



UIPM Riga Open Triathle/tethrathle Riga/Latvia 27.-28.05.2022. INVITATION

Latvian Modern Pentathlon Federation kindly invite you to participate in Riga Open/triathle/tethrathle, which will be held in Riga 27.-28.05.2022.
Place: SV Mezaparks Sports Village, Keizarmezs, Ezermalas street 30, Riga, LV-1014.

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

27.05.2022. – trainings

Fencing warm-up for all groups starts on 10:00 a.m. 28.05.2022.

10:30 – Fencing start for all groups

14:00 – Swimming warm-up U15, U13, U11 (10 min)

14:10 – Swimming start for U15, U13, U11

14:25 – Swimming warm-up U17, U19, Juniors (10 min)

14:35 – Swimming start for U17, U19, Juniors

16:00 – Laser-run warm-up for all groups

18:00 – Awarding ceremony for all groups

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 **26.05.2022.**

| <i>Age group</i> | <i>Age</i> | <i>Disciplines</i> |
|------------------|----------------|--------------------------|
| U-11 | 10 and younger | 25m swimming 200m run |



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|----------------|-------|---|
| U-13 | 11-12 | 50m swimming 400m run |
| U-15 | 13-14 | 100m swimming, 800m run |
| U-17 | 15-16 | 200m swimming, 4x600m run + 3x5hits 10m Fencing (not for scores) |
| U-19 | 17-18 | Fencing, 200m swimming, 5x600m run + 4x5hits 10m |
| Juniors | 19-21 | Fencing, 200m swimming, 5x600m run + 4x5hits 10m |

The competition is held in accordance with the amendments to the UIPM rules effective from 01.01.2022.

! 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 |
|------|---------|---------------|-----------------|-------|---------|
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