

**BIATHLE & TRIATHLE  
WORLD CHAMPIONSHIPS  
MEN & WOMEN  
HURGHADA, EGYPT  
02-07 OCTOBER 2013**

Dear Friends,

The EGYPTIAN Modern Pentathlon Federation has the great pleasure to invite a delegation of Your Country to participate in the above mentioned competitions that will be held in Hurghada (EGYPT) on 04 / 07 October 2013 according to the following program:

***COMPETITION PROGRAMME***

02 Oct.(Tue) Arrival of Delegations  
03 Oct.(Thu) Arrival of Delegations – Accreditation Procedures.  
Technical Meeting for team managers (race briefing for both competitions)  
04 Oct.(Fri) **Biathle Competition Day**, Prize giving ceremony.  
05 Oct.(Sat) **Triathle Competition Day** Individual, Prize giving ceremony.  
06 Oct.(Sun) **Triathle Competition Day** Team Relay & Mix Relay, Prize giving ceremony. Gala Dinner Party.  
07 Oct. (Mon) Departure of Delegations.  
Intention of early arrivals or late departures should be informed as soon as possible.

Training facilities can be arranged.

***REGISTRATION***

Attached, you will find the official Biathle & Triathle World Championships Entry Forms.

Delegations are allowed to enter with unlimited number of athletes.

- 1. Please complete the PRELIMINARY Form (A) and return it to us by email until August 15, 2013**
- 2. Packages offered by LOC are on first come first serve basis and can only be guaranteed until August 15, 2013**
- 3. Please, complete FINAL Form (B) and return it to us by email until September 10, 2013.**

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

## **CATEGORIES AND DISTANCES FOR BIATHLE**

<b>GROUP</b>	<b>SEX</b>	<b>AGE</b>	<b>Running</b>	<b>Swimming</b>	<b>Running</b>	<b>Year of Birth</b>
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	1974-1991
Masters A	M & F	40-49	1000m	100m	1000m	1964-1973
Masters B	M & F	50-59	1000m	100m	1000m	1954-1963
Masters C	M & F	60-69	1000m	100m	1000m	1944-1953
Masters D	M & F	70 and over	1000m	100m	1000m	1943 and older

## **CATEGORIES AND DISTANCES FOR TRIATHLE**

The **age groups** are as follows:

10 and younger: Under 11 (YE)

11 – 12 years: Under 13 (YD)

13 – 14 years: Under 15 (YC)

15 – 16 years: Under 17 (YB)

17 – 18 years: Under 19 (YA)

19 – 21 years: Junior

22 and over: Senior

40 – 49 years: Master A

50 – 59 years: Master B

60 and above Master C

Individual

<b>Groups</b>	<b>Shoot</b>	<b>Swim</b>	<b>Run</b>
Under 11 – YE Under 13 - YD	1 series	50m	400m
Under 15 – YC Master C	2 series	2 x 50m	2 x 400m
Under 17 – YB Master B	3 series	3 x 50m	3 x 800m
Under 19 - YA Junior, Senior Master A	4 series	4 x 50m	4 x 800m

Team Relay and Mixed Relay (for each athlete, in teams of 2 athletes):

<b>Groups</b>	<b>Shoot</b>	<b>Swim</b>	<b>Run</b>
<b>Under 11 – YE</b> <b>Under 13 - YD</b> <b>Under 15 – YC</b> <b>Master C</b>	<b>1 series</b>	<b>50m</b>	<b>400m</b>
<b>Under 17 - YB</b> <b>Under 19 - YA</b> <b>Junior</b> <b>Senior</b> <b>Master A</b>	<b>2 series</b>	<b>2 x 50m</b>	<b>2 x 800m</b>

### **COMPETITION CLOTHING FOR BIATHLE**

The competition begins with a pack start, in which all competitors gather at the starting 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.

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.**

### **COMPETITION CLOTHING FOR TRIATHLE**

The competition begins with a Pack Start, up to 25m from the shooting station in which all competitors gather at the starting 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.

Shooting –5 green lights with laser;

Swimming; (In Street Triathlon, a transition area with numbered boxes will be provided before running segment)

Running,

Number of sequences SHO-SWI-RUN according to the category table above for Individual and for Relay;

- Finish Line (or transition in Relay).

Due to the shoot, swim & run format of the race, triathletes are required to compete wearing clothes that are tight fitting, yet comfortable the 3 events. 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 Shooting & 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 all runs & Shoots.**



## **START NUMBERS**

Traditional start number bibs or painted waterproof tattoos may be used during the competition.

