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Event Information

SCHEDULE (all times tentative until March 19, 2014)

Friday, April 4, 2014 6:15 PM 7:30 PM

Technical Meeting at STA - Door #11 Dinner at Tommy Chicago's Pizzeria

Saturday, April 5, 2014 8:30 AM 11:00 AM 12:00 PM 1:00 PM 2:30 PM Fencing - Round Robin Fencing - Ladder Swimming Combined (Running/Shooting) Lunch and Awards





VENUE

Saint Thomas Academy (STA) Door #11 949 Mendota Heights Road Mendota Heights, MN 55120 http://www.cadets.com/

SPONSORS Many thanks to all of our loyal sponsors for their partnership for this year's event.







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Event Information

ACCOMMODATIONS - a block of rooms have been reserved at Microtel Inn & Suites. You <u>must</u> request the <u>2014 Great Prairie Pentathlon</u> block when making reservations by March 14, 2014. If you don't have reservations by March 15, the hotel will release rooms to the general public.

Microtel Inn & Suites

5681 Bishop Avenue Inver Grove Heights, MN 55076 651-552-0555 www.microtelinn.com

T-SHIRTS

This year's t-shirt will be a microfiber shirt made by Gildan. From past experience, it might be a little snug with normal sizing. I will wear a Large and you are encouraged to consider your size before ordering. They should be similar sizing to the 2013 Shirts. Each participant will receive a t-shirt. However, if you would like to procure extra shirts, a short sleeve shirt will be \$15 and a long sleeve shirt will be \$20.

TRANSPORTATION

The primary airport is the Minneapolis-Saint Paul International Airport (MSP).

VENUE PARKING

~ There is ample surface parking available at Saint Thomas Academy

COMBINED

Outside Combined

- ~ Combine Start / Finish will take place on the Track
- ~ Shooting Range will be located on the football field
- ~ Spectators will be able to view all of the action from the stadium bleacher seats

Inside Combined

- ~ Combine Start/Finish will be outside of the sports complex
- ~ Shooting Range will be located in the lobby
- ~ The Running Course will follow the contours of the parking lot
- ~ Spectator viewing will be from outside the building through the glass doors





Presented by Tommy Chicago's Pizza 2014 Great PrairieTM Pentathlon **Mendota Heights Area Map**







Presented by Tommy Chicago's Pizza 2014 Great PrairieTM Pentathlon **Mendota Heights Location Map**







Presented by Tommy Chicago's Pizza Saint Thomas Academy Aerial Photo 2014 Great PrairieTM Pentathlon









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Required Equipment Information - Page 1

FENCING

~ Each participant will need to supply their own glove and body cord for the competition.

~ Returning competitors must have their own Epee; first time Pentathletes can use a limited number of Epees belonging to Great Prairie[™] Sports with a signed use agreement.

~ A limited supply of protective clothing and masks will be available.

~ General clothing: t-shirt, long white socks so there is no space between the socks and knickers/sweat pants unless pants extend over socks.

- ~ For Men: Athletic supporter with padding or with a metal guard and chest protectors are optional.
- ~ For Women: Chest protectors are **mandatory** but will not be provided for the competition.

 \sim A carpet will be provided to straighten swords. Please do not straighten swords on a wood floor. Damages to the wood floor will be at the responsibility of the athlete.

SWIMMING

- ~ Only FINA approved suits are permitted. Body suits and suits with zippers are prohibited.
- ~ Maximum coverage for Women's Suits: from the tops of the knees to shoulder straps with exposed shoulder blades.
- ~ Maximum coverage for Men's Suits: from the tops of the knees to the waist.
- ~ Caps and goggles are permitted.

RIDING

One noticeable change to the 2014 Great Prairie[™] Pentathlon presented by Tommy Chicago's Pizzeria is that we forego Riding this year. There will be <u>no</u> Riding in 2014. Due to the 2014 Youth Olympic Games, the international calendar pushed the 2014 Youth Worlds from Aug/Sept to May. To provide additional opportunities for youth to prepare for World Championships, we had to move dates. Since there were date conflicts in River Falls, we have moved to Saint Thomas Academy in Mendota Heights, MN for 2014.

