



SCOTTISH · PENTATHLON



West Fife Fencing Club

**SCOTTISH PENTATHLON &
WEST FIFE FENCING CLUB
COMBAT TRIATHLON**
**Saturday 2nd July 2016, 12.00pm – 4.00pm at the
Queen Anne High School,
Broomhead Parks, Dunfermline, KY12 0PQ**
**Entries Close Wednesday 29th June 2016 or when 40
entries have been received!**
Entry Fee: FREE

YOUR INDIVIDUAL DETAILS

Name:		Date of Birth:	
Address including Postcode:			
Tel Number:		Mobile:	
Email: (Please write clearly!)			
School:			

INFORMATION FOR COMBAT TRIATHLON

Age on 02/07/16: (Must be 11-16 Years)		Gender: M / F (please circle)	
Sports experience: Y / N (please circle)	Experience: years	Type(s) of sports experienced in:	

COMBAT TRIATHLON DECLARATION

Everyone attending any event or activity held under the Rules of Scottish Pentathlon must take positive care for their own and others' safety and should be aware of and guard and insure against, the inherent risks of participation or attendance, including the risks of bodily injury and damage to property. Neither the organisers, nor any person acting on their behalf, accept any liability for any accident, loss, damage, injury or illness to spectators, or any other person or property whatsoever, whether caused by their negligence, breach of contract or in any other way whatsoever. The organiser of this event has taken reasonable precautions to ensure the health and safety of everyone present.

Signed by Parent or Guardian:

Print Name:
(Parent or guardian)

Date:

HOW TO SEND YOUR COMBAT TRIATHLON ENTRY/CONSENT FORM

Please send your completed Entry/Consent form in a sealed envelope marked: "DCT Entry" to: Scottish Pentathlon, Caledonia House, 1 Redheughs Rigg, South Gyle, Edinburgh, EH12 9DQ by 29/06/16

or

via email attachment to: development@scottishpentathlon.org by Wednesday 29/06/16
 Entries on a first come first served basis as limited to 40.

Please see information sheet below for all details.

SCOTTISH PENTATHLON & WFFC COMBAT TRIATHLON INFORMATION

Venue	Queen Anne High School, Broomhead Parks, Dunfermline, KY12 0PQ			
Time	<p>Arrival and registration: 12.00pm – 12.15pm</p> <p>Activities: Group 1 Fencing from 12.15pm – 1.45pm Group 2 Laser-Pistol/Running combined from 12.15pm – 1.45pm Short Interval and Change-Over 1.45pm approx. – 2.15pm approx. Activities: Group 2 Fencing 2.15pm – 3.45pm Group 1 Laser-Pistol/Running combined 2.15pm – 3.45pm</p> <p>Round-up and evaluation: 3.45pm – 4.00pm Please Note: Activity times may vary slightly on the day, dependent on number of entrants and flow of activities</p>			
Organisers	This event is run by Scottish Pentathlon in partnership with West Fife Fencing Club, Queen Anne High School and Fife Council			
How to enter	Entry is via post to: DCT Entry, Scottish Pentathlon, Caledonia House, 1 Redheughs Rigg, South Gyle, Edinburgh, EH12 9DQ by Wednesday 29/06/16 or via email to: development@scottishpentathlon.org by Wednesday 29/06/16			
Closing Date	Wednesday 29 th June 2016 or up to receiving 40 entries.			
Cost	Entry fee: FREE			
Shoot/Run	Laser-Pistol then run a Maximum 100m loop TBC	Fence	Plastic fencing equipment for beginners with progressive coaching	
How a Combat Triathlon Works:	<p>The participants on the day will likely be split into two groups (Group 1 & Group 2). Each group will try laser-pistol/run combined as well as fencing (i.e. Group 1 Laser-Pistol/Run combined whilst Group 2 do Fencing then both groups swap activities).</p> <p>If the activities and participants progress well enough on the day, a short competition will be included to finish off the day's activities.</p> <p>The main focus of the event is for everyone to have fun and enjoy trying out some Modern Pentathlon activities.</p>			
Age Group and Distance Table. Distance is in Metres.	Age (as of 02/07/2016)	Run Distance	Laser-Pistol	Fencing activity
	11 – 16 years	40m – 100m	How to hold the pistol, how to aim and how to hit the target	Basic techniques and possible friendly duels
Equipment	Sports clothing (i.e. t-shirt & shorts/tracksuit bottoms & running trainers) and please bring light refreshments (i.e. light snacks and rehydration drinks).			
Other information	<p>This event is run by Scottish Pentathlon and will adhere to the Scottish Pentathlon Child Protection Policies and Procedures, which can be found at: http://scottishpentathlon.org/?page_id=15 The Scottish Pentathlon Child Protection Officer for this event is: James Docherty, Email: development@scottishpentathlon.org</p>			
Helpers	We may ask parents/guardians to volunteer on the day to help with timing and marshalling the participants. Full instructions will be given on the day.			
Queries	<p>Email: development@scottishpentathlon.org for any queries, if unavailable</p> <p>Email: coaching@scottishpentathlon.org if also unavailable</p> <p>Email: admin@scottishpentathlon.org</p>			