



Ontario Modern Pentathlon Association (OMPA)

Ottawa Pentathlon Training Competition

Friday January 5 and Saturday January 6 2007

Open to members of Modern Pentathlon(OMPA) and Pony Club, parents & friends

Only 15 remaining spots for Pony Clubbers for this competition. To secure your spot, registration and payment must be in hands of the meet secretary by Closing Date of Dec 10, 2006. Full refund before closing date, \$15 administration fee after Closing Date. See payment details below. For any further information please contact Janice Stevens at stevensfarm@lincsat.com or John Hawes at john.hawes@rogers.com

Organized and hosted by the Ottawa Modern Pentathlon Club
Proceeds to Ottawa Modern Pentathlon Club and OMPA

Schedule of Events

Friday January 5

- 9:00am** Registration at Greenbelt Riding School
10:00-2:00pm Riding at Greenbelt Riding School on Albion Road
3:00pm-6:00pm Fencing Competition and/or Clinic at Ottawa U or RA Centre

Saturday January 6

- 7:45-10:00am** Shooting at RA Centre , RA Gun Club
10:00-12:00pm Swimming at Carleton University Pool
12:00-3:00pm Lunch on your own, travel to Louis Riel Dome
3:00-5:00pm Running at Louis Riel Dome
5:00pm Immediately followed by awards at Louis Riel Dome or place TBD

Pentathlon Divisions: Divisions for males and females are scored separately.

| 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' | 2000 Meter | 10 Meter |
| Youth A (age 17-18) | 200 Meter | 2' | 3000 Meter | 10 Meter |
| Junior (age 19-21) | 200 Meter | 2'3" | 3000 Meter | 10 Meter |
| Senior//Open (22 and over) | 200 Meter | 2'3" | 3000 Meter | 10 Meter |

- Swimmers may dive or start their race in the water.
- A Greenbelt riding instructor will confirm the rider's ability before the competition. It is up 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. Riders may request outside assistance – e.g. lead line - but penalty points will be assessed.
- Shooting: Participants in the Youth E and D divisions may use two hands to hold the pistol. The competition is 20 rounds for all divisions.
- Fencing: An introduction to fencing clinic will also be available for all those new to fencing. 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

Greenbelt Riding School, Albion Road Ottawa

3960 Albion Road, Gloucester, On K1T 1B4 (613) 521-5700
http://greenbeltridingschool.com/greenbelt_directions.html

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>

RA Centre, Riverside Drive, Ottawa

2451 Riverside Drive, Ottawa On K1H 7X7 613-733-5100
<http://www.arenamaps.com/arenas/1322.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.)**

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| OMPA Ottawa Meet & Pentathlon Training Competition <u>ENTRY FORM</u> January 5 & 6, 2007 |
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Name: _____ Birth Date: day _____ month _____ year

Address: _____ Club: _____

_____ Phone: _____

Postal code: _____

Email: _____

Please check one:

| Division | Men | Women | Division | Men | Women |
|----------|--------------------------|--------------------------|-------------|--------------------------|--------------------------|
| 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:

Age Group

| | |
|----------------|--------------|
| 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 2007, year of birth 1989, age of pentathlete is 18.)

I will compete in the following events:

Riding Fencing Competition **OR** Fencing clinic
 Swimming Shooting Running

Please indicate your best swim time for length of swim: _____ for _____ meters.

- 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 ↵.

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|-----------------|--|---------|-------|
| Entries: | Pentathlon (5 events) | \$80.00 | _____ |
| | Mini Meet (3 events on Saturday only) | \$30.00 | _____ |
| _____ | Fencing clinic or competition (Friday afternoon) | \$15.00 | _____ |
| _____ | Riding (Friday morning) | \$35.00 | _____ |
| | Insurance (for non-OMPA members) | \$5.00 | _____ |
| | Bib deposit (refunded on return) | \$5.00 | _____ |
| _____ | TOTAL | \$ | _____ |

LATE REGISTRATION ADMIN FEE \$ 15.00 _____
(After Dec 10, 2006 deadline)

TOTAL \$

Cheques payable to: Janice Stevens

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| Send entries to the event secretary: <u>Janice Stevens</u> |
| Email: stevensfarm@lincsat.com 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 Nov 10, 2006 subject to Admin Fee of \$15.00 |

ENTRY WAIVER FORM OMPA Ottawa Meet
At: Ottawa On: January 5-6 2007

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"), Greenbelt Riding School, 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 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 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".