

Roma, 25/08/2023  
prot.n. 2988

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

**Oggetto: Gare Internazionali assegnate alle ASD**

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

- **Olympic Hopes U19&U17 Women and Men**  
**Dal 25 al 30 Ottobre 2023 a Spala (POL)**

**Scadenza Entry Form A&B: 24/09/2023**

Link per Entry Form A&B : <https://forms.gle/5Ft5fTtKcY2yP48v7>

**Scadenza Entry Form C: 15/10/2023**

Link per Entry form C - <https://forms.gle/gy4NfVqSv7ewcFVbA>

Pertanto tutte le ASD interessate a partecipare autonomamente alla Competizione in oggetto, a proprie spese, sono pregate di compilare i link sopra riportati, presenti anche nella lettera d'invito allegata, e di farne richiesta all'indirizzo di posta elettronica [pentathlon@pentathlon.org.pl](mailto:pentathlon@pentathlon.org.pl), entro e non oltre le scadenze sopra indicate.

Ulteriori informazioni più dettagliate sono riportate nell'invito.

Distinti saluti.

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





# 2023 OLYMPIC HOPES U19 & U17 WOMEN & MEN SPAŁA / POLAND



## Invitation

**Competitions** 2023 Olympic Hopes Under 19 & Under 17 & Under 16/Modern Pentathlon  
**Place** Poland - Spała (100 km from Warsaw)  
**Data** 25 - 30 October 2023  
**Programme:**

25.10.2023/Wednesday	Arrival of Delegations 20:00 Technical meeting
26.10.2023/Thursday	<b>Fencing – Ranking Round (women, men)</b>
27.10.2023/Friday	<b>Individual competition U19 women U17&amp;U16 men</b>
28.10.2023/Saturday	<b>Individual competition U17&amp;U16 women U19 men</b>
29.10.2023/Sunday	<b>Relay competitions U17 &amp; U19 Mixed Relay</b>
30.10.2023/Monday	Team Departure

2023 Olympic Hopes U19&U17U16				
		Women	Men	Provisional Program
		F - Fencing O -Obstacle S -Swimming LR - LaserRun		
25 October	Wednesday	Arrival of Delegation		
26 October	Thursday	Fencing/Women (U19&U17) -together	Fencing/Men (U19&U17) - together	09.00 - 13.00 Fencing/Rankind Round/Women 15.00 - 19.00 Fencing/Ranking Round.Men
27 October	Friday	Classification Individual Women U19 U19 (F, LR, S, O)	Classification Individual Men U17&U16 U17 (F, LR, S, O) U17 (LR, S, O) U16 (LR, S, O)	09.00 - Bonus Round/Men (U17) 10.00 - Obstacle/Men (U16&U17) 11.00 - Swimming/Men (U16&U17) 12.00 - LaserRun/Men (U16&U17)  15.00 - Bonus Round/Women (U19) 16.00 - Obstacle/Women (U19) 17.00 - Swimming/Women (U19) 18.00 - Laser/Run/Women (U19)
28 October	Saturday	Classification Individual Women U17&U16 U17 (F, LR, S, O) U17 (LR, S, O) U16 (LR, S, O)	Classification Individual Men U19 U19 (F, LR, S, O)	09.00 - Bonus Round/Women (U17) 10.00 - Obstacle/Women (U17) 11.00 - Swimming/Women (U17) 12.00 - LaserRun/Women (U17)  15.00 - Bonus Round/Men (U19) 16.00 - Obstacle/Men (U19) 17.00 - Swimming/Men (U19) 18.00 - Laser/Run/Men (U19)
29 October	Sunday	Relay MIX U17 (without Fencing) Obstacle, Swimming, LaserRun		9.00 Fencing (Ranking Round) Fencing (Bonus Round) 12.00 Obstacle (U19&U17) 15.00 Swiming (U19&U17) 16.00 - LaserRun (U19&U17)
		Relay MIX U19 Fencing, Obstacle, Swimming, LaserRun		
30 October	Monday	Departure of Delegation		

## FORMAT:

### The competition will be carried out according to the current UIPM Rules.

The program is structured so that younger athletes can compete in U17 and U19 as there will be only one fencing tournament (for all).

- On the first day there will be fencing ranking round for men and women - U17&19 (together)
- On the following days, competitions according to the schedule (Bonus Round, Obstacle, Swimming, Laser Run) - details below

Classification for men and women ( only individual 1-8)

U19	Individual (1-6)	Fencing, Obstacle, Swimming, LaserRun
U17	Individual (1-6)	Fencing, Obstacle, Swimming, LaserRun
U17	Individual (1-6)	Obstacle, Swimming, LaserRun
U16	Individual (1-6)	Obstacle, Swimming, LaserRun
U17	relay mix (1-6)	Obstacle, Swimming, LaserRun
U19	relay mix (1-6)	Fencing, Obstacle, Swimming, LaserRun

(Time schedule will be specified according to the number of registered athletes)

**We want to do the U16 category without fencing. The Polish Modern Pentathlon Association will submit an application to the UIPM Congress:**

- **U19 (18, 17 and 16 years) - fencing, obstacle, swimming, laserRun (3 years, similar to juniors)**
- **U16 (15 years and under) - obstacles, swimming, LaserRun ( without fencing)**
- **Swimming: 1 second - 3 points (for all) – We will do an unofficial classification**

**What do you think? Please comment**

## Competition Rules

The competition will be carried out according to the UIPM Rules.

