



Modern Pentathlon New Zealand - Aotearoa

Selection Policy and Criteria – 2025

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1: Introduction to the standards

This policy provides the MPNZ selection criteria for 2025 National representation for UIPM competitions and other relevant international competitions. The selection policy and criteria includes:

- all age categories
- all sports (Modern Pentathlon, Tetrathlon, Triathlon, Obstacle Laser-run, Biathlon and Laser Run)
- all levels, including World Cups, World Championships, Continental Championships, World University Championships, World Military Games, and any other sanctioned international competition.

The International calendar for UIPM events can be found at www.uipmworld.org. The domestic calendar for MPNZ is located in Section 10.

The selection criteria provide a performance pathway to ensure that athletes selected to represent New Zealand have the best chance of success, with a specific focus on World Cups and World Championships and long term, the LA 2028 Olympic Games.

The selection criteria, and standards for selection, are based on International Modern Pentathlon performance data, and relevant information provided by the UIPM.

It is the responsibility of every individual athlete and coach and parent or guardian to familiarize themselves with the contents of this document. Meeting selection criteria does not result in automatic International representation.

2: Selection Committee

For the 2024-28 Olympic quad, the Selection Committee comprises the following five members:

- Nikki Steenson
- Kaewruethai Collings
- Kieran McBride
- TBC
- Independent Assessor: Criss Strange (Athletics New Zealand)

The Selection Committee will consist of:

- a minimum of three and a maximum of four MPNZ members
- at least one member external to MPNZ, with significant international selection experience in another sport.

The mandate and delegation of the Selection Committee includes:

- making all selection and associated decisions for athletes
- upon submission, considering extenuating circumstances
- Engaging experts, including medical or health practitioners to provide reports or conduct medical examinations of time trials for athletes as required.

3: Eligibility Requirements

In addition to achieving selection criteria, all athletes must comply with the following requirements:

Requirement	Details
Citizenship	Comply with the citizenship and eligibility requirements for the respective international event(s) they are seeking selection.
UIPM License Number	Hold a valid UIPM number and be a financial member of MPNZ
MPNZ Policies	All athletes must read, be bound by, and fully comply with: <ol style="list-style-type: none"> 1. All MPNZ Policies and Standards, including but not restricted to: <ol style="list-style-type: none"> a. MPNZ Anti-Doping Policy b. MPNZ privacy Policy c. MPNZ social media Policy
Sport Integrity New Zealand	All athletes must complete all educational programs required by Sport Integrity New Zealand and MPNZ, including: <ol style="list-style-type: none"> 1. Sport Integrity Commission (Te Kahu Rauenui) – Level 1 2. WADA online course as required by UIPM – World Pentathlon 3. UIPM FEI Online Courses (if required): <ol style="list-style-type: none"> a. Horsemanship study course b. Handling in challenging situations c. Equine behaviour
MPNZ Nomination Form	All athletes must fully complete a MPNZ nomination form – including declarations
Additional Requirements	<ol style="list-style-type: none"> 1. Unless prior approval by the MPNZ President, no athlete, coach or parent may contact an international event organizer themselves directly 2. No athlete is to contact the UIPM personally regarding any matters – all matters need to be run through the Secretary General of MPNZ (Aotearoa) 3. If an athlete request for entry to an international competition is not approved then the selection committee shall notify the athlete in writing, detailing the reasons why, within two weeks of the application. 4. All pre payments need to be paid directly by the athlete within the timeframe requested – MPNZ will not take responsibility if payments are not received, and the athlete is withdrawn by the Local Organizing Committee. 5. If an athlete owes MPNZ money, they will not be entered into any future events until the money owed has been paid in full. 6. Abide by all relevant policies and event requirements of events outside of MPNZ and UIPM (e.g. university and military games). 7. The athlete is liable for their own travel insurance when traveling to competitions 8. All athletes acknowledge that MPNZ is not liable for any costs or compensation related to travel and competing Internationally (e.g. injuries, missed flights or lost equipment)

