

Roma, 05/04/2023  
prot.n. 1266

**A Tutte le A.S.D.**

**Oggetto: Gare Internazionali assegnate alle ASD**

Con la presente si comunica che ci è pervenuto il seguente invito:

- **Biathle/ Triathle National Tour 2023- Cervo, Lugo- Spagna  
Dal 24 al 25 Giugno 2023**

**Scadenza Entry Form: 17/06/2023**

Pertanto tutte le ASD interessate a partecipare autonomamente alla competizione in oggetto, a proprie spese, sono pregate di farne richiesta all'indirizzo di posta elettronica [infocervo@tecrima.com](mailto:infocervo@tecrima.com) entro e non oltre la scadenza sopra indicata, compilando il modulo allegato.

Ulteriori informazioni più dettagliate sono riportate nell'invito.

Distinti saluti.

**IL SEGRETARIO GENERALE**  
**Filippo de' Liguori Carino**





CERVO, ESPAÑA | 24-25 JUNIO 2023



## INVITATION LETTER

Modern Pentathlon Spanish Federation is pleased to invite you to our event "**Biathlon and Triathlon National Tour 2023**" which will take place on the 24th and 25th of June in Cervo, Lugo and will be held according to the following provisional programme.

| DATE      | EVENT                                    | LOCATION                  |
|-----------|--|---------------------------|
| 23th JUNE | Technical Meeting and numbering delivery | San Ciprián Sports Center |
| 24th JUNE | Triathlon                                | Puerto de San Ciprián     |
|           | Award Ceremonies                         |                           |
| 25th JUNE | Biathlon                                 | Puerto de San Ciprián     |
|           | Award Ceremonies                         |                           |
|           | Closing Cocktail                         | Flora Disco Bar           |

**Location** – Puerto de San Ciprián (43.69839048051253, -7.438349878286451)

## COMPETITION RULES

The event will be held according to the national and international rules of the modality.

- I. Running course: Concrete
- II. Shooting Range: 18 positions
- III. Open Water Swimming



Stade Louis II – Entrée C  
19 avenue des Castelans  
MC-98000 Monaco

Tel: + 377 97 77 85 55  
Fax: + 377 97 77 85 50  
uipm@pentathlon.org



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## CATEGORIES AND DISTANCES

### Triathlon

| Category | Age   | Sequence                         | Full Swim | Full Run | Shot | Shot Distance |
|----------|-------|----------------------------------|-----------|----------|------|---------------|
| U11      | < 10  | 2x300 run + 2x25 swim + 2x5 shot | 50        | 600      | 10   | 5m            |
| U13      | 11-12 | 3x300 run + 2x50 swim + 3x5 shot | 100       | 900      | 15   | 5m            |
| U15      | 13-14 | 4x300 run + 2x50 swim + 4x5 shot | 100       | 1200     | 20   | 5m            |
| U17      | 15-16 | 4x300 run + 4x50 swim + 4x5 shot | 200       | 1200     | 20   | 10m           |
| U19      | 17-18 | 5x300 run + 4x50 swim + 4x5 shot | 200       | 1500     | 20   | 10m           |
| Juniors  | 19-20 | 5x300 run + 4x50 swim + 4x5 shot | 200       | 1500     | 20   | 10m           |
| Seniors  | 21-39 | 5x300 run + 4x50 swim + 4x5 shot | 200       | 1500     | 20   | 10m           |
| M40+     | 40-49 | 3x300 run + 2x50 swim + 3x5 shot | 100       | 900      | 15   | 10m           |
| M50+     | 50-59 | 2x300 run + 2x50 swim + 2x5 shot | 100       | 600      | 10   | 10m           |
| M60+     | + 60  | 2x300 run + 2x50 swim + 2x5 shot | 100       | 600      | 10   | 5m            |

### Biathlon

| Category | Age   | Run | Swim | Run | Full Run | Full Swim |
|----------|-------|-----|------|-----|----------|-----------|
| U9       | < 8   | 200 | 25   | 200 | 400      | 25        |
| U11      | 9-10  | 400 | 50   | 400 | 800      | 50        |
| U13      | 11-12 | 400 | 50   | 400 | 800      | 50        |
| U15      | 13-14 | 800 | 200  | 800 | 1600     | 200       |
| U17      | 15-16 | 800 | 200  | 800 | 1600     | 200       |
| U19      | 17-18 | 800 | 200  | 800 | 1600     | 200       |
| Juniors  | 19-21 | 800 | 200  | 800 | 1600     | 200       |
| Seniors  | 22-39 | 800 | 200  | 800 | 1600     | 200       |
| M40+     | 40-49 | 800 | 100  | 800 | 1600     | 100       |
| M50+     | 50-59 | 800 | 100  | 800 | 1600     | 100       |
| M60+     | +60   | 400 | 50   | 400 | 800      | 50        |

- I. Athletes may compete in one or both races.
- II. Registration fee includes sports insurance.
- III. The organizing committee shall lend shooting equipment to the athletes who indicate it in the registration form.





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## REGISTRATION

Registration must be made before 17 June 2023, no registration made after this date will be accepted.

Registrations can be made by two means:

- I. By sending an e-mail to [infocervo@tecrima.com](mailto:infocervo@tecrima.com) with the excel attached, filling in all the fields indicated, proof of payment of registration and a copy of the ID card or passport of each participant.
- II. By filling in the form that you will find in this [link](#)

The registration fee will be 20€, which must be paid before the event by bank transfer to the following bank account:

**Transferee: Pentatlon San Sebastian**  
**IBAN: ES56 0081 0309 7900 0227 1533**  
**SWIFT/BIC: BSABESBBXXX**

## ACCOMMODATION AND TRANSPORT

For those interested in transport from and/or to the airports of A Coruña, Santiago de Compostela or Asturias, please send an email to [infocervo@tecrima.com](mailto:infocervo@tecrima.com).

For those interested in accommodation, please send an email to [infocervo@tecrima.com](mailto:infocervo@tecrima.com).

## CLOSING CEREMONY

A closing cocktail party will be held at *Disco Bar Flora* at a cost of 15€ open to all athletes, coaches and family members on the evening of the 25th of June.

## CONTACT DETAILS LOC

E-mail: [infocervo@tecrima.com](mailto:infocervo@tecrima.com)

Tel: + 34 633 38 01 70



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