



UIPM 2016 LASER-RUN WORLD CHAMPIONSHIPS

Lisbon, Portugal

INVITATION LETTER



Dear Friends,

The UIPM – Union Internationale de Pentathlon Moderne, together with the Portuguese Modern Pentathlon Federation (FPPM), has the pleasure of inviting a delegation of your country to participate in the **UIPM 2016 Laser-Run World Championships** to be held in Lisbon, Portugal, from 2nd to the 4th September 2016 according to the following programme:

PROGRAMME (all times to be confirmed)

1 Sept	Arrival of Delegations		
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	18:00	Opening Ceremony	Parque das Nações
2 Sept	20:00	Pasta Party	Pousada – Parque das Nações
	21:30	Technical Meeting	Pousada – Parque das Nações
	11:00	Presentation of the Athletes	Parque das Nações
	11:30	Elite Division qualification (if necessary)	Parque das Nações
		Open Division:	<i>for individual participants who are not representing the NFs and the countries</i>
	13:00	Individual – Male and Female (Under 11, Under 15, Under 19, Junior/Senior, Masters)	
3 Sept		Elite Division Finals:	
	14:45	Youth E Individual – Male and Female	<i>for UIPM-registered athletes</i>
	15:30	Youth D Individual – Male and Female	<i>representing the National</i>
	16:15	Youth C Individual – Male and Female	<i>Federations and the countries</i>
	17:00	Youth B Individual – Male and Female	
	17:45	Masters A/B/C Individual – Male and Female	

	Laser Run for All:	<i>for fans, friends, spectators, and families or who wish to discover Laser Run</i>
18:30	Individual – Male and Female (All Together)	
	Elite Division Finals	<i>for UIPM-registered athletes representing the National Federations and the countries</i>
19:30	Youth A Individual – Male and Female	
20:15	Juniors Individual – Male and Female	
21:00	Seniors Individual – Male and Female	
21:30	Award Ceremony	
09:00	Teams Presentation	Parque das Nações
	Mixed Relay Elite Division:	
09:30	Youth E, Youth D, Youth C	
	Mixed Relay Elite Division:	
10:45	Youth B and Youth A	
4 Sept	Mixed Relay Open Division	
11:45		
	Mixed Relay Elite Division:	
12:45	Juniors, Seniors and Masters	
	Mixed Relay Laser Run for All Division	
14:15		
	Award Ceremony	
15:45		
	Cultural Programme	
5 Sept	Departure of Delegations	

Competition Rules

The competition is organized by the UIPM (Union Internationale de Pentathlon Moderne), together with the Portuguese Modern Pentathlon Federation (FPPM) and the LOC in Lisbon (capital of Portugal).

The UIPM Laser Run is the latest and most innovating creation of the UIPM, combining Running and Shooting in fast-paced and dynamic races.

The competition is opened to:

a. Elite Division:

- For UIPM-registered athletes representing the National Federations and the countries
- Registered by NFs through NF portal.
- Starting numbers will be determined by entry times registered by the NFs.

Individual:

Category	Sequences	Total distance	Distance to the targets
Youth E (Under 11)	2x400	800m	5m (2 hands)
Youth D (Under 13)	3x400	1200m	5m
Youth C (Under 15)	4x400	1600m	7m
Youth B (Under 17)	4x400	1600m	10m
Youth A (Under 19)	4x800	3200m	10m
Juniors (19-21 years)	4x800	3200m	10m
Seniors (22-39 years)	4x800	3200m	10m

Master A (40-49 years)	4x400	1600m	10m
Master B (50-59 years)	3x400	1200m	7m
Master C (60 and over)	3x400	1200m	7m

Mixed-Relay:

Category	Sequences	Total distance	Distance to the targets
Youth E (Under 11)	2x2x400	1600m	5m (2 hands)
Youth D (Under 13)	2x2x400	1600m	5m
Youth C (Under 15)	2x2x400	1600m	7m
Youth B (Under 17)	2x2x400	1600m	10m
Youth A (Under 19)	2x2x800	3200m	10m
Juniors (19-21 years)	2x2x800	3200m	10m
Seniors (22-39 years)	2x2x800	3200m	10m
Master A (40-49 years)	2x2x400	1600m	10m
Master B (50-59 years)	2x2x400	1600m	7m
Master C (60 and over)	2x2x400	1600m	7m

b. Open Division:

- For individual participants and entries who are not representing the NFs and the countries but with certain athletic background
- Registered individually through open division link on UIPM website (www.pentathlon.org).
- Starting numbers will be determined by either entry time or random draw.
- The title 'World Champion' cannot be applied to this division.