### **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.

#### 2. Team event competition

Teams of 3 are formed by comprising the highest placed 3 biathletes & triathletes from the same Nation in each category and will have their times added together. The fastest time will be declared the winner.

#### 3. Team Relay & Mixed Relay

Team of 2 Triathletes from the same nation will compete according to the table of categories for relay mentioned above and the fastest will be declared the winner.

### **Biathletes, Triathletes & Coaches Fees:**

Each competitor and Coach must pay a Fee of 60 USD(\$) (Entry Fee, Accreditation, Commemorative T-shirt) For one competition, 90 USD(\$) For Both Biathle and Triathlon. For the Gala Dinner additional 20 USD (\$) must be paid.

As for the Team relay & Mix relay competitions entry fee of 60 USD (\$) with unlimited number of teams per nation allowed to compete.

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

Gala Dinner Party a Fee of 30 USD (\$)

## **ACCOMODATION+TRANSPORT**

Local Organizing Committee (LOC) has for your convenience three different hotels to choose from.

Participants will accommodate in Hotel (1) , Hotel (2) or Hotel (3), Please note on the Entry Form your first choice. The reservations will be on first come first serve basis. The price includes accommodation, full board open buffet included, Opening Ceremony and local transportation.

The cost of stay **per person per night** is:

	<b>HOTEL</b>	<b>Stars *</b>	<b>Single</b>	<b>Double</b>	<b>Triple</b>
1	Ali-Baba-Palace	5 *	80\$	60\$	56\$
2	Aladdin-Beach-Resort	4 *	76\$	56\$	52\$
3	Jasmine-Village	4 *	72\$	52\$	48\$

Delegations are required to send by bank transfer a minimum of 30% of the total amount of your accommodation/transport invoice by **August 15, 2013**.

Otherwise, the reservation will not be guaranteed. Payment must be in USD (\$). Remaining amount we kindly ask you to make a bank transfer 2 weeks before arrival or cash upon arrival (please state that if remaining payment is cash upon arrival, it will be according to form B).

**Note: Persons who booked for the Official Hotels will be served Food & Soft Beverage all competition day in the competition Venue All inclusive.**

**Gala dinner Party Includes: Belly Dance, DJ , Oriental Folklore & More...**

## ***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 included for the persons who have booked for the Official Hotels & can be arranged for persons who have booked any other hotel for additional fees of 20\$ per person.

## ***ENTRY FORMS***

We would appreciate early confirmation of your intention to participate or not and submit this as Entry Form A. **Entry Fee is 60 \$ for Biathle or Triathle and 90 \$ for Both competitions per athlete or coach for Triathle Team Relay or Mix Relay a 60 \$ fee is required for each team. (GalaDinner Party add 20 \$).**

Deadlines for the Entry Forms are as follows: -

Form A (PRELIMINARY) before **August 15, 2013.**

Form B (FINAL) before **September 10, 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 Egypt 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 organizers 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 & Triathle World Championships .

## ***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**

El Estad El Bahary St. International Cairo Stadium, Federations Complex  
Nasr City, Cairo, Egypt.  
Tel: + 202 2403 8476  
Email: [efmp@pentathlonegypt.org](mailto:efmp@pentathlonegypt.org)  
WebSite: [www.pentathlonegypt.org](http://www.pentathlonegypt.org)

### **BANK DETAILS**

Name of the Bank: Commercial International Bank  
Address: Abbas Alakkad Branch 51, 53 Abbas Alakkad Streety, Nasr City, EGYPT.  
Account number: 1490400221  
Beneficiary Name / Account Name: Egyptian Federation of Modern Pentathlon  
SWIFT: CIBEEG CX014

### **ACCOMMODATION INFORMATION – OFFICIAL HOTELS**

**Hotel name:** Ali-Baba-Palace  
Location 17 KM Safaga Road, 84511  
Tel: +(2065) 3460463  
Fax: +(2065) 3460472

**Hotel name:** Aladdin-Beach-Resort  
Location 17 KM Safaga Road, 84511  
Tel: +(2065) 3460468-7  
Fax: +(2065) 3460466

**Hotel name:** Jasmine-Village  
Location 17 KM Safaga Road, 84511  
Tel: +(2065) 3460460  
Fax: +(2065) 3460462

### **LOCATION NEAR HURGHADA**

#### **DISTANCES**

From Hurghada International Airport = 7 Miles / 11 Kilometers.

### **HURGHADA WEATHER – OCTOBER**

Average Max Temperature 30°  
Average Min Temperature 23°  
Water Temperature 27°

We look forward to see you in Hurghada, Egypt, for the Biathle & Triathle World Championships.

Best regards,

**Sharif A. Elerian**  
**EFMP President**