



Entry Form

2016 Pentathlon Training Camp (with focus on Riding & Swimming) and Qualifying Competition for Youth, Juniors, and Seniors at Rancho Mirage, CA December 27– 31, 2016

Hosted by: West Coast Pentathlon

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 **\$970**. This includes:

- Riding, swimming, running, shooting, and fencing instruction
- All meals
- Lodging 4 athletes/room at the Hilton Garden Inn in Rancho Mirage
- Ground transportation to events
- Airport pickup

Deadline is **December 3, 2016** for this Entry Form plus **\$485 deposit**.

Please enclose a check or money order payable to Pat Duffy 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:** Daily at will. The venue is on the grounds of ECI. The coaches are Olympian Carmelo Felix and Mike Duffy.
- **Swimming:** We will swim at the beautiful Palm Desert Aquatic Center. The coach is Karla Anderson, former national swimmer and certified Pentathlon coach.
- **Fencing:** Three sessions. Your coach will be Leslie Taft of Desert Fencing. Daily fencing instruction by Olympian Carmelo Felix and Olympian Elain Cheri.

Arrival and Departure

Arrival date _____ Time _____ Flight # _____ Airline _____

Departure date _____ Time _____ Flight # _____ Airline _____

Lodging

We have special accommodation pricing for parents at the Hilton Garden Inn in Rancho Mirage. Call **760-346-5936** for reservations. To receive the family and friends discount (available only through Dec 2, 2016) you must mention the code: **WCP2016**.

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