Individual:

Category	Sequences	Total distance	Distance to the targets
Under 11	2x800m	1600m	5m (2 hands)
Under 15	3x800m	2400m	7m
Under 19	4x800m	3200m	10m
Juniors - Seniors (19-39 years)	4x800m	3200m	10m
Masters (40 and over)	3x800m	2400m	7m

Mixed-Relay:

Category	Sequences	Total distance	Distance to the targets
Under 11	2x2x800m	3200m	5m (2 hands)
Under 15	2x2x800m	3200m	7m
Under 19	2x2x800m	3200m	10m
Juniors - Seniors (19-39 years)	2x2x800m	3200m	10m
Masters (40 and over)	2x2x800m	3200m	7m

c. Laser Run for All Division: *purely for fun and to enjoy the Laser Run experience!*

- Division for fans, friends, spectators, and families of others divisions' participants or whomever interested in discovering Laser Run.
- Registered individually through open division link on UIPM website (www.pentathlon.org).
- Starting numbers determined by random draw.
- The title 'World Champion' cannot be applied to this division.

Individual:

Category	Sequences	Total distance	Distance to the targets
All Together	3x400	1200m	5m

Mixed-Relay:

Category	Sequences	Total distance	Distance to the targets
All Together	2x2x400	1600m	5m

For all the categories, there will be qualifications depending on the registration numbers.

Only the **40 first athletes** for each category will be qualified for the finals.

Official UIPM World Championship titles and prizes will be awarded to the winners in all categories of Elite division.

Official UIPM Certificate and prizes will be awarded to the winners in all categories of Open Division and Laser Run for All Division.

Competition Venues

The competition is scheduled to occur at Parque das Nações, Oceanarium area, in Lisbon. The running part will take place on the pavement road of the site.

You can find information and a course map shortly on the official UIPM website: www.pentathlon.org and local website: <http://fppm.pt/mundial2016/>

For more information email us: manuel.jlpbarroso@gmail.com (Cc: fppm.geral@gmail.com)

Categories and Distances Laser-Run

The competition will be carried out according to the UIPM Guidelines. Please check out the Laser Run Guidelines at www.pentathlon.org

Competition

The competition begins with a mass start, in which all competitors gather at the starting line. The firing of a start gun starts the race. In case of false start, a second start will be given. In case of a second false start, the respective athlete's start number will be called

and the athlete will be penalized with 10 seconds on the starting line or will do the penalty in the Last Penalty Area.

Start Numbers Traditional start numbers may be used during the competition.

Award Ceremony Individual and Relays: Gold, Silver and Bronze medals will be given in each individual category only in the Elite Division. The first crossing the finish line will be declared the winner.

Accommodation Local Organizing Committee (LOC) has for your convenience a **two offer package choice (Premium & Sport)** that includes Accommodation including breakfast + Local Transportation (Lisbon International Airport /Hotel of your choice / Lisbon International Airport).

Participants will be accommodated at Youth Hostel (1) or 4****Hotel Radisson Blue (2). Please note on the Registration your first choice. The reservations will be on “first come first serve basis”. The price includes accommodation with breakfast included and local transportation.

The cost of stay per person for 4 nights (*) is:

	(1) Youth Hostel	(2) Hotel Radisson Blue
Single Room	Not available	100,00€ p/person/night
Double Room	27,50€ p/person/night	80,00€ p/person/night
Triple Room	25,00€ p/person/night	70,00€ p/person/night
Multiple Room	20,00€ p/person/night	Not available

(*) Length of stay can be extended and shorted considering average p/day

LOC Headquarters / Technical Meeting will be located at Youth Hostel

Please make your deposit payment until 1st July 2016 (30% non-refundable). The remaining amount can be paid in cash - only in € - upon arrival. Remember that Packages offered by LOC are on first come first serve basis and **can only be guaranteed until 1st July** with your deposit payment.

After 1st July, contact LOC to have a list of accessible hotels in the area to manage yourself your accommodation.

Transport Transportation from **Lisbon International Airport** to the official competition accommodation and the return journey is only guaranteed if flight information is provided in the registration system in good time and prior to the deadline. Transportation from the official accommodation to the venues for athletes will be according to the competition programme.

Financial Conditions

When registering, the NF has to pay the registration fees of all athletes via the online payment tool accessible in the NF Portal.

In case the NF cannot pay all the registration fees, please contact UIPM at development@pentathlon.org to receive the possible solutions.

The registration fees are the following:

International Registrations (Without transportation)		
Division	Fee category	Total
Elite Division	Registration to Laser Run only	40 €
	Registration to Pasta Party only	20 €
	Registration to Laser Run & Pasta Party	50 €
Open Division	Registration to Laser Run only	40 €
	Registration to Pasta Party only	20 €
	Registration to Laser Run & Pasta Party	50 €
Laser Run for All	Registration to Laser Run only	20 €
	Registration to Pasta Party only	20 €
	Registration to Laser Run & Pasta Party	40 €

Registration

Elite Division athletes will be registered by the respective National Federation through the UIPM NF Portal.

Open Division and Laser Run for All athletes will be able to register through an online system available here <http://www.pentathlon.org/events/uipm-laser-run-world-championships-lisbon-por-01-04-sep-2016/>

Insurance

The organisers will not accept any responsibility financial or otherwise for loss, injury, illness or death of any participant or Delegation member. All members of the attending Delegations must insure themselves by a sufficient health, accident and liability insurance. By submitting the entries, the National Federation confirms that all registered persons are covered by such an insurance and that all athletes are fit to take part at the UIPM Laser Run World Championship Lisbon (Portugal) September 1st-4th 2016.

Laser Pistols

Firearms licences are a legal requirement when bringing air and CO2 pistols (cylinders for the laser pistols) into Portugal for competition purposes. So, please note the pistol model and serial number clearly in the registration system in order to make the

necessary Entering and Exiting licences. **Laser Pistols will be provided for all divisions to every athletes asking support.**

VISAS & Vaccinations

Visiting nations should confirm visa and vaccination requirements for entry into Portugal prior travelling to the event. The LOC cannot accept responsibility for arranging visas but can provide specific invitation letters if needed. For information if you need a visa or vaccinations please contact your nearest Embassy or Consulate.

General Information

- All athletes are kindly requested to wear their official national uniform at the competition Elite Division.
- Please also bring a CD of your national anthem and a national flag.
- LISBON WEATHER IN SEPTEMBER: Average Max Temp. 32°C - Average Min Temperature 20°C

LOC Contact Details

Please contact directly the LOC for information regarding the competition or for any local questions you may have.

Email: manuel.jlpbarroso@gmail.com (Cc: fppm.geral@gmail.com)

We look forward to seeing you in Lisbon, Portugal, for the **UIPM 2016 LASER-RUN WORLD CHAMPIONSHIPS**.

Best regards,


Dr. h.c. Klaus Schormann
UIPM President


Manuel Barroso
FPPM / LOC President

**Official
Addresses**

International Federation

UIPM – Union Internationale de Pentathlon Modern

Address: Stade Louis II, Entrée E, 13 av. Des Castelans,
98000 Monte Carlo - Monaco

Tel/Fax: +377 9777 8555 | +377 9777 8550

Email: uipm@pentathlon.org

Website: www.pentathlon.org

National Federation

Portuguese Modern Pentathlon Federation

Address: Rua 15 de Agosto nº. 8B, 2500 – 801 Caldas da Rainha, Portugal

Phone/fax: +353 1 625 1134

Email: manuel.jlpbarroso@gmail.com (Cc: fppm.geral@gmail.com)

Website: www.fppm.pt and <http://fppm.pt/mundial2016/>