### WINTER PENTATHLON / TETRATHLON





#### PROGRAM

## Thuesday 01.02.2018 (arrival, technical meeting, fencing)

- 15:00 Arrival in Chur at *Hotel Sommerau Emserstrasse 4, 7000 Chur*
- 16:00 Welcome ceremony and technical meeting, lunchbags, startnumbers, tickets
- 17:30 Fencing warmup *Turnhalle Sand, Sankt Luzistrasse (direction Arosa)*
- 18:00 Start fencing, afterwards departure to Hotel Post Glaris, Davos

## Friday 02.02.2018 (cross-country-skiing, giant slalom, shooting)

- 08:15 Departure Bus Nr 7 Glaris-Horlauben (Kongresshaus)
- **09:00** Cross-country warmup (*Nachtloipe*)
- **09:30** Start cross-country-skiing mass start (1200 pt for the winner 10km, counted down from there)

**Pentathletes and experts** 4 x 2.5 km ca. 50 m pitch per lap

**Tetrathletes and rookies** 1 lap, ca. 1,3 km, no pitch, no downhill (max. 5 laps)

The score is calculated from the time/km of the winner.

- 11:30 Lunch at Hotel Post
- **13:15** Departure Bus Nr 7 *Glaris* bis *Postplatz* (Take the pistols with you)
- 13:30 Sightseeing giant slalom, Übungshang Bolgen, Talstation Jakobshorn
- **14:00** First pass, second pass in reverse order
- 15:30 First group shooting(pellets) in *Turnhalle Davos-Dorf*, bus till *Parsennbahn*.
- 17:30 Dinner at Hotel Post, staggered

### Saturday 03.02.2018 (riding, skiing for fun, award ceremony)

- **08:15** Departure for riding to *Reitanlage Sand, Davos Frauenkirch* by bus no.7
- **08:30** Drawing lots for horses
- 08:45 Parcours inspection
- 09:15 Stable time for the first rider
- 09:35 First rider starts.
- 11:30 Lunch, afterwards free skiing for fun at *Rinerhorn*, directly at the *Hotel Post*
- 18:00 Apéro at Hotel Post
- 19:30 Dinner at Hotel Post
- 21:00 Award ceremony (categories men, women, youth) at Hotel Post. Attendance is mandatory!

Sunday 04.02. breakfast from 08:00 and departure

## Accomodation, parking inclusive

3 nights at Hotel Post Glaris-Davos www.postglaris.ch incl. breakfast, lunch and dinner

doubleroom with shower/WC 195,- € p.P. rooms with more beds, floor shower 120,- € p.P.

### **Starting Fee**

**185** € for Pentathlon, **110** € for Tetrathlon inclusive ski ticket, bustransfer, food, drinks. 20% discount for youth.

#### Additional training-days (3 lessons alpin and 3 lessons cross-country) with Markus

Lessons from monday to thuesday morning are 155 € in doubleroom with shower/wc and 130€ in more bedded rooms per day/person incl. tickets (training-slope), lunch, dinner, drinks.

## **Organisation**

Markus Hostettler, Tel +41 79 438 22 94, markus50@bluewin.ch Mails will be answered till 29.01.2017

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Subject: Winterpentathlon, Name

#### **Informations**

Changes of schedule or competition sites due to weather conditions or unexpected events during the competition please query on Google+ for pentathlon masters.

plus.google.com/+PentathlonMasters

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