Weather

The game plan is to conduct the Combined on the Outdoor Track with the Range on the Football Field and spectators in the stadium bleachers. If weather requires an indoor Range, the Range will be set up in the lobby of the sports complex and the Running course will follow the contours of the parking lots.







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Required Equipment Information - Page 2

Shooting

All participants are encouraged to use their discretion if procuring a new or used pistol. All UIPM sanctioned competitions will now require a laser pistol. We can walk you through the selection and ordering process if needed.

For the 2014 Great Prairie[™] Pentathlon, we will use <u>Laser Pistols with Hit Targets</u>. A reserve Laser Pistol is also permitted. All pistols will need to be checked at the range.

For the 2014 USA Pentathlon Nationals, we will be using the Laser Pistols/Targets. If you are researching and desiring to procure your own pistol, be sure your pistol is laser compatible for all International, National and future Great Prairie[™] Pentathlon competitions.

COMPRESSED AIR WILL BE AVAILABLE TO ALL ATHLETES. <u>PLEASE BRING THE ADAPTER</u> <u>WITH YOU.</u> IF YOU DO NOT BRING YOUR ADAPTER, YOU PROBABLY WILL NOT BE ABLE TO REFILL YOUR PISTOL/CYLINDER. CO2 WILL <u>NOT</u> BE MADE AVAILABLE EITHER BEFORE OR DURING THE COMPETITION.

In general, CO2 pistols are not laser compatible.

Running

A good training shoe is one that is supportive and flexible. Each running shoe is designed for a certain amount of mileage. Those in junior high and high school do not need a shoe designed for marathon training. A shoe that is too stiff may cause more issues with growing bodies. Again, know how much you plan on running and your long term goals. Spikes are permitted for competition, but athletes are encouraged to not procure spikes unless they can be used during cross country or track seasons at the high school/collegiate level.

Combined

- ~ A Pentathlete must wear athletic (i.e. Running) clothing.
- ~ Pentathletes must compete with athletic shoes, with or without spikes.
- ~ Pentathletes will need to shoot a Laser Pistol. If you do not own a Laser Pistol, one will be provided for your use.
- ~ All pistols must be checked in and inspected prior to warm-up.
- ~ Each Pentathlete is encouraged to wear eye/ear protection in the Range.







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Training Information

Fencing	Minnesota Sword Club 4744 Chicago Avenue South Minneapolis, MN 55407		612-825-9935 www.mnsword.com	
	Most Sundays around 2:30 n	oon	Cost is \$15	
Swimming	Bush Student Center Pool Hamline University 1536 Hewitt Avenue Saint Paul, MN 55104-1284		651-523-2800 http://www.hamline.edu	<u>/r</u>
	This venue might change with I	ittle notice or war	ming.	
	Most Sundays around 12:00	рт	Cost is \$15 plus deck	fee
Shooting	Bill's Gun Shop & Range 763-533-9594		vay Avenue North linnesota 55422	www.billsgs.com
	Most Sundays around 5:00 p	т		

Cost is \$15 per person includes targets if using the training pistols. Please provide your own protective eye and ear equipment (\$2 to rent eye/ear protection), binoculars, markers and pellets. Best to wear loose clothing and running shoes. To obtain an edge on the competition, you are encouraged to read two books:

1. Leatherdale & Leatherdale, Successful Pistol Shooting, Rev. Ed. (1995) ~ good for beginners.

2. Yur'Yev, Competitive Shooting (1985) ~ good for advanced Shooters.

Running / Riding Todd J. McIntyre, Great Prairie Sports: 763-744-1111

For those in junior or senior high school, you are highly encouraged to run track for your school this spring (Jr High: 800m and/or 1600m; Sr High: 1600m and/or 3200m). This will create the training base needed for the Running element of Pentathlon. Anyone who does not run on their track team will be at a competitive disadvantage. Training schedules will be provided to anyone who desires such assistance.

Group training sessions will be offered as requested or feel free to join the Great Prairie™ Running Club.

For Riding, we can recommend various stables for instruction.

