

POST'S
GUIDE
to the
PAN AM
GAMES



MODERN PENTATHLON

GUIDE TO THE GAMES

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Venue

CIBC Pan Am Aquatics Centre
and Field House

Venue acronym

PAC

Landmark status

Medium

The Toronto Zoo is one highway exit to the east, or about six kilometres away. Otherwise, there isn't much around the Scarborough venue, which was built for specifically for the Pan Am Games, as one of the so-called legacy projects.

Other events at venue

Diving, fencing, roller sports (speed skating), swimming, syn-

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chronized swimming.

Transit options

Limited paid parking will be available on site for \$20.

There are some options if you want to take public transit:

There is a shuttle — the conveniently named Aquatics Centre Rocket, also known as the 194. It leaves from Don Mills Station (on Line 4) and is non-stop to the Aquatics Centre Loop, a short walk from the venue. Other options: the 198 U of T Scarborough Rocket express bus from Kennedy Station (Line 2); the 95 York Mills from York Mills Station (Line 1). If you're on the GO train, take the Lakeshore East train

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to the Eglinton stop and get on the TTC's 116 Morningside bus, which lets you off near the venue.

For exact directions, try:

Triplinx.ca
[TTC trip planner](#)

Schedule

Women

July 18 Women's competition. (Fencing begins at 11:15 a.m.; swimming at 2 p.m.; show jumping at 4:35 p.m., and the combined event at 6:40 p.m.)

July 19 Men's competition (Fencing at 9:45 a.m.; swimming at 1 p.m.; show jumping at 3:45 p.m., and the combined event at 6:05 p.m.)

[See the full competition schedule at the Pan Am website](#)

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How it works

Look, there is no polite way of saying this, but this sport is an anachronism. It has been a part of the modern Olympic program since 1912, and according to the most popular form of the origin story, it was developed to highlight the best qualities of a soldier in the late 19th century. Athletes complete in five different sports: running, fencing, swimming, shooting and equestrian. Oh, and they do all five events in one day.

They will get the fencing out of the way first, with an épée round robin, followed by the swimming competition (200-metre free-style), before heading off to show jumping. The last two events — the shooting and the run-

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ning — have been merged into a combined event. The women will begin competition at 11:15 a.m., and will not start their final event until 6:40 p.m. The men will start at 9:45 a.m., with their final event not starting until 6:05 pm that night. It is a long day.

Nations competing

15 nations in total with 22 women and 29 men entered.

Canada's team

Women

Hillary Elliott, Ingersoll, Ont.;
Melanie McCann, Mount Carmel,
Ont.; Donna Vakalis, Toronto, Ont.

Men

Joshua Riker-Fox, Delacour, Alta.;
Garnett Stevens, Rockland, Ont.

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Tournament format

It is not as complicated as the volume of events might suggest. Scores from the first three components — fencing, swimming and equestrian — are combined to form a starting line for the final event, which is combined running and shooting. The athlete with the best score gets to run out first, followed by the athlete with the second-best score, and on down the line. After that staggered start, the first across the line wins the gold medal.

Results from 2011

Men

1. Oscar Soto, Mexico; 2. Andrei Gheorghe, Guatemala; 3. Esteban Bustos, Chile

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Women

1. Margaux Isaksen, U.S.; 2. Yane Marques, Brazil; 3. Tamara Vega, Mexico

Why it's worth watching

There is not another event like it in the Games. Athletes will be pushed to their physical limits, and then pushed to those limits three more times through the course of the day as they complete their range of requirements.

Competition outlook

Men

Riker-Fox, a 31-year-old from Calgary, is a veteran on the Canadian men's side, having competed in the 2008 Beijing Olympics (finishing 24th), and also at the last three Pan American Games. He

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won bronze at the 2007 Games.

Women

McCann finished 11th at the 2012 London Olympics, which is the best result a Canadian has ever posted. She almost made the podium at the Pan Am Games in Mexico four years ago, finishing fourth, and will be Canada's best hope for a medal this summer.

Vakalis is another Olympic veteran — she finished 29th in London — and will be an underdog worth rooting for, since she has made it this far with almost no help from the traditional sources of funding. All three medallists from 2011 are back to try again.