

# Senior & Junior Nordic Championship 2015 - Modern Pentathlon

## Swedish championship & Grand Prix final

Falun 10-11 October

### Preliminary competition program

#### Saturday - 10:th of October

##### Riding, Gagnefs ridskola – Mockfjärd (Industrivägen 31, 784 45 Björbo)

11:00	Gathering - Distribution of horses
11:30	Course building (Indoor arena)
11:50	Course inspection
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12:10	Warm-up grp 1
12:30	First start grp 1
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12:45	Warm-up grp 2
13:05	First start grp 2
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13:20	.....
16:15	End of event

*The contestants will be arranged in 5-7 groups with around 5 riders in each group. Seniors and Juniors will be assigned to the first groups.*

*The competition will be conducted in an outdoor arena for the senior and junior classes and in an indoor arena for all youth classes*

*Mounting of saddlery for the horses used by the first group will be performed during the same time as the course is built.*

*Warm-up will be performed in a separate area. Each contestant is allowed 4 jumps during warm-up and 1 jump in the competition arena immediately before start.*

A cafeteria will be open during the competition which serves coffee, soft drinks, sandwiches and pastries.

#### **Note!**

Gagnefs Ridskola resides about 45 minutes with car from Falun.

##### Swim, Lugnet - Falun (Lugnetvägen 11)

18:30	Gathering outside the entrance of the swim arena
19:00	Warmup
19:30	End of warmup
19:40	First heat - 50 m
19:42	First heat - 100 m
19:48	First heat - 200 m
20:04	End of event

*Start of the swim event might be delayed as there are other activities in the swim arena during the day.*

##### Dinner, Lugnet - Falun (Lugnetvägen 11)

20:30	Dinner - Lugnets cafeteria
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## Sunday - 11:th of October

### Fencing, Lugnet (Hall A) - Falun (Lugnetvägen 11)

08:30	Gathering - Roll-call
08:45	Start fencing round 0
11:45	End of event

### Combined event, Lugnet (Hall A-D) – Falun (Lugnetvägen 11)

12:45	Preparation & Warm-up heat 1 (3x400 m)
13:00	End of warm-up heat 1
13:03	Start heat 1
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13:13	Preparation & Warm-up heat 2 (4x400 m)
13:28	End of warm-up heat 2
13:31	Start heat 2
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13:46	Preparation & Warm-up heat 3 (Girls 4x800 m)
14:01	End of warm-up heat 3
14:04	Start heat 3
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14:24	Preparation & Warm-up heat 4 (Boys 4x800 m)
14:39	End of warm-up heat 4
14:42	Start heat 4
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15:02	End of event

*The combined event will be conducted in an indoor arena*

### Awards ceremony, Lugnet (Hall A) - Falun (Lugnetvägen 11)

15:30	Awards ceremony
16:00	End of ceremony



#### **Competition director**

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#### **Riding Director**

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#### **Swim director**

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#### **Fencing director**

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#### **Combined event director**

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