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General Comments

- Of the many goals of producing the Great Prairie[™] Pentathlon, one is to prepare regardless of age all athletes for higher levels of competition. As one progresses to National, World and Olympic championships, athletes are sequestered. In that spirit, we ask for the athletes to prepare for and in-between disciplines on their own. While there are locker rooms available at Saint Thomas Academy for Fencing and Swimming, unless there is a medical emergency, only athletes will be permitted in the locker room. This will not only allow more space, but will allow the athlete to dress and prepare on their own.
- 2. Please bring all Fencing equipment and travel bags into the gymnasium and not leave them unattended in the hallway.
- 3. Lockers are plentiful at Saint Thomas Academy. However, each athlete will need to furnish their own lock(s). Athletes will also need to supply their own towels. Athletes should also have any food and beverage needed with them during these times. Athletes are encouraged to prepare accordingly as they can not visit the bleacher areas.
- 4. Athletes should prepare and plan to change three times at Saint Thomas Academy:
 - A. Into their Fencing equipment

B. From Fencing to Swimming (please shower before leaving the locker room for the Swimming element)

- C. From Swimming to Running for the Combined
- 5. Parents are asked to remain in the bleachers in both the Gymnasium for the Fencing element and in the Pool area for the Swimming element. The only individuals on the floor of the Gymnasium and the deck of the Pool will be the athletes, judges and volunteers officiating those disciplines.







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General Comments

6. While we will do our best to follow the rules established by UIPM, with some local modifications. We do encourage all Athletes and volunteers to read the rules to be come familiar with the expectations of each discipline. All Pentathlon rules can be found here:

http://www.pentathlon.org/index.php?option=com_content&view=article&id=159&Itemid=148

- 7. During the Combined element, spectators are permitted to observe the race from multiple vantages points, but most will remain near the Range. Spectators will need to observe the Spectator Area at the Range. While encouragement and cheers are welcomed, coaching, pacing and handing any beverage to any Athlete is prohibited.
- 8. Bring your own snacks/energy bars to consume between disciplines. However, the Lunch/ Awards ceremony presented by Tommy Chicago's Pizzeria will occur at the conclusion of the Combined event.
- 9. Competition Divisions

Age Division	Swim Distance	Combined Distance	Total Targets	Range Time
Youth E (Under 10)	50 Meters/Yards	2x800 meters	2x5	50
Youth D (11-12)	100 Meters/Yards	2x800 meters	2x5	50
Youth C (13-14)	100 Meters/Yards	3x800 meters	3x5	50
Youth B (15-16)	200 Meters/Yards	3x800 meters	3x5	50
Youth A (17-18)	200 Meters/Yards	4x800 meters	4x5	50
Jr/Sr/Relay	200 Meters/Yards	4x800 meters	4x5	50
Master (30+)/Para	100 Meters/Yards	3x800 meters	3x5	50

- A. Horseless Division: Men and Women Age Divisions
- B. Team Relay: Relays can be a mix of any Age and any Gender
- C. Para-Pentathlon: Men and Women







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2014 Great Prairie™ PentathIon Epee Use Agreement

To compete in the 2014 Great Prairie[™] Pentathlon, I acknowledge that I will need to use an Epee that is owned by Great Prairie, Inc. and available for my use. If, during my use the Epee it is broken, I _______(name), agree to replace and/or reimburse Great Prairie, Inc. for the Epee that was broken during the Fencing competition of the 2014 Great Prairie[™] Pentathlon.

Participant's Signature

USA Pentathlon Membership Number

Participant's Name (Printed)

Date of Signature

Parent/Guardian Name (Printed)

Parent/Guardian Signature and Date







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Horseless Participant Registration Form

DIVISIONS OF COMPETITION (ple	ease circle)		
Men / Women	Master / Senior / Junior /	/ Youth A / Youth B / Y	outh C / Youth D / Youth E
ENTRY INFORMATION (Please pr	int)		
Name:		USAP/UIPM # :	
Address:			
City:	State:		Zip:
E-mail address:		Cell phone:	
Age: Birth date:			
200 Freestyle Swim Time:		Meters/Yard	S
Adult T-Shirt Size: S	M L XL	(Please Circle) S	hoe Size:

ENTRY FEES

Please indicate your interest in the competition by returning the entry form as early as possible. Postmark Deadline is March 22, 2014. Late registrations after March 22, 2014 will not receive a t-shirt.

