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**LATVIJAS REPUBLIKAS  
MODERNĀS PIECCĪNAS  
FEDERĀCIJA**

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**LATVIAN  
MODERN PENTATHLON  
FEDERATION**

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**Latvian Open Championships  
Triathlon/tetrathlon for junior, youth, masters  
Riga/Latvia 01.02.2025.  
INVITATION**

Latvian Modern Pentathlon Federation kindly invite you to participate in Latvia Open Championships triathlon/tetrathlon, which will be held in Riga 01.02.2025.

Place:

Swimming – confirmed training results from last training by Team Leader.

Fencing, Laser-run – Cross-field athletics Center “Daugava” Augaiela, 1, Riga, LV-1009.

**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**

**10:00 - Fencing warm-up for all groups**

**10:30 – Fencing start for all groups**

**12:00 – Laser-run for U15, U17, U19, U22, Masters**

**13:00 – Awarding ceremony for U15, U17, U19, U22, Masters**

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](mailto:andra.novicka@inbox.lv) +371 29685688

Please send your application forms till **29.02.2025.**



LMPF - Member of UIPM/UIPM

<i>Age group</i>	<i>Age</i>	<i>Disciplines</i>
<b>U-11</b>	Born in 2015 and younger	50m swimming 600m running
<b>U-13</b>	Born in 2013 and younger	50m swimming 800m running
<b>U-15</b>	Born in 2011 and younger	100m swimming, 3x600m laser-run
<b>U-17</b>	Born in 2009 and younger	Fencing, 200m swimming, 4x600m laser-run
<b>U-19</b>	Born in 2007 and younger	Fencing, 200m swimming, 5x600m laser-run
<b>U-22</b>	Born in 2004 and younger	Fencing, 200m swimming, 5x600m laser-run
<b>Masters</b>	40+ 50+ 60+	Fencing, 100m swimming, 3x600m laser-run

**The competition is held in accordance with the amendments to the UIPM rules effective on the competition's moment.**

! 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](mailto:andra.novicka@inbox.lv) +371 29685688

### **Application form country/team**

<b>Name</b>	<b>Surname</b>	<b>Year of birth</b>	<b>Male/ Female</b>	<b>Group</b>	<b>Swimming pre-result</b>