- Swimming: 25m indoor swimming pool / 6 lanes
- Fencing: 10 pistes
- Laser run: (outdoor or indoor depending on the weather)  
Shooting range: 18 + 2 precision laser targets (Apeom)  
Running course: tartan (200 m indoor)
- Obstacle: Obstacle: Steps, Big wheel, Over-under-through, Tilting ladders, Balance beam, Wheels, Swinging globes, Finish wall. The course is straight.

## Entries:

**U19 & U17**

**Polish Modern Pentathlon Federation invites at this moment unlimited number of the U17&U19 athletes per National Federation, but the organizers reserve the right to reduce overall amount of the athletes per NF - acceptance of entries will be based on the order of Entry Forms A+B at the Organising Committee.**

## Venues

Central Sport Centre – Olympic Preparation Center

Spała , 97-215 Inowłódź, Al. Prezydenta I. Mościckiego 6

website: [spala.cos.pl](http://spala.cos.pl)

## Accommodation:

Central Sport Centre – Olympic Preparation Center

Rooms: single and double

**Transport** it is possible to transport the Delegation from the International Warsaw Chopin Airport, from Central Train Station in Warsaw after prior notification and agreement of the financial conditions with the Organizer (LOC). **The cost is 40€/person (Warsaw/Spała/Warsaw)**

**Financial** All delegation members (including athletes, coaches and officials) have to pay as follows: (agreed with the federations)

**- € 85 for double room per night per person**

**- € 105 for single room per night per person (limited capacity)**

Prices include entry to the competition, accommodation - 1 night in single, double room with breakfast, lunch, and dinner. **(Start with dinner, finish with breakfast)**  
1.15.2 ii) The amount of the Accreditation fee is set at ... 50 Euros for Youth per competition day with a minimum payment of 4 days.

1.14.5 NF Failing of Presentation - Following confirmation of the final entries, a NF must enter the competition with at least one pentathlete/team per confirmed gender or Relay. Any NF failing to take part after having sent their final entries will pay a fine of 600 Euros to the UIPM.

If, on arrival for the competition, the team has less athletes and/or team officials than listed on their Final Entry Form and without informing the Organizing Nation/LOC at least 7 days prior to their arrival, the NF will pay a fine to the Organizing Nation/LOC of 200 Euros for each person not attending.

Delegations are required to send by bank transfer a minimum of 30 percent of the total amount of their accommodation invoice **until 08th October**, otherwise the reservation will not be guaranteed.

After receiving final Form C and the non-refundable 30 percent deposit, we will send you an invoice for the remainder of the total cost for your delegation. This may be paid in cash (Euros only) at the accreditation desk on arrival, or sent by bank transfer in advance.

Bank details:

Beneficiary: POLSKI ZWIĄZEK PIECIOBOJU NOWOCZESNEGO

Address: 00-968 Warszawa, Marymoncka 34

Name of bank: SANTANDER BANK POLSKA SA

Bank Address: 01-949 Warszawa, Kasprowicza 119 A

Account number of EURO – 03 1090 1014 0000 0001 1566 4910

SWIFT code: WBKPPLPP

**ATTENTION! All extra cost for bank transfer shall be the responsibility of each national federation. Ignoring that, the amount will be invoiced afterwards.**

**Deadlines\_**

**Entry A,B – Informative & Preliminary – 24.09.2023**

Link to entry form A&B - <https://forms.gle/5Ft5fTtKcY2yP48v7>

**Entry C – Final - 15.10.2023**

Link to entry form C - <https://forms.gle/gY4NfVqSv7ewcFVbA>

If you do not complete the information required prior to the deadline, or we do not receive your delegation's deposit payment, then we will assume that your delegation is not participating.

We would appreciate early confirmation of your intention to participate – email [pentathlon@pentathlon.org.pl](mailto:pentathlon@pentathlon.org.pl)

## Athletes

**Athletes** are only allowed to participate in UIPM sanctioned events if they are in License - possession of a valid Athletes License. Registration is not possible without a License Number. If an athlete does not have a license, they will not be allowed to take part in the competition.

**Insurance** - According to UIPM Rules all members of attending delegations should insure themselves in case of accidental injury or illness. The organizer will not accept any responsibility financial or other, for any loss, injury, or illness of any member of the delegation.

## Visas and vaccination

Visiting NFs should confirm visa and vaccination requirements for entry into POLAND 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.

- 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 (192 × 128cm).
- Weather conditions: +8° – +12 ° Celsius in October
- Voltage: 220 V

## Equipment control

Fencing equipment control take place on the piste before the start of the first bout. Pistol check will generally take place at competition site and starts 60 minutes before Laser-run starts.

## Official address: Organizing Federation:

Address: ul. Marymoncka 34, 00-968 Warszawa  
mobile phone: +48 604 681 567  
e-mail: [pentathlon@pentathlon.org.pl](mailto:pentathlon@pentathlon.org.pl)  
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**PREZES**  
Polskiego Związku Pięcioboju Nowoczesnego  
  
**Janusz Peciak**  
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