Competition registration fee \$110.00. Please make checks payable to <u>Great Prairie, Inc.</u> Registration Fee includes venue cost, t-shirt, targets, insurance, awards and Post-Event dinner.

Anyone can participate as an individual and/or as a team. Teams will consist of three individuals of the same gender.

Participation Fee	\$110 x	number of participants	=	\$
Extra Short Sleeve T-shirt	: \$15 x	number of shirts	=	\$
Extra Short Long T-shirt:	\$ 20 x	number of shirts	=	\$
Spectator Dinner	\$10 x	number of spectators	=	\$
Total Funds Enclosed				\$

For registration questions, contact us at info@greatprairiesports.com or call 763-744-1111. NO REGISTRATIONS WILL BE ACCEPTED AFTER March 22, 2014.

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Team Relay Participant Registration Form

TEAM NAME:	200 Freestyle Swim Tim	e: Meters/Yards
Fencing:	Running:	
Swimming:	Shooting:	
ENTRY INFORMATION (Please print)		
Name:	Division	e
Address:	USAP # :	
Cell phone:	E-mail address:	
Age: Birth date:		Gender: Male / Female
UIPM #:	UIPM Rider:	
Adult T-Shirt Size: S M	L XL (Please Circle)	

ENTRY FEES

Please indicate your interest in the competition by returning the entry form as early as possible. Postmark Deadline is March 22, 2014. Each Relay Team Member will need to submit a Registration Form. Late registrations after March 22, 2014 will not receive a t-shirt. For Team Relay, please submit entry together.

Competition registration fee \$1750.00. Please make checks payable to <u>Great Prairie, Inc.</u> Registration Fee includes venue cost, t-shirt, targets, awards and Post-Event dinner.

Relay Teams can include any age and any gender athlete. Riders are allowed to Jump on their own horse. If the team needs a horse, an extra fee will apply

Team Participation Fee	\$175 x_	1 =			\$ <u>175</u> .	
Extra Short Sleeve T-shirt:	\$15 x		number of shirts	=	\$	
Extra Short Long T-shirt:	\$20 x		number of shirts	=	\$	
Spectator Dinner	\$10 x	numb	er of spectators =		\$	
Total Funds Enclosed			-		\$	

For registration questions, contact us at info@greatprairiesports.com or call 763-744-1111. NO REGISTRATIONS WILL BE ACCEPTED AFTER March 22, 2014.

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Para-Pentathlon Participant Registration Form

DIVISIONS OF COMPETITION

Me	n		Women				
ENTRY INFORMATIO	ON (Please	print)					
Name:					_ USAP/UIPM # :		·
Address:							
City:		_	State: _			Zip:	·
E-mail address:					. Cell phone:		
Age: Bi	rth date:						
200 Freestyle Swim	Time:				Meters/Ya	rds	
Adult T-Shirt Size:	S	М	L	XL	(Please Circle)	Shoe Size:	

ENTRY FEES

Please indicate your interest in the competition by returning the entry form as early as possible. Postmark Deadline is March 22, 2014. Late registrations after March 22, 2014 will not receive a t-shirt.

Competition registration fee \$110.00. Please make checks payable to **<u>Great Prairie, Inc.</u>** Registration Fee includes venue cost, t-shirt, targets, insurance, awards and Post-Event dinner.

Anyone can participate as an individual and/or as a team. Teams will consist of three individuals of the same gender.

Participation Fee	\$110 x	number of participants	=	\$
Extra Short Sleeve T-shirt:	\$15 x	number of shirts	=	\$
Extra Short Long T-shirt:	\$20 x	number of shirts	=	\$
Spectator Dinner	\$10 x	number of spectators	=	\$
Total Funds Enclosed				\$

For registration questions, contact us at info@greatprairiesports.com or call 763-744-1111. NO REGISTRATIONS WILL BE ACCEPTED AFTER March 22, 2014.