4: Selection Criteria

Event/Age Category	MALE		FEMALE	
	SWIM	LASER RUN	SWIM	LASER RUN
To attend Olympic Qualifier 200m swim 5x600m run 4 shoots at 10m LR	2:14	11:30	2:22	12:15
Senior 200m swim 5x600m run 4 shoots at 10m LR	2:20	12:50	2:28	14:15
Junior 200m swim 5x600m run 4 shoots at 10m LR	2:23	13:10	2:33	14:30
Under 19 200m swim 5x600m run 4 shoots at 10m LR	2:26	13:20	2:37	14:45
Under 17 200m swim, 4x600m run 4 shoots at 10m LR	2:35	11:15	2:40	11:40
Under 15 100m swim, 3x600m 3 shoots at 5m LR	1:35	9:30	1:40	10:00
Under 13 100m swim, 3x300m 3 shoots at 5m LR	1:40	5:40	1:45	6:00
Under 11 50m swim 2x300m 2 shoots at 5m LR (two hands optional)	TBC	4:45	TBC	5:00
Under 9 50m swim 2x300m 2 shoots at 5m LR (two hands optional)	TBC	5:00	TBC	5:15
Master's 30,40,50+ 100m swim, 3x600m 3 shoots at 10m LR	30 - 1:25 40 - 1:30 50 - 1:35	30 - 09:30 40 - 10:00 50 - 10:30	30 - 1:30 40 - 1:35 50 - 1:40	30 - 10:30 40 - 11:00 50 - 11:30
Master's 60,70+ 50m swim 2x600m 2 shoots at 5m LR	60 - 0:55 70 - 1:00	60 - 8:00 70 - 8:30	60 - 1:00 70 - 1:05	60 - 9:00 70 - 9:30

Mixed Relay: Athletes applying for mixed relay are required to meet the selection criteria above, relevant to disciplines competing in, and additionally, any other discipline assessment deemed appropriate by the Selection Committee

4.1: Selection Criteria – Para Athletes – Categories to be updated upon confirmation from UIPM

Para Category	Run Sequence	Competition distance		Qualifying times (without shooting)	
		Total Distance	Target Distance	Male	Female
Classification 1	3x300m	900m	5m	4:45min 1000m	5:30min 1000m
Classification 2	3x300m	900m	5m	5:00min 1000m	5:45min 1000m
Classification 3	3x300m	900m	5m	5:15min 1000m	6:00min 1000m
Classification 4 (WC)	3x300m	900m	5m	TBC	TBC
Classification 5	3x300m	900m	3m	5:00min 1000m	5:45min 1000m
Classification 6 (VI)	3x300m	900m	5m	5:15min 1000m	6:00min 1000m
Classification 7	3x300m	900m	5m	5:00min 1000m	5:45min 1000m

Note 1: Shooting to be assessed individually for Para athletes.

Note 2: Para athletes are solely responsible for organizing their own guide/support to and from the competition, and guide support for racing, unless requested and approved by MPNZ.

For Biathlon/Triathlon para-athletes need to demonstrate swimming ability, sufficient for international representation.

4.2: Sub Sports -Distances and Sequences

Sub sport distances and sequences are provided in sections 4.2, 4.3 and 4.4 – including Relay Age Group variation options.

Age brackets for the sub sports are slightly different compared to the full Modern Pentathlon.

4.2.1: Laser Run Individual sequence and distances.

LRWCH Individual									
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m					
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m					
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Under 15	Shoot 5m	Run 600m	Shoot 5m	Run 600m	Shoot 5m	Run 600m			
Under 17	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m			
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m			
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Run 300m					

4.2.2: Laser Run Mixed Relay sequences and distances.

LRWCH Mixed Relay or Gender Relay (distances per person)					
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m	
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m	
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	
Under 15	Shoot 5m	Run 600m	Shoot 5m	Run 600m	
Under 17	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	

4.2.3: Biathle Individual Sequences and Distances

BTWCH Biathle Individual			
Under 9 (7-8 years old only)	Run 200m	Swim 50m	Run 200m
Under 11	Run 400m	Swim 50m	Run 400m
Under 13	Run 400m	Swim 100m	Run 400m
Under 15	Run 800m	Swim 100m	Run 800m
Under 17	Run 800m	Swim 200m	Run 800m
Under 19	Run 800m	Swim 200m	Run 800m
Juniors	Run 800m	Swim 200m	Run 800m
Seniors	Run 800m	Swim 200m	Run 800m
Masters 40+	Run 800m	Swim 100m	Run 800m
Masters 50+	Run 800m	Swim 100m	Run 800m
Masters 60+	Run 800m	Swim 50m	Run 800m
Masters 70+	Run 400m	Swim 50m	Run 400m

