



Letter of invitation to the 2025 South African Modern Pentathlon Championships

Dear members, parents and athletes and coaches

Gauteng Modern Pentathlon looks forward to hosting you at the South African Modern Pentathlon Championships from 2 – 3 May 2025.

1. COMPETITION VENUE

The Gauteng Modern Pentathlon Association is the host province and would like to thank the competition hosts, Reddam House Helderfontein, for making their facilities and equipment available to us. We also thank the South African Fencing Federation and Gauteng Fencing Association for their support.

VENUE: Reddam House Helderfontein, 1 Chattan Rd, Zevenfontein 407-Jr, Midrand, 2191

DIRECTIONS: Click [here](#) for directions to the venue



2. PROGRAM

Competition formats and age groups:

- Athletes may elect to age up by one age group, where the athlete has made at least the B qualifying criteria in their own age group at any one of the 2024/2025 ranking competitions (interprovincials).
- U15 athletes who wish to qualify in the U17 age group, will need to enter as a U17 athlete, due to the significant differences in the competition distances.
- U17, U19, and Junior athletes - may age up one age group only and will be required to compete in their own age group in addition to the other age group.
- There will be an optional fencing competition for U11, U13 and U15 athletes. This will be for a medal of best fencer in the age groups but will not count towards points for the Triathlon and Tetrathlon events respectively.
- There will be an optional obstacle competition for U13 athletes (no U11 athletes may do obstacle). The optional obstacle competition will not count towards points for the Triathlon competition, however it may be considered for athletes who wish to compete at the U15 world championships.
- Masters may compete in either Pentathlon (5 events with obstacle) or Tetrathlon (4 events without obstacle). There will be no masters pentathlon with horse riding at the 2025 SA championships. Masters if they wish may age down.

Friday 2 May 2025

Technical Meeting: Preceding the fencing competition.

Fencing Rounds - Details to be confirmed once entries are finalised.

Notes:

- A weapons check will take place preceding the Fencing.
- The fencing rounds are from U17 upwards, in accordance with the current UIPM rules.
- Fencing rounds will start after 12pm to allow travel to Johannesburg on the morning of 2nd May 2025.

Saturday 3 May 2025

Swimming, Obstacle Course Race and Laser Run - Details of the exact time schedule will be confirmed after entries are finalised.

Notes:

- Laser pistol checks may be performed on the range as part of the Laser Run.
- All events will take place at Reddam House Helderfontein.
- The event order will be Obstacle, Swimming, and then Laser Run.

All members, athletes, officials and supporters are invited to a prize giving dinner at The Chief's Boma at the Indaba Hotel on the evening of 3 May 2025. This will be at a cost of R385,00 per person.



DIRECTIONS: Click [here](#) for direction to the Chief's Boma

3. COMPETITION DIRECTORS

Competition Director: Gillian van der Merwe

4. RULES AND AGE GROUPS

- The competition will be conducted according to the current UIPM rules and regulations, as well as UIPM age groups and distances, as published at the time of the start of the competition. Click [here](#) the link to the UIPM Rules and Regulations for Modern Pentathlon.
- All other rules and regulations can be found [here](#) (Technical Newsletters, equipment specs, etc)

5. APPEALS PROCEDURE

- A Jury of appeal will be elected at the Technical Meeting.
- Appeals to be lodged in writing with the Competition Director together with a payment of R500 in cash, and signed by both the Team Manager and the Athlete within 20 minutes after completion of event, whichever event occurs first:
 - The penalty is received, or
 - Disqualification announced, or

- Results published.
- If the appeal is successful, then the fee will be refunded. Unsuccessful appeals forfeit the appeals fee.

6. COMPETITION FORMAT

All events will be held according to the latest UIPM Modern Pentathlon rules, as published from time to time and referenced above with any deviations as agreed at the technical meeting.

Fencing

- Fencing weapon check is at Reddam House Helderfontein.
- Please present the following for inspection:
 - two working epees
 - two working body wires
 - gloves
 - mask
 - Team Managers to present club weapons to be shared for inspection
 - Equipment and clothing: Minimum 350 N
 - Plastrons must be worn.
- Athletes are to have 2 working Epee's and 2 body wires on the piste available to them at all times.
- Fencers need to ensure that their weapons and clothing meet competition standards.
- Athlete SURNAME to be clear on the back.
- Long hair to be pinned up for a clear view of the athlete's name on the back.
- One team representative may be present to assist U11, U13 and U15 fencers with weapons during the competition in the athletes' allocated area.
- Fencing pools schedule will be determined by LOC.
- Athletes may only fence in the pool they have been allocated to by the LOC.
- Athletes will be called for sign in 30 minutes before the start of their event and must be signed in within 15 minutes after the call and move directly to their allocated pool.
- After each bout, athletes need to sign an agreement of the results sheet with the referee.
- Athletes that arrive late will get ZERO POINTS FOR THIS EVENT.
- Please adhere to the designated spectator areas inside and outside the hall. NO PARENTS ON COMPETITION FLOOR.
- Fencing will be mixed gender.
- ONLY team managers and the athletes have the right to speak to ANY official.