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Participant Waiver and Release of Liability

Note: This form must be read and signed before the participant is permitted to take part in event sessions. By signing this agreement, the participant affirms having read it.

In consideration of my involvement at the Great Prairie Pentathlon under the auspices of USA Pentathlon and Great Prairie Sports, I acknowledge, appreciate, and agree that:

1. I risk bodily injury, including paralysis, dismemberment, disability, and death, and while particular rules of the sport, equipment, and discipline may reduce this risk, this risk of injury does exist, as well as the risk of damage to or loss of property.

2. I knowingly and freely assume all such risk; both known and unknown, even if arising from the negligence of the releases of others;

3. I willingly agree to comply with the state and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard during my presence or participation or if I observe any concern in my readiness for participation, I will immediately bring such to the attention of the nearest official and refrain from participation; and

4. I, for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, herby release, hold harmless and promise not to sue USA Pentathlon, Great Prairie, Inc., the venues, the committee, their sponsors, their officers, volunteers, staff, sponsors and/or agents, ("releasees") with respect to any and all injury and loss arising from my participation, whether caused by the negligence of the releasees, the condition of the premises or otherwise, except that which is the result of gross negligence or wanton misconduct, to the fullest extent permitted by law.

5. I agree to be bound by the rules and regulations of the Union International de Pentathlon Moderne (UIPM) and those of USA Pentathlon and I hereby stipulate that I am eligible to participate in the events for which I am applying and that I understand that the above mentioned make no representation or warranty with respect to the condition of the premises or the operation of the event.

6. I hereby grant to Great Prairie, Inc. and USA Pentathlon, it's licensees and contractees including photographers, television and motion picture rights including to film or videotape me during events, narratives, personal interviews, or comment thereon for any and all commercial, news or other purposes together with the right to transfer or grant their rights to others, all without remuneration or compensation to me whatsoever.

I have read this Release of Liability and Waiver Agreement, fully and understand the terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement. And I further acknowledge by their presence that I am aware that DRUG TESTING may occur at this event.

Participant's Signature

USA Pentathlon Membership Number

Participants Name (Printed)

Date of Signature

Parent/Guardian Name (Printed)

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Parent/Guardian Signature and Date



Great Prairie™ Gear High Performance Athletic Sock Low Cut

www.greatprairiegear.com

Product Ordering Form

CONTACT INFORMATION (Please print)

Name:					Sport		
Address:							
City:				State:		Zip Code:	
Cell phone:			E-n	nail addres	s:		
Shoe Size - l	JSA		Sock Size]	St Des	PF
Children V	Vomen	Men				and a summer	

Children	Women	Men		
12.5-4			7-9	Small
	3-9	4.5-8	9-11	Medium
	10-12	8.5-12	10-13	Large
		12-15	14-16	X-Large



Shoe Size	Sock Size	Quantity	x	Price/Pair	=	Total
	7-9		х	\$5.00	=	\$
	9-11		x	\$5.00	=	\$
	10-13		х	\$5.00	=	\$
	14-16		х	\$5.00	=	\$
	Shipping & Handling					NA
	Total					\$

Notes: 1. The Great Prairie[™] Gear website is under construction.

2. Since the socks would be delivered at the 2014 Great Prairie™ Pentathlon presented by *Tommy Chicago's Pizzeria* there are no shipping and handling fees.

3. Please make checks or money orders payable to Great Prairie™ Gear.





Great Prairie™ Foods www.greatprairiefoods.com

Great Prairie™ Gear www.greatprairiegear.com

Great Prairie™ Brands







All profits from Great Prairie[™] Foods and Great Prairie[™] Gear support the development and programming of the Great Prairie[™] Pentathlon Park and the Great Prairie[™] Sports Center.

www.greatprairiesports.com

www.greatprairiefoods.com

www.greatprairiegear.com

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GREAT PRAIRIE " - pentathlon park -

Great Prairie™ Pentathlon Park Minneapolis-Saint Paul, Minnesota, USA

www.greatprairiesports.com



GREAT PRAIRIE - pentathlon park -

