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| <p style="text-align: center;">BIATHLE / TRIATHLE EUROPEAN CHAMPIONSHIPS MEN & WOMEN UIPM WORLD CUP TOUR SETÚBAL, PORTUGAL 19-20 July 2014</p> |
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Dear Friends,

3rd April 2014

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 19 / 20 July 2014 according to the following programme:

COMPETITION PROGRAMME (PROVISIONAL)

- | | |
|--------------------|---|
| 17 July (Thursday) | Arrival of Delegations – Free Day |
| 18 July (Friday) | Arrival of Delegations – Accreditation Procedures Technical Meeting for team managers (race briefing) |
| 19 July (Saturday) | BIATHLE Competition (Qualification Sessions if needed) TRIATHLE Competition (FINALS) |
| 20 July (Sunday) | BIATHLE Competition (FINALS) Gala Dinner Party (included in entry fee of the athletes and coaches). All prize giving ceremonies will be at the dinner |
| 21 July (Monday) | Departure of Delegations |

Intention of early arrivals should be informed as soon as possible. Training facilities can be arranged by LOC for Training Camp starting on 14th July.

REGISTRATION

Enclosed, you will find the official Biathlon/Triathlon European Championships / UIPM World Cup Tour Entry Forms. Only the National Federations can enter athletes! 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 20 athletes, the best chronos coming from the Qualification Sessions.**

Important remark: Unless maximum 20 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 12, 2014**
- 2. Packages offered by LOC are on first come first serve basis and can only be guaranteed until May 12, 2014**
- 3. Please, complete FINAL Form (B) and return it to us by email until June 30, 2014**

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 and Triathle Rules at 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



CATEGORIES AND DISTANCES (BIATHLE)

| GROUP | SEX | AGE | 1 st Run | Swim | 2 nd Run | Year of Birth |
|-------|-------|----------------|---------------------|------|---------------------|------------------|
| YE | M & F | 9-10 and under | 500m | 50m | 500m | 2004 and younger |
| YD | M & F | 11-12 | 500m | 50m | 500m | 2002-2003 |
| YC | M & F | 13-14 | 500m | 100m | 500m | 2000-2001 |
| YB | M & F | 15-16 | 1000m | 200m | 1000m | 1998-1999 |
| YA | M & F | 17-18 | 1500m | 200m | 1500m | 1996-1997 |
| Jun | M & F | 19-21 | 1500m | 200m | 1500m | 1993-1994-1995 |
| Sen | M & F | 22 and over | 1500m | 200m | 1500m | 1975-1992 |
| MA | M & F | 40-49 | 1000m | 100m | 1000m | 1965-1974 |
| MB | M & F | 50-59 | 1000m | 100m | 1000m | 1955-1964 |
| MC | M & F | 60-69 | 1000m | 100m | 1000m | 1945-1954 |
| MD | M & F | 70 and over | 1000m | 100m | 1000m | 1944 and older |

VERY IMPORTANT REMARK: Athletes are allowed to take part in ONLY ONE Category

CATEGORIES AND DISTANCES (TRIATHLE)

| | sh | sw | ru | sh | sw | ru | sh | sw | ru | sh | sw | ru | Tot Ru | Tot Sw | Tot Sh | 750 pts |
|-----|----|-----|-----|----|-----|-----|----|-----|-----|----|-----|-----|--------|--------|--------|---------|
| Sen | 5 | 100 | 800 | 5 | 100 | 800 | 5 | 100 | 800 | 5 | 100 | 800 | 3200 | 400 | 20 | 18'20" |
| Jun | 5 | 100 | 800 | 5 | 100 | 800 | 5 | 100 | 800 | 5 | 100 | 800 | 3200 | 400 | 20 | 18'20" |
| YA | 5 | 100 | 800 | 5 | 100 | 800 | 5 | 100 | 800 | 5 | 100 | 800 | 3200 | 400 | 20 | 18'20" |
| YB | 5 | 100 | 600 | 5 | 100 | 600 | 5 | 100 | 600 | 5 | 100 | 600 | 2400 | 400 | 20 | 18'20" |
| YC | 5 | 50 | 400 | 5 | 50 | 400 | 5 | 50 | 400 | 5 | 50 | 400 | 1600 | 200 | 20 | 10'20" |
| YD | 5 | 50 | 200 | 5 | 50 | 200 | 5 | 50 | 200 | 5 | 50 | 200 | 800 | 200 | 20 | 6'40" |
| YE | 5 | 25 | 100 | 5 | 25 | 100 | 5 | 25 | 100 | 5 | 25 | 100 | 400 | 100 | 20 | 5'30" |
| MA | 5 | 100 | 600 | 5 | 100 | 600 | 5 | 100 | 600 | 5 | 100 | 600 | 2400 | 400 | 20 | 18'20" |
| MB | 5 | 100 | 600 | 5 | 100 | 600 | 5 | 100 | 600 | 5 | 100 | 600 | 2400 | 400 | 20 | 18'20" |
| MC | 5 | 50 | 400 | 5 | 50 | 400 | 5 | 50 | 400 | 5 | 50 | 400 | 1600 | 200 | 20 | 10'20" |
| MD | 5 | 50 | 400 | 5 | 50 | 400 | 5 | 50 | 400 | 5 | 50 | 400 | 1600 | 200 | 20 | 10'20" |



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.

Due to the format of the races, athletes are required to compete wearing clothes that are tight fitting, yet comfortable during the action. 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 along the sports action. All athletes must wear vests identifying their nation.

Note to all competitors that running shoes MUST be worn during the running (and shooting) 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/Triathle European Championships / UIPM World Cup 2014 - UIPM Biathletes/Triathletes 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 for both Biathle and Triathle competitions:

- 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/triathletes from the same Nation in each category and will have their times added together.

The fastest time will be declared the winner.

Biathletes/Triathletes and Coaches Fees:

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

Athletes competing in both Biathle and Triathle must pay a Fee of 60 Euros (€)

Additional Fees for Friends/Guests/Family Members

Gala Dinner Party a Fee of 30 Euros (€)

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 (18th,19th and 20th July)** (*) is:

| HOTEL | Single | Double | Triple |
|------------------------|----------------|----------------|----------------|
| 1 Hotel Luna Esperança | 190 € p/person | 145 € p/person | 130 € p/person |
| 2 Hotel Mar e Sol | 175 € p/person | 130 € p/person | 115 € p/person |

(*) **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 12 May 2014. 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. There will be NO transportation to or from unofficial hotels.

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 (Biathlon or Triathlon) per athlete or coach (Gala Dinner Party included). Entry Fee is 60 Euros (Biathlon and Triathlon) per athlete (Gala Dinner Party included).**

Deadlines for the Entry Forms are as follows:-

| | |
|-----------------------------|--|
| Form A (PRELIMINARY) | before 12th of May 2014 |
| Form B (FINAL) | before 30th of June 2014 |



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/Triathle European Championships /UIPM World Cup Tour Setúbal July 19/20, 2014.

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
WebSite: www.fppm.pt

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 Setúbal

Phone: + 351 265 521 780

Hotel Name: Hotel Mar e Sol

Avenida Luísa Todi 606, 2900 Setúbal

Phone: + 351 265 534 868

LOCATION NEAR LISBON

DISTANCES

From Lisbon International Airport = 40 km

From Accommodation to Competition Venue = 2.0 km

SETUBAL WEATHER – JULY

Average Max Temperature 34°

Average Min Temperature 20°

We look forward to see you in Setúbal, Portugal, for the Biathle/Triathle European Championships/ World Cup Tour 2014

Best regards,



Manuel Barroso

FPPM President