



**BIATHLE EUROPEAN CHAMPIONSHIPS MEN & WOMEN  
UIPM WORLD CUP TOUR  
SETUBAL, PORTUGAL  
20-21 July 2013**

12<sup>th</sup> March 2013

Dear Friends,

The Portuguese Modern Pentathlon Federation has the great pleasure to invite a delegation of Your Country to participate in the above mentioned competition that will be held in SETÚBAL (PORTUGAL) on 20 / 21 July 2013 according to the following programme:

**COMPETITION PROGRAMME**

18 July (Thursday)	Arrival of Delegations – Free Day
19 July (Friday)	Arrival of Delegations – Accreditation Procedures Technical Meeting for team managers (race briefing)
20 July (Saturday)	<b>Competition Day (Qualification Sessions)</b> Open Competition – Corporate Biathle (Recreation&Fun)
21 July (Sunday)	<b>Competition Day (FINALS)</b> Gala Dinner Party (included in entry fee of the biathletes and coaches). All prize giving ceremonies will be at the dinner
22 July (Monday)	Departure of Delegations

Intention of early arrivals should be informed as soon as possible. Training facilities can be arranged.

**REGISTRATION**

Enclosed, you will find the official Biathle European Championships / UIPM World Cup Tour Entry Forms. Only the National Federations can enter biathletes! Entries from clubs and parents will not be accepted.

Delegations are allowed to enter with unlimited number of athletes at Qualification Sessions. **Only 6 athletes per nation can qualify for the Finals** in each category.

**Finals will be disputed by maximum 28 athletes.**

**Important remark:** Unless maximum 28 athletes is not reached straight finals will be disputed with unlimited number of athletes per nation.

**Deadlines:**

- 1. Please complete the PRELIMINARY Form (A) and return it to us by email until May 3, 2013**
- 2. Packages offered by LOC are on first come first serve basis and can only be guaranteed until May 3, 2013**
- 3. Please, complete FINAL Form (B) and return it to us by email until June 30, 2013**



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**NOTE: The organizing committee will only accept Athletes sent by an official UIPM Federation, with stamp and signature of the same**

**The competition will be carried out according to the UIPM Rules. Please check out the Biathle Rules at [www.pentathlon.org](http://www.pentathlon.org)**

**COMPETITION LOCATION**

The competition is scheduled to occur at Albarquel Park – Setúbal Bay. The running part will take place on the pavement road of the park and the swimming will be in the open ocean. The air temperature will be approximately 32-34°C and water temperature will be approximately 17-18°C. You can find a course map shortly on the official website [www.fppm.pt](http://www.fppm.pt)

**CATEGORIES AND DISTANCES**

GROUP	SEX	AGE	Running	Swimming	Running	Year of Birth
Youth E	M & F	10 and under	500m	50m	500m	2003 and younger
Youth D	M & F	11-12	500m	50m	500m	2001-2002
Youth C	M & F	13-14	500m	100m	500m	1999-2000
Youth B	M & F	15-16	1000m	200m	1000m	1997-1998
Youth A	M & F	17-18	1500m	200m	1500m	1995-1996
Juniors	M & F	19-21	1500m	200m	1500m	1992-1993-1994
Seniors	M & F	22 and over	1500m	200m	1500m	1972-1991
Masters A	M & F	40-49	1000m	100m	1000m	1964-1973
Masters B	M & F	50-59	1000m	100m	1000m	1952-1963
Masters C	M & F	60-69	1000m	100m	1000m	1942-1953
Masters D	M & F	70 and over	1000m	100m	1000m	1943 and older

**COMPETITION CLOTHING**

The competition begins with a pack start, in which all competitors gather at the starting line. No more than three competitors of one nation shall be standing in the front row on the start line. The firing of a start gun commences 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 second on the starting line.



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Due to the run & swim format of the race, biathletes are required to compete wearing clothes that are tight fitting, yet comfortable during both running and swimming. Women should wear one or two pieces of clothing suitable for the entire race (swim suit or sports bra). We ask that male competitors wear a tight fitting shirt "bolero" (lycra t-shirt) to be worn while swimming and running. All biathletes must wear vests identifying their nation.

**Note to all competitors that running shoes MUST be worn during the running portion of the competition and must be removed for the swimming portion of the race.**

**NOTE: Running shoes must not be worn in the swim, but must be worn for both runs.**

### ***START NUMBERS***

Traditional start number bibs or painted waterproof tattoos may be used during the competition. Biathle European Championships / UIPM World Cup 2013 - UIPM Biathletes from recognized Federations only.