Obstacle race

- The Obstacle Course is a UIPM standard course set up on the grounds of Reddam House Helderfontein.
- Racing will be in pairs and the start order will be determined by the event officials prior to the event.
- No athlete is allowed to warm up on the obstacle course prior to open period as called by the announcer.
- Athletes reporting late will get ZERO POINTS FOR THIS EVENT.

- Gloves, wristbands, callus guards, compressive sleeves and similar items are not allowed.
- Medical tape can be used as per [technical newsletter#1](#). Specific application is specified and shown below:

DO



DON'T



Swimming

- Pool is a 25m indoor heated pool with starting blocks and lane ropes with a minimum of 10 lanes.
- No athlete is allowed to warm up in the pool prior to the open period as called by the announcer.
- Athletes reporting late will get ZERO POINTS FOR THIS EVENT.
- Swimming event is freestyle.
- Pentathlete must touch the end of the pool with some part of the body, but may not take a step on the floor.
- Swim caps are compulsory for use in the pool.
- No oil or grease will be allowed on the body.
- No plasters, jewellery, strapping allowed.
- Only conforming swimwear may be worn.
- Swimming will be done according to the heats in the heat sheet determined by the LOC.
- Heats will be determined by distance and last official swim time recorded as per entry form, and not by age group.
- Athletes may only swim in the heat they have been allocated to by the LOC at the Technical meeting
- Penalties are to be levied in accordance with the UIPM Pentathlon swimming rules, e.g. false starts will lead to a deduction of ten (10) modern pentathlon points.
- No athlete may leave the pool on the front side, all athletes are to wait for instruction to leave the pool after the heat and must be done on the side of the pool.
- The officials will use manual stop-watch timing with two time-keepers per lane.

Laser Run

- Pistol weapon check as per the program.
- LOC will not be providing pistols for athletes: provinces to ensure these are available to their athletes.
- Targets:
 - Targets to be supplied by SAMPA and LOC.

- Two reserve targets will be available.
- A shooting warm-up area will be available with targets.
- No private targets may be used in public areas, ONLY in the official warm up area.
- Open air shooting format.
- The run route is mostly on grass.
- All athletes are to run in provincial vests – this is compulsory.
- Team managers to ensure all athletes' numbers are pinned to the front of their vest prior to roll-call.
- Athletes reporting late at any of their respective events MAY BE DISQUALIFIED.
- There will be a 5 minute warm up at the competition shooting area, and a 1 minute call to the start of the race will follow. Separate shooting warm-up stations will be provided at the roll-call area.
- Athletes need to keep to their designated areas at the shooting point and adhere to all the prescribed safety precautions, including that laser pistols may only be fired on or in the direction of the target.
- Penalties will be served at two (2) areas:
 - the shooting line (SL), and at
 - the last lap at the demarcated Last Penalty Area (LPA)
- Pistols must touch the table with every reload.
- Shooting distances will be in accordance with the Latest Published UIPM Laser Run Competition Guidelines as at the time of the competition.

7. PARTICIPATION ELIGIBILITY

Only athletes that have been invited by their respective provinces and other specific criteria as set out by SAMPA may enter. Entries for u/9's will not be allowed.

8. ENTRIES AND FEES

An online entry system has been distributed and can be found [here](#). Herewith the steps to register for the South African Modern Pentathlon Championships:

- Entries will be done by the athlete, on invitation by the province.
- Payment of the total fees to be made to the province. Proof of payment to be sent to the province.
- SAMPA will distribute the completed entries received in spreadsheet format sorted per province, to each provincial secretary to correct and confirm final entries for submission to SAMPA.
- Entry fees: R500,00 per athlete
- Entry fees will include participation, a goody bag, and as well as medals for those finishing in top three in their respective categories.
- The cost of the meal/prize giving function is R385 per person and must be pre-booked and paid for.

9. ENTRY DEADLINES:

- Entries open 18 April 2025
- Final entry with Athletes names & payment 30 April 2025

- No extensions will be allowed
- Change rooms and showers will be available for athletes
- Function dress code semi - formal/provincial kit.

10. LOGISTICS

a) Competition facilities

- Paramedics will be available
- 24 hour secure access to the school.
- Food facilities to be confirmed
- Main change rooms and bathroom facilities available at the pool area.

11. NEARBY FACILITIES

Accommodation options

INDABA HOTEL: [Website and bookings](#)

CITY LODGE HOTEL: [Website and Bookings](#)

MONTE LA VUE HOTEL: [Website and bookings](#)

The general fourways area also has an abundance of guest house and AirBNB's

Medical emergencies

Fourways Life Hospital

24 hour Emergency Unit: 0860 123 367 / 011 875 1050 / 011 875 1444 / 1044 / 1440

Physical address: Cnr Cedar Road and Cedar Avenue West, Fourways, 2055

Netcare Sunninghill Hospital

Contact Number: 011 806 1500

Physical Address: Cnr Witkoppen & Nanyuki Roads, Sunninghill, Sandton, 2196

Shopping centres and Entertainment

Fourways Mall - [Directions](#)

Dainfern Square - [Directions](#)

Pineslopes - [Directions](#)

Monte Casino - [Directions](#)

We look forward to hosting you in Johannesburg.

Kind regards

2025 South African Modern Pentathlon Championships Organising Committee