4.2.4: Biathle Mixed Relay sequences and distances

BTWCH Biathle Mixed Relay (distances per person)			
Under 9 (7-8 years old only)	Run 200m	Swim 50m	Run 200m
Under 11	Run 400m	Swim 50m	Run 400m
Under 13	Run 400m	Swim 100m	Run 400m
Under 15	Run 800m	Swim 100m	Run 800m
Under 17	Run 800m	Swim 100m	Run 800m
Under 19	Run 800m	Swim 100m	Run 800m
Juniors	Run 800m	Swim 100m	Run 800m
Seniors	Run 800m	Swim 100m	Run 800m
Masters 40+	Run 400m	Swim 100m	Run 400m
Masters 50+	Run 400m	Swim 100m	Run 400m
Masters 60+	Run 400m	Swim 50m	Run 400m
Masters 70+	Run 400m	Swim 50m	Run 400m

4.2.5: Triathlon Individual sequences and distances

BTWCH Triathlon Individual										
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m					
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m					
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 100m	Run 300m			
Under 15	Shoot 5m	Run 600m	Shoot 5m	Run 600m	Shoot 5m	Swim 100m	Run 600m			
Under 17	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m			
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m			
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m			
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m					

4.2.6: Triathlon Mixed Relay sequences and distances

BTWCH Triathlon Mixed Relay (distances per person)						
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m	
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Swim 50m	Run 300m	
Under 13	Shoot 5m	Run 300m	Shoot 5m	Swim 100m	Run 300m	
Under 15	Shoot 5m	Run 600m	Shoot 5m	Swim 100m	Run 600m	
Under 17	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Under 19	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Juniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Seniors	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Masters 40+	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Masters 50+	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m	
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m	

4.3: Age group variation options for mixed relay

Teammate age	U9	U11	U13	U15	U17	U19	Juniors	Seniors	M40	M50	M60	M70
Athlete Age	U9	U11	U13	U15	U17	U19	Juniors	Seniors	M40	M50	M60	M70
U9	U9	U11	U13									
U11	U11	U11	U13	U15								
U13	U13	U13	U13	U15	U17							
U15		U15	U15	U15	U17	U19						
U17			U17	U17	U17	U19	Juniors					
U19				U19	U19	U19	Juniors	Seniors				
Juniors					Juniors	Juniors	Juniors	Seniors				
Seniors						Seniors	Seniors	Seniors	Seniors			
M40								Seniors	M40	M40	M40	
M50								Seniors	M40	M50	M50	M50
M60									M40	M50	M60	M60
M70										M50	M60	M70

4.4: Global Laser Run City Tours (GLRCT)

Distances for all categories are shorter for the GLRCT, compared to the standard laser run. Details are provided in the table below.

GLRCT Individual									
Under 9	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m					
Under 11	Shoot 5m (2 hands)	Run 300m	Shoot 5m (2 hands)	Run 300m					
Under 13	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Under 15	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Under 17	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	
Under 19	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
Juniors	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
Seniors	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
Masters 40+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Masters 50+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Masters 60+	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Masters 70+	Shoot 5m	Run 300m	Shoot 5m	Run 300m					

5: Fitness Trials

Athletes who have qualified for an International competition may be asked to undergo a fitness trial if deemed necessary by the Selection Committee for any of the following reasons:

- the athlete has missed a competition due to illness or injury after selection
- the athlete has not competed for a period of three months in the lead up to the international event
- any other justifiable reason that gives the Selection Committee cause for concern about the athlete's fitness or training level.

The following is noted for the fitness trial:

- the athlete will be given at least two weeks' notice of the trial date
- the fitness trial will consist of swimming and laser run on the same day, if relevant
- to meet the selection criteria, the athlete must record a time in both disciplines equal or less than the standards set in Section 4
- an obstacle assessment may be included if relevant to the athlete's nomination application.

If any athlete does not meet or satisfy the criteria the Selection Committee may choose any of the following options:

- withdraw the athlete's entry to the international competition
- allow a second fitness test
- make any other determination (subject to reasonable discretion)

The Selection Committee is required to provide a response within fourteen (14) days following the assessment on the outcome of the fitness trial.