### **Form of Competition in each category and gender:**

#### **1. Individual**

Gold, Silver and Bronze medals will be given in each individual category. The fastest time will be declared the winner.

There will be 2 separate classifications:

- a) **European Championships** for European nations;
- b) **World Cup Event** for worldwide nations.

#### **2. Team event competition**

Teams of 3 are formed by comprising the highest placed 3 biathletes from the same Nation in each category and will have their times added together.

The fastest time will be declared the winner.

### **Biathletes/ Coaches Fees:**

Each competitor and Coach must pay a Fee of 45 Euros (€) (Entry Fee, Accreditation, Commemorative T-shirt and closing Gala Dinner Party).

### **Additional Fees for Friends/Guests/Family Members**

Gala Dinner Party a Fee of 30 Euros (€)



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**ACCOMODATION+TRANSPORT**

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

Participants will be accommodated at Hotel (1) or Hotel (2). Please note on the Entry Form your first choice. The reservations will be on first come first serve basis. The price includes accommodation with breakfast buffet included and local transportation. The cost of stay **per person for 3 nights** (\*) is:

HOTEL	Single	Double	Triple
1 Hotel Luna Esperança	190 €	145 €	130 €
2 Hotel Mar e Sol	175 €	130 €	115 €

(\*) Length of stay can be extended, but not be shorted.

Delegations are required to send by bank transfer a minimum of 30% of the total amount of your accommodation/transport invoice by 3 May 2013. Otherwise, the reservation will not be guaranteed. Payment must be in Euros (€).

Remaining amount we kindly ask you to make payment in cash upon arrival.

Nations wishing to arrange their own accommodation are free to consult link below:  
<http://www.guiadacidade.pt/pt/distrito-setubal-15>

**TRANSPORTATION PLAN**

Transportation from the airport to the official hotels and the return journey is only guaranteed if flight information is provided in good time, and according to the deadline on Entry Form B. Transportation from the official hotels to the venue is not included but can be arranged. More details will be available on the website and on arrival at the event.

**ENTRY FORMS**

We would appreciate early confirmation of your intention to participate or not and submit this as Entry Form A. **Entry Fee is 45 Euros per athlete or coach (Gala Dinner Party included).**



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Deadlines for the Entry Forms are as follows:-

Form A (PRELIMINARY)                    before 3<sup>rd</sup> of May 2013  
Form B (FINAL)                                before 30<sup>th</sup> of June 2013

If we do not receive your Final Entry Form B prior to the deadline or we do not receive your Delegation's deposit payment, then we will consider your delegation as non-participating.

### ***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 letters of invitation if needed. For information if you need a visa or vaccinations please contact your nearest Embassy or Consulate.

### ***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 entry form the National Federation confirms that all persons named on the entry are covered by such an insurance and that all athletes are fit to take part at the Biathle European Championships /UIPM World Cup Tour Setúbal July 20/21, 2013.

### ***GENERAL INFORMATION***

All athletes are kindly requested to wear their official national uniform at the competition. Please also bring a CD of your national anthem and a national flag.

### ***OFFICIAL ADDRESS***

**Federação Portuguesa do Pentatlo Moderno**  
**Rua 15 de Agosto nº 8 B, 2500 – 801 Caldas da Rainha**  
**Tel: + 351 91 483 34 82**  
**Email: [fppm.presidente@gmail.com](mailto:fppm.presidente@gmail.com)**  
**WebSite: [www.fppm.pt](http://www.fppm.pt)**



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***BANK DETAILS***

Name of the Bank: Caixa Geral de Depósitos, Agência Gare do Oriente  
Account number: 0344 006261 930  
NIB: 0035 034400006261930 16  
IBAN: PT50 0035 034400006261930 16  
SWIFT: CGDIPTPL

***ACCOMMODATION INFORMATION – OFFICIAL HOTELS***

**Hotel name: Hotel Luna Esperança**  
**Avenida Luísa Todi 220, 2900-452 Setubal**  
**Phone: + 351 265 521 780**

**Hotel name: Hotel Mar e Sol**  
**Avenida Luísa Todi 606, 2900 Setubal**  
**Phone: + 351 265 534 868**

***LOCATION NEAR LISBON***

**DISTANCES**

From Lisbon International Airport = 40 km  
From Accommodation to Competition Venue = 2.0 km (15 min)

***SETUBAL WEATHER – JULY***

Average Max Temperature 34°  
Average Min Temperature 20°

We look forward to see you in Setubal, Portugal, for the Biathle European Championships/ World Cup Tour.

Best regards,

**Manuel Barroso**  
**FPPM President**