



# 2025 Alberta Pentathlon Provincial Championships

June 6-7, 2025

Cochrane / Calgary, Alberta, Canada



Pentathlon Alberta in partnership with Ares Fencing and Pentathlon Club is pleased to present the 2025 Alberta Provincial Championships. Pentathletes and aspiring athletes of all levels are welcome to join us for the 2025 Alberta Provincials!

This exciting and friendly event will include a Pentathlon competition, starting with an Obstacle Course Race hosted by Breathe Parkour, and followed by Fencing, Swimming, and Laser-Run at the SLS center. Athletes of all levels are welcome to join in this showcase of skill, endurance, and community

## Event Details

The competition will be run following [UIPM rules](#)

- **Friday, June 6, 2025** - Breathe Parkour, [401 33 St NE Unit 8, Calgary, AB T2A 7R3](#)
  - **Obstacle:** Check-in and Warm-up: 4:00 PM; Competition starts: 4:45 PM
- **Saturday, June 7, 2025** - SLS Center, [800 Griffin Road E Cochrane, AB T4C 2B8](#)
  - **Fence:** Check-in: 10:30 AM; Competition starts: 11:15 AM
  - **Swimming:** Warm-up: 1:00 PM; First Heat: 1:30 PM
  - **Laser Run:** Warm-up: 2:30 PM; First Heat: 3:00 PM

## Categories and Distances

The age of the pentathlete is determined by subtracting their birth year from the competition year. Youth athletes may compete in an older category upon the coach's recommendation, **please speak with your coaches**. Master athletes may opt to compete in the Senior category. While athletes will be scored within their respective age and gender groups, they may compete alongside participants from other categories in pooled heats.



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The distances for the swim and laser run events by age category are as follows:

Category	Age	Birth Year	Swim Distance	Laser-Run Distance
Senior	(> 21)	2003 or earlier	200m	5 x 600m
Junior	(19 – 21)	2004 – 2006		
U19	(17, 18)	2007 – 2008		
U17	(15, 16)	2009 – 2010	200m	4 x 600m
U15	(13, 14)	2011 – 2012	100m	3 x 600m
U13	(11, 12)	2013 – 2014	100m	3 x 300m
U11	(9, 10)	2015 – 2016	50m	2 x 300m
U9	(< 9)	2017 or later		
Masters 1	(≥ 30)	1966 – 1995	100m	3 x 600m
Masters 2	(≥ 60)	1965 or earlier	50m	3 x 600m

## Event Format

### Obstacle

FORMAT – Pentathlon competition format event is a race that consists of overcoming obstacles from a start line to a finish point. It is composed of eight obstacles on a course 60m-70m in length. UIPM rules apply.

- Running attire and athletic shoes are required

### Fencing

FORMAT – Pentathlon competition format consists of all fencers within a competitive group competing against every other fencer in a large pool format. Each bout consists of one minute to one point. The bout ends when a single hit is recorded and a victory is awarded to one fencer. No points are awarded to either athlete if no hits are recorded. Each athlete must complete a minimum of 19 bouts. UIPM rules apply.

- All fencers must wear fencing whites including a mask, jacket, glove, pants, helmet and knee socks along with a sous-plastron. Women must wear a chest guard.
- Fencers must provide two weapons and spare body wire.

### Swimming

FORMAT – Pentathlon competition format for the swim consists of completing the distance determined by an athlete's category. Scoring corresponds to one's time. UIPM rules apply. The pool for this event will be a 25-meter pool.



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## Laser-Run

FORMAT – Pentathlon competition format for the run/shoot consists of running into one's shooting station, shooting five successful shots (or 50 seconds), and then running one loop. The number of times an athlete shoots, and the distance to run are captured in the competition categories above. Scoring corresponds to one's time. UIPM rules apply.

Athletes must be able to respectfully handle a laser pistol.

- Running attire and athletic shoes are required.
- The number of heats will be dependent on participant numbers, available targets, and time available to complete the event.

## Membership Requirements

A valid Pentathlon membership is required to participate:

In-province athletes can purchase either an Annual Pentathlon Alberta Membership or a 'Day' Membership for this event. Please be advised that all international participants are required to purchase a Pentathlon Alberta Day Membership to compete.

The Pentathlon Alberta Day Membership conveniently combines both Pentathlon Alberta and Pentathlon Canada memberships into a single-day fee, simplifying your participation process.

Please ensure you acquire your Membership prior to competition day to ensure seamless participation in the event. Memberships can be added to your cart while registering for this event.

## Registration Details

Registration opens March 20<sup>th</sup>, 2025 with deadlines as follows:

- Early Bird Registration until April 13<sup>th</sup>
- Regular registration April 14<sup>st</sup> to June 5<sup>th</sup>, 2025

Registration closes at 11:59 PM on June 5<sup>th</sup>. To register, follow the next steps:

1. Complete the online registration form at:  
<https://2mev.com/#!/events/2025-alberta-provincial-championships>
2. Process your payment securely
3. Receive a confirmation email with full details of your registration.



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Entry fees are as follows:

Event Options	Early Bird	Regular
5-discipline Registration.....	\$85	\$95
1-discipline Registration – Obstacle.....	\$35	\$40
1-discipline Registration – Fence.....	\$25	\$30
1-discipline Registration – Swim or Laser Run.....	\$10	\$15

## Event Sanctioning

This competition is officially sanctioned by Pentathlon AlbertaS

## International Participants

**Visas and Vaccinations:** Some nations require a visa to enter Canada. Visiting nations should confirm visa and vaccination requirements for entry into Canada prior to traveling to the event – learn more at [canada.ca](http://canada.ca). Pentathlon Alberta cannot accept responsibility for arranging visas but can provide specific letters of invitation if required

**Insurance:** Pentathlon Alberta will not accept any responsibility, financial, or otherwise for the loss, injury, or illness of any Delegation member. All members of the attending Delegations must insure themselves with sufficient health, accident, and liability insurance. By submitting the competition entry, your National Federation confirms that all persons named on the entry are covered by such insurance. International participants are responsible for personal insurance during their stay.

**Firearms:** Laser weapons are not considered firearms under Canadian law. It is recommended you travel with appropriate documentation for your laser attachments (including laser type and safety specifications).

## Accommodation and Transportation

Calgary/Cochrane is serviced by YYC Calgary International Airport. Transportation to and from the airport and venues is NOT included but can be arranged. Please contact the organizer.



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Out-of-town participants are required to arrange their accommodation. Our suggested hotel:

- [Fairmont Hotels and Resorts](#)
- [Sheraton Suites Calgary Eau Claire](#)
- [Residence Inn Calgary Downtown/Beltline District](#)

We look forward to seeing you at this exciting event and celebrating the spirit of modern pentathlon!

**Any questions can be directed to Rosario Gajardo at [events@arespentathlon.ca](mailto:events@arespentathlon.ca)**