6: Selection Nomination

To be selected for National Representation, athletes must submit a request to be nominated through to the President of MPNZ – the nomination form is located at modernpentathlon.nz.

The MPNZ selection committee will notify athletes whether their selection has been successful, within fourteen days (14) of submitting a nomination.

Where the event includes an equestrian discipline, the athlete must hold a valid International UIPM riding license (which is assessed by both MPNZ and Equestrian New Zealand).

7: Olympic and Youth Olympic Criteria

The New Zealand Olympic Committee is the sole body authorized to select athletes, coaches, and other officials to an Olympic or Youth Olympic Games Team. **MPNZ is responsible for nominating athletes and coaches to the NZOC for selection.**

There will be a separate nomination criteria document that is approved by the NZOC for Olympic and Youth Olympic Games. These documents will be based on the official nomination criteria developed and

published by the UIPM prior to each Olympic Games cycle. Athletes for the Olympics and Youth Olympics will be required to comply with relevant NZOC policies and procedures.

8: Event Categories

Official UIPM Categories are as follows:

Category A	Olympic Games, World Championships, Continental Championships and Games, World Cups and World Cup Final, champion of Champions, CISM World Championships
Category B	Regional Championships and Games, World Masters Championships and Continental Master Championships and other World Ranking Competitions
Category C	Other international competitions and international Championships of any kind organized by UIPM member federations. The LOC must have invited the required number of national federations to take part

9: Discipline Capability Requirements

Fencing

Athletes must demonstrate they are capable fencers by:

- Competing at a minimum of three Fencing New Zealand competitions domestically
- Suitable Fencing Ranking domestically
- Independent Fencing officials or coaches

Riding

Athletes must have an International Riding License for UIPM competitions, which is reviewed by MPNZ every 12 months for the appropriate height.

For domestic competitions, riding heights for athletes are assessed on an individual basis and a domestic riding certificate will be issued.

Obstacle

Must demonstrate ability to be sufficient for international representation. The Selection Committee may request an assessment following nomination.

Swimming

The swim standard must be achieved either at an official competition or with two members of the selection committee present.

Uniform and social media Policy

Only athletes that have met the relevant Selection Criteria will be issued with the official New Zealand uniform. The domestic uniform is available for all athletes.

The social media Policy applies to all athletes wearing either of the uniforms in public.

10: Domestic and Event Calendar – 2025

This calendar is subject to change.

Event/Activity	Date
Fencing New Zealand Training Camp – New Zealand, Auckland	18 to 22 January
World Cup One – Egypt, Cairo	25 February to 01 March
Blazing Hills – New Zealand, Central North Islands	8 March
UA Ultimate Athlete, Tauranga, Mount Maunganui	16 April
UIPM World Cup Two – Hungary Budapest	22 to 26 April
MPNZ Obstacle Laser Run, North Island	May
UIPM World Cup Three – Bulgaria, Sofia	7 to 11 May
UIPM Pentathlon Junior World Championships, Hungary, Szekesfehervar	25 to 29 June
UIPM World Cup Final – Egypt, Alexandria	4 to 6 July
UIPM Pentathlon Relay World Champions, Egypt, Alexandria	8 to 13 July
UIPM Pentathlon U17 World Championships, South Africa, Johannesburg	17 to 20 July
UIPM U15 World Championships, Egypt, Alexandria	13 to 17 August
UIPM U19 World Championships, Lithuania, Druskininkai	23 to 24 August
UIPM Pentathlon World Championships, Lithuania, Druskininkai	27 to 31 August
Waikato Modern Pentathlon Festival	21 to 22 September
Waikato Larsen – Fencing North	September – date TBC
MPNZ Laser Run	November – date TBC
UIPM Laser Run World Championships, South Africa, Mossel Bay	December
UIPM Biathlon/Triathlon World Championships, South Africa, Mossel Bay	December
Annual Para Pentathlon competition	December – date TBC

Time Trials are available throughout the year at the request of athletes

11: Appeals

Athletes can appeal any decision made by the Selection Committee. Athletes can make an appeal in writing to the Secretary General in writing, an appeals committee will review this.

If the athlete is still not satisfied with the outcome, they can appeal via the National Sports Tribunal in New Zealand.