



Entry Form

2015 Riding and Pentathlon Training Camp, Regional Competition, and National Qualifier for Youth and Juniors at Rancho Mirage, CA

December 27, 2015 – January 3, 2016

Hosted by: West Coast Pentathlon
Sponsored by: Michael and Marian Shaughnessy

Name & Contact Info

| | | | |
|---------------------------|---|----------------------|------------|
| Last Name | | First Name | |
| M | F | Birth date | Age |
| Address: Street | | | |
| City | | State | Zip |
| Home phone | | Cell phone | E- mail |
| Mother's name | | Cell phone | Work phone |
| Father's name | | Cell phone | Work phone |
| Emergency contact | | Cell phone | Work phone |
| Medical insurance carrier | | Policy # | |
| Policyholder | | Medication(s) | |
| Allergies | | Dietary restrictions | |

Waiver of Liability

I hereby release and discharge West Coast Pentathlon, its agents, volunteers and officers, from all claims, demands, actions, judgments and executions which the undersigned's heirs, executors, administrators, or assigns may have against West Coast Pentathlon, its successors or assigns, for all personal injuries known or unknown, and injuries to property, real or personal, caused by or arising out of pentathlon training sessions.

Name (Print) _____ Signature _____

For minors:

Parent or Guardian (Print) _____ Relation _____

Signature _____ Date _____

Fees

Camp pricing is **\$150 per day**. This includes:

- Riding, swimming, running, shooting, and fencing instruction by Olympic-level coaches
- Lunch
- Ground transportation to events
- Airport pickup

Private fencing lessons are available for an extra fee.

Deadline is **December 3, 2015** for this Entry Form plus **\$150 deposit**.

Please enclose a check or money order payable to West Coast Pentathlon with your completed Entry Form.

- Mail to Pat Duffy: **171 H Lane, Novato, CA 94945**
- For more info, call Pat Duffy: **415-892-4242**
- Or email Pat: **p171duffy@aol.com**

Stats

Best tetrathlon/pentathlon event _____ Date _____ Overall score _____

Height _____ Weight _____ 200-meter swim time _____ 3K run time _____

Rating (Pony Club) _____ Division (Pentathlon) _____

Years riding _____ Comfortable jump height _____

Years fenced _____ Rating _____ Do you own fencing equipment? _____

Years shooting _____ Best shoot score _____ Pistol model/serial # _____

| Age Division | Swim Distance | Combined Distance | Total Targets | Range Time |
|---------------------|------------------|-------------------|---------------|------------|
| Youth E (Under 10) | 50 Meters/Yards | 2x800 meters | 2x5 | 50 seconds |
| Youth D (11-12) | 100 Meters/Yards | 2x800 meters | 2x5 | 50 seconds |
| Youth C (13-14) | 100 Meters/Yards | 3x800 meters | 3x5 | 50 seconds |
| Youth B (15-16) | 200 Meters/Yards | 3x800 meters | 3x5 | 50 seconds |
| Youth A (17-18) | 200 Meters/Yards | 4x800 meters | 4x5 | 50 seconds |
| Junior & Senior | 200 Meters/Yards | 4x800 meters | 4x5 | 50 seconds |

Coaching

- **Riding:** We will ride at the beautiful Rancho Mirage Riding Park training with Olympic coach Michael Cintas of Equestrian Center International. The horses are exquisite world championship class.
- **Combined Run/Shoot:** The running coach will be Carmelo Felix, Modern Pentathlon World Cup medalist and member of the Mexican Olympic team in Barcelona. The shooting coaches are Mike Duffy and Bill Donovan. There will group and individual coaching.
- **Swimming:** We will swim at the beautiful Palm Desert Aquatic Center. The coach is Karla Anderson, former national swimmer and current local swim coach.
- **Fencing:** The coaches will be former Olympian Elaine Chervis, owner of Cheyenne Fencing in Denver, Colorado, former Olympian Carmelo Felix.

A detailed Daily Schedule will be sent to you.

Arrival and Departure

Arrival date _____ Time _____ Flight # _____ Airline _____

Departure date _____ Time _____ Flight # _____ Airline _____

Lodging

We have special accommodation pricing at the Hilton Garden Inn in Rancho Mirage. A special group price is available including breakfast for 4 people sharing a room. Call **760-346-5936** for reservations.

If a chaperone is required and a room is being shared, we can provide a chaperone.

What to Bring

- Running, swimming, fencing, and riding attire
- Your own equipment (epées, fencing clothing, pistols, riding helmets, etc.)
- Laser pistols and laser targets will be supplied by USA Pentathlon for training and competition

A checklist and other information will be sent to you individually by email.