



**UIPM Global Laser Run City Tour
Riga Open
Riga/Latvia 28.-29.05.2022.
INVITATION**

Latvian Modern Pentathlon Federation kindly invite you to participate in Riga Open Laser Run, which will be held in Riga 28.-29.05.2022.

Place: SV Mezaparks Sports Village, Keizarmezs, Riga.

Purpose and tasks:

- To promote a healthy lifestyle in Latvia;
- To popularize Modern Pentathlon among the population of Latvia;
- Involve Latvian residents in sports activities;
- Find out the best absolute winners.

Programme

Warm-up for first group starts on 10:15 a.m. 29.05.2022.

28.05.2022. – trainings.

Athletes compete in the competition according to their age according to the table below. The winners (women and men) in each group are awarded with medals and prizes.

Participation must be pre-registered in the application form.

Registration and organization

Andra Novicka – andra.novicka@inbox.lv +371 29685688

Please send your application forms till **23.05.2022.**

<i>Age group</i>	<i>Age</i>	<i>Disciplines</i>
U-11	10 and younger	2x300 run + 2x5hits (shooting distance 5m, both hands)
U-13	11-12	3x300 run + 3x5hits 5m



U-15	13-14	4x300 run + 4x5hits 5m
U-17	15-16	4x300 run + 4x5hits 5m
U-19	17-18	5x300 run + 4x5hits 10m
Juniors Seniors	19-21 22 -39	5x300 run + 4x5hits 10m
Masters +40	40-49	3x300 run + 3x5hits 5m
Masters +50	50-59	2x300 run + 2x5hits 5m
Masters +60	60 and over	2x300 run + 2x5hits 5m

! If you plan to use your own pistol and target, please take it with you to the arena.

For more detailed information feel free to contact andra.novicka@inbox.lv +371 29685688

Application form

Name	Surname	Year of birth	Male/ Female	Group	Country



LMPF - Member of UIPM/UIPM