

USAPM National Championships Pentathlon and Open Camp Colorado Springs, CO July 8-13



INVITATION LETTER

Dear Friends,

USA Pentathlon Multisport, together with the United States Olympic Training Center, have the pleasure of inviting you to participate in the 2024 National Championships and Open Camp to be held in Colorado Springs, CO at the USOTC from July 8th to July 13th according to the following program:

[REGISTER HERE](#)

July 8-13	Arrival of Athletes	
July 8	Open Camp Start	USOTC
July 9-12	Open Camp	USOTC
July 12	Technical Meeting	USOTC
July 13	Mens and Womens Pentathlon	USOTC
July 14	Departure	



Member, United States
Olympic & Paralympic Committee

USAPM Nationals Open Camp

USAPM is excited to host an Open Camp prior to this years National Championships for all ages and abilities. This camp will focus on providing training and skill progressions for all 5 disciplines in pentathlon.

Coaches will include Olympian and Olympic Coach Dennis Boshwer, Genadijus Sokolovas, and Ninja and Fencing specialty coaches.

An example day of training would be the following:

Monday

8-9am: Breakfast
9:30-10:30: Running
11:30-12:30: Swimming
1-2 pm: Lunch
4-4:45: Shooting
5-6: Fencing
6:30-7:30: Dinner

Tuesday

7-8:30: Fencing
8:30-9:30: Breakfast
10-11 Shooting
11:30-12:30: Swimming
1-2 Lunch
3:30-4:30: Obstacle
5-6: Running
6:30-7:30: Dinner

Proposed Event Schedule (subject to change and confirmed at Fridays Technical Meeting:

Friday, July 12

Technical Meeting: 5:00 pm

Saturday, July 13

Fence : 8:00 am- 12:00 pm
Swim: 1:00 pm- 2:30 pm
Obstacle: 3:00-4:30 pm
Laser Run: 5:00 pm- 6:30 pm

registration numbers may affect the above tentative schedule



Competition Rules

Fencing: Up to 6, grounded pistes
Swimming: 50m indoor
Obstacle: 2 lane Obstacle course with warped wall style finish
Running Course: Grass, chad
Laser Run: Up to 18 + 2 reserves

Competition Venues

Fencing, Swimming, Fencing Ranking and Bonus Round
US Olympic Training Center
One Olympic Plaza
Colorado Springs, CO 80909

Obstacle Course

Altitude Movement Gym
750 garden of the Gods Rd #125
Colorado Springs, CO 80907

Laser Run

Boulder Park
1210 Boulder St.
Colorado Springs, CO 80909

Transportation

Transportation is not provided. If transportation is needed, please reach out to kmontford@usapentathlon.org for options.

Financial Conditions

Camp Fees NO Room and Board: \$75/day

Meal Tickets: \$10/each

Pentathlon: \$135



Deadline to Register

Open Camp: June 23, 2024
Summer Nationals June 23, 2024

Memberships

All individual registrations include a USAPM Day Event License and provides general liability insurance for the event they have registered for.

Safesport

All athletes and coaches over the age of 18 must complete Safesport training before June 24, 2024.

[Sign up to complete Safesport here](#) or email your certificate of completion to kmontford@usapentathlon.org

LOC Contact Details

Kevin Montford
kmontford@usapentathlon.org
719-466-9162

Please contact the LOC directly for more information or questions regarding any of the details listed in this invitation.

We look forward to seeing you in Charlotte, NC!!

Best Regards,

Kevin Montford

A handwritten signature in black ink, appearing to read "K. Montford".

Rob Stull

A handwritten signature in black ink, appearing to read "Rob Stull".