



Invitation to the Open Swedish Modern Pentathlon and Laser Run Championships

1st of November 2025- Stockholm

Dear athletes and coaches,

We are delighted to invite you to the Open Swedish Modern Pentathlon and Laser Run Championships, which will take place in Stockholm on the 1st of November 2025. The championship offers starting opportunities for the U17, junior, senior and masters 30+ and is also open to international participants.

Below you will find the **provisional schedule** with the most important key times for the competition:

Saturday 01.11.2025

Obstacle: (OCR Heaven, Sports Club Vallentuna)

- 08:30 Gathering/ briefing of the day
- 9:00 OCR Warm-Up, all age categories
- 9:30 OCR - competition

Swimming: (Sports Club Vallentuna)

- 10:30 Swimming Warm- Up, all age categories
- 11:00 Swimming- competition

Fencing: (GALAXY, Sports Club Vallentuna)

- 12:00 Fencing Warm-Up, all age categories
- 12:30 Fencing Seeding round*

Men and Women fence together. Two separate gender rankings to be generated - points given according to UIPMs DE rules



Laser run: (GALAXY, Sports Club Vallentuna)

- 14:30 Laser run Warm-Up, several heats
- Award ceremony afterwards (ca.16:30)

Programme and number of heats according to registrations

Competition Venue:

Sports Club Vallentuna

Tellusvägen 21, 186 36 Vallentuna, Sweden

Accommodation:

Accommodation to be booked individually!

Suggestion:

Best Western Plus Ten Hotel at 11 Johanneslundsvägen, 194 61 Upplands-Väsby

Scandic Infra City at Kanalvägen 10, 19 461 Upplands- Väsby

AirBnB- There are usually a lot of options available in our hoods

Rules:

The competition will be carried out according to the UIPM Rules.

Swimming: 25m indoor pool, 6 lanes

Fencing: 5 pistes

Running: Asphalt/concrete 600m loop

Shooting: 10 laser targets, ECOAIMS Hit and Miss

OCR: Not the exact UIPM course (60m)- Steps, Rings, Through-Under-Over, Monkey Bar, Giant Steps, Climbing Holds, Balance Line, Finish Wall

Distances:

Senior/Junior: OCR, 200m swimming, Fencing, 5x600m Laser run

U17/Masters: OCR, 100m swimming, Fencing, 3x600m Laser run

**Registration and Payment:**

Registration deadline: 27th of October 2025

Please register and pay through the QR code provided below. In case of any inquiries or questions contact: marlena.jawaid@gmail.com

Required information: Surname, first name, date of birth, category (age group+ modern pentathlon/laser run), nationality/club

Entry Fees:

Category:	Amount:
Modern Pentathlon	300 SEK
Laser Run	150 SEK



Best regards

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Swedish Modern Pentathlon

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