



Federació Catalana de Pentatló Modern
www.fcpenatllo.cat

EUROPEAN CHAMPIONSHIPS FOR BIATHLE&TRIATHLE AND LASER RUN Barcelona, 17-23 JULY 2020

Dear friends,

Federació Catalana Pentatló Modern with the support of Federación Española de Pentatlón Moderno has the pleasure to invite a delegation of your country to participate in the above mentioned competition that will be held in Barcelona from 17th to 23rd July 2020, according to the following **provisional programme**:

17 July	Arrival of Delegations – Registration Procedures
18 July	BIATHLE Competition (Qualification heats and Mixed Relay)
19 July	BIATHLE Competition (Individual Finals)
20 July	TRIATHLE Competition (Individual Finals)
21 July	TRIATHLE – LASER RUN Competition (Mixed Relay)
22 July	LASER RUN Competition (Individual Finals)
23 July	Departure of Delegations

PLEASE intention of early arrivals should be informed as soon as possible.

REGISTRATION

Delegations are allowed to enter with unlimited number of athletes.

If your team are interested in participating and need lodge, please confirm ASAP to the LOC for not having problems with Hotels.

1. Please complete the PRELIMINARY Form (A) and return it to us by email until March 15, 2020
2. Packages offered by LOC are on first come first serve basis and can only be guaranteed until March 23rd 2020, with deposit payment (30%)
3. Please, complete FINAL Form (B) and return it to us by email until May 30, 2020

COMPETITION RULES

The Competition will be carried out according to the UIPM Biathlon & Triathlon & Laser Run rules.

Swimming	Open Sea	
Laser Run	Asphalt and pavement surface	(40+2 reserve lanes with laser targets)

During the competition there will be a warm-up Shooting range with 20 laser targets.





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COMPETITION FORMS

Form of Competition in each category and gender

There will be separate classifications in **Biathle Event:**

European Championships Competition (Individual / Team and Mixed Relay)

1. Individual

Gold, Silver and Bronze medals will be given in each individual category and gender. The fastest time will be declared the winner.

2. Team (3 members same age group and gender)

Gold, Silver and Bronze medals will be given in each category and gender by adding the best 3 cronos of each nation selecting only athletes competing in the Finals.

3. Mixed Relay (1 Male + 1 Female same age group or in the immediately adjacent upper category (younger age group for Masters)

Gold, Silver and Bronze medals will be given in each category. The fastest time will be declared the winner.

There will be separate classifications in **Triathle Event:**

European Championships Competition (Individual / Team and Mixed Relay)

1. Individual

Gold, Silver and Bronze medals will be given in each individual category and gender. The fastest time will be declared the winner.

2. Team (3 members same age group and gender)

Gold, Silver and Bronze medals will be given in each category and gender by adding the best 3 cronos of each nation selecting only athletes competing in the Finals.

3. Mixed Relay (1 Male + 1 Female same age group or in the immediately adjacent upper category (younger age group for Masters)

Gold, Silver and Bronze medals will be given in each category. The fastest time will be declared the winner.

There will be separate classifications in **Laser Run:**

European Championships Competition (Individual / Team and Mixed Relay)

1. Individual

Gold, Silver and Bronze medals will be given in each individual category and gender. The fastest time will be declared the winner.

2. Team (3 members same age group and gender)

Gold, Silver and Bronze medals will be given in each category and gender by adding the best 3 cronos of each nation selecting only athletes competing in the Finals.

3. Mixed Relay (1 Male + 1 Female same age group or in the immediately adjacent upper category (younger age group for Masters)

Gold, Silver and Bronze medals will be given in each category. The fastest time will be declared the winner.





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COMPETITION LOCATION

Parc Fòrum is a spacious venue suitable for staging an infinite variety of events in conditions of maximum quality and safety, offering all the services needed to turn each one into a memorable occasion. It enjoys a privileged location and it is extremely well connected by public transport, including metro, tram and bus lines which take you to the city Centre in a matter of minutes.

For more info: <https://www.barcelonaturisme.com/wv3/en/page/1150/parc-del-forum.html>

PISTOLS/TARGETS

Hit&Miss Laser Targets precision is provided by LOC therefore the athletes are required to bring their own laser pistols.

COMPETITION CLOTHING

For Biathle and Triathle

Athletes should wear a swimsuit or tight-fitting one-piece body suit capable of being worn for each