



2025 Western Winter Invitational

March 2, 2025



VENUES

Obstacle

Breathe Parkour

#8, 401 33 St. NE, Calgary AB

Fencing, Swimming, Laser-Run

MNP Community & Sport Centre

2225 Macleod Trail SE, Calgary, AB

SCHEDULE OF EVENTS

OBSTACLE 10:30a – Check-in, 11:00a warmup open.

FENCE 2:00pm – 4:15pm

Format for this event will be Pentathlon single touch bouts (possibly repeated pairings) with age groupings based on registrations. See next page for details.

SWIM 4:30pm – 5:45pm

Athlete check-in on deck. Spectators, please seat in the upper viewing area.

LASER RUN 6:00pm – 8:00pm

Venue and equipment set up, heat assignment.

Scoring and awards to immediately follow.

Categories and Distances

The age of the pentathlete is determined by subtracting the year of birth from the year of the competition. Youth may compete in higher age categories. Masters athletes may compete in Senior category. Shooting in each series is completed when the target is hit five times or 50 seconds expires. Following are the distances for the swim and laser run events by age category.

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



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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, completed as fast as possible. 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 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, as fast as possible. Scoring corresponds to one's time. UIPM rules apply. Athletes must be able to safely complete the competitive distance and participate in a group warm up where the available swim lanes may be busy.

- Swimmers must wear swimwear meeting FINA rules (<http://www.fina.org/content/fina-approved-swimwear>)

Laser Run

FORMAT – Pentathlon competition format for the run/shoot consists of running into one's shooting station, shooting five successful shots (or 50 passing), 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. Please review the Pentathlon Alberta [Policy for LASER Shooting](#)

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

This competition is sanctioned by Pentathlon Canada and supported by Pentathlon Alberta. Pentathlon Alberta provides funding for event space, referees, and equipment.



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Registration Details

Registration opens December 26th [HERE](#), with deadlines as follows:

1. Early Bird Registration until February 8th
2. Regular Registration – February 9th to March 1st (no t-shirt, add \$10)
3. Closing of Registration – March 1st

Entry fees are as follows:

Event Options	
5-discipline Registration.....	\$80
1-discipline Registration – Obstacle.....	\$40
1-discipline Registration – Fence.....	\$30
1-discipline Registration – Swim or Laser Run.....	\$15
Additional T-shirt	\$30

Please note Interpodia charges a transaction fee.

5-discipline registration before February 8th includes a sport-friendly T-shirt.

The Pentathlon Canada and Pentathlon Alberta Membership is available at the link below (Full or Day options). A full membership is recommended as it is valid until December 31, 2025 (likely best option as needed for future events). Membership link options are captured in the registration link:

<https://2mev.com/#!/events/2025-western-winter-invitational>

Please direct questions to events@arespentathlon.ca

