**MODERN PENTATHLON – VICTORIA inc.**

**Modern Pentathlon Victoria Inaugural Triathle and Laser/Run**

**Saturday 18th November 2023 Kardinia International College, Geelong**

**4.00pm** Laser/Run

**6.30** Dinner – venue to be confirmed

**Sunday 19th November 2023 - Kardinia International College, Geelong**

**9.00am** Fencing

- Beginner - Come Try

- Novice

- Experienced

Shooting

- Beginners clinic

**1.00pm** Triathle

**TRIATHLE**

**Age Specific Distances - Open/Experienced**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group** | **Age** | **Sequence** | **Total Swim** | **Total Run** | **Shooting Distance** |
| Under 13 | 10-12 | 3X300 run + 2x50 swim + 3x5 hits | 100m | 900m | 5m |
| Under 15 | 13-14 | 3x600 run +2X50 swim + 3x5 hits | 100m | 1800m | 5m |
| Under 17 | 15-16 | 4x600 run + 4x50 swim + 4x5 hits | 200m | 2400m | 10m |
| Under 19 | 17-18 | 5x600 run + 4x50 swim + 4x5 hits | 200m | 3000m | 10m |
| Junior | 19-21 | 5X600 run + 4x50 swim + 4x5 hits | 200m | 3000m | 10m |
| Senior | 22 +  over | 5x600 run + 4x50 swim + 4x5 hits | 200m | 3000m | 10m |
| **Masters** | 40 - 49  50 – 59  60 + & over | 3X600 run + 2X 50 swim + 3 X 5 hits  3X600 run + 2 X 50 swim+ 3 X 5 hits  2X600 run + 2 X 50 swim + 2 X 5hits | 100m  100m  100m | 1800m  1800m  1200m | 10m  10m  5m |

**NOTE: - Novices will shoot from 5m in their age group**

**- Fencing and Laser equipment available for participants as required**

**- Competitors need to be financial members of their home state.**

**(Day membership $10, is available but it can only be used once during the MPV financial year)**

**TRIATHLE PROCEEDURE**

 Triathle is a sport combining the disciplines of Shooting, Swimming and Running. Triathle is continuous and organised outdoors, and can be managed on any surface (grass, sand asphalt etc.).

The sequence of the competition in continuous Triathle is:

* Pack Start – up to 25 m from the shooting station;
* Shooting – 5 green lights with laser;
* Swimming;
* Running;
* Number of sequences SHO-SWI-RUN
* Finish Line

Each of the different events of the competition must be organised in one area, so as to provide a flow from one event to another.

* The trial begins with a pack start, in which all competitors gather at the starting line
* Athletes start in a line up to 25 m from the shooting position.
* If the shooting position is also on a hard surface, athletes start the competition with shoes:
* The Transition Area must be placed before the swimming segment.
* Transitioning back on to the running leg, athletes are not allowed to throw any personal items (including goggles, water bottles and cap) away and are not allowed to hand them over to anyone. Any violation will be penalised with a 10 second penalty.
* At the shooting range, athletes must complete successfully 5 hits before continuing to the next segment (the swimming). If after 50 seconds the athlete has not completed 5 hits, the athlete may continue to the swimming.
* Athletes are not allowed to stop shooting until the end of their 50 seconds or before reaching the 5 hits: otherwise they will incur a 10 second’ penalty to be given at the shooting range before proceeding to the next leg.
* The swim course starts from a minimum depth of 90cm.
* The course before that point counts as the running course. Athletes then dive into the water and swim free style (in any fashion) for the required swimming distance before exiting the water, putting back their shoes (if necessary) to start the running segment.
* After finishing the running leg, athletes return to their dedicated shooting position for the next shooting series.
* After the last lap they will cross the finish line in Individual events

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**Entry form: Saturday 19th and Sunday 20th November 2022**

**Fencing Group (circle choice) Experienced Novice Beginner/Come Try**

Name:

Year of birth

Group (e.g U15)

Address

Telephone

Email

Number for Dinner on Saturday night\_\_\_\_\_\_

**Entry Fees Laser/Run $20 Triathle $40**

Entries to be sent to Competition Manager:

kthomo1984@gmail.com **by 10th November 2023**

Fees payable: via Direct Debit - **marked with name of competitor**

Account details: **Modern Pentathlon Victoria BSB 633-000 a/c 184943652**