONTREAL EST / MONTREAL RD. EAST exit. (0.2 miles)

Turn LEFT onto CHEMIN MONTRÉAL / MONTREAL RD / ST JOSEPH BLVD /

PROMENADE ST JOSEPH / RR-34. Continue to follow ST JOSEPH BLVD /

PROMENADE ST JOSEPH / RR-34 E. (0.4 miles)

Turn SLIGHT RIGHT onto CHEMIN BEARBROOK / BEARBROOK RD / RR-28. (1.0 miles)

End at **1659 Bearbrook Rd***(the Dôme will be to your LEFT at the back of the Louis-Riel campus.)**

OMPA Ottawa Mini-Meet & Pentathlon Training Competition

ENTRY FORM

January 3 & 4, 2008

Name: _____ Birth Date: _____
 Address: _____ Club: _____
 _____ Phone: _____
 _____ Email: _____

Please check one:

Division	Men	Ladies	Division	Men	Ladies
Youth E	<input type="checkbox"/>	<input type="checkbox"/>	Youth B	<input type="checkbox"/>	<input type="checkbox"/>
Youth D	<input type="checkbox"/>	<input type="checkbox"/>	Youth A	<input type="checkbox"/>	<input type="checkbox"/>
Youth C	<input type="checkbox"/>	<input type="checkbox"/>	Junior	<input type="checkbox"/>	<input type="checkbox"/>
			Senior/Open	<input type="checkbox"/>	<input type="checkbox"/>

Divisions:

The age groups are as follows:

10 and younger	Youth E
11 12 years	Youth D
13 14 years	Youth C
15 16 years	Youth B
17 18 years	Youth A
19 21 years	Juniors
22 and over	Seniors/Open

The age of the pentathlete will be counted by subtracting the year of birth from the year of the competition. Months and days will not be taken into account.

(Example: year of

competition 2008, year of birth 1989, age of pentathlete is 19.)

I will compete in the following events:

Swimming Shooting Running Fencing Competition Fencing Clinic Riding

- Please indicate your best swim time for length of swim: _____ for _____ meters.
- If you choose to fence the attached fencing waiver must be signed.
- Do you have previous shooting experience (i.e. club practices or competitions)?
 Yes No
- I need to borrow a gun from OMPA for the competition Yes No
- I will be using my own gun Yes No
- I will be sharing my gun with (name) _____ (entry level)
 _____.
- Please tell us your riding ability: Ride seldom or new rider Beginner Rider (some lessons) Ride Regularly Advanced . If a rider, do you normally ride a Pony or Horse ?

Insurance: This is an OMPA event, so Pony Club insurance is not in effect.

The Ontario Modern Pentathlon Association (OMPA) provides insurance for this competition. Non-OMPA members must pay \$5.00 for a one-day membership. If an OMPA annual membership has been paid, please check and provide proof at registration ↵.

Entries:	Pentathlon (5 events)	\$85.00	_____
	Tetrathlon with fencing clinic	\$85.00	_____
	Tetrathlon without fencing clinic	\$70.00	_____
	Fencing only	\$15.00	_____
	Insurance (for non-OMPA members)	\$5.00	_____
	TOTAL	\$	_____

LATE REGISTRATION ADMIN FEE \$ 15.00 _____
(After Dec 15 2007 deadline)

TOTAL \$

Cheques payable to: Janice Stevens

Send entries to the event secretary: <u>Janice Stevens</u> Email: <u>Stevensfarm@lincsat.com</u> Phone: (613) 446-7439 Fax not available. Address: 2890 Old Hwy 17, Rockland On K4K 1W3 **Print forms and send by snail mail. No Master card or Visa accepted. Send cheque by mail. All forms after Dec 15, 2007 subject to Admin Fee of \$15.00
--

ENTRY WAIVER FORM OMPA Ottawa Modern Pentathlon MINI-MEET

At: Arnprior/Ottawa On: January 3-4 2008

Name: _____ **Birth**

Date: _____

Address:

Waiver and Release: I understand that participation in riding (jumping), 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), Stonecrest Stables, Arnprior and District Rifle and Revolver Association, United Counties 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 Ottawa.

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 Signature: _____
Tel# _____

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: (print 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:

1. TO ASSUME AND ACCEPT ALL RISKS, DANGERS AND HAZARDS in connection with my participation in, and/or travel to or from, the Competitions;
2. 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);
3. 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;
4. 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: _____

Each person taking part in Modern Pentathlon competitions under the auspices of CAMPA must complete this form and a signed copy must be mailed to Name of recipient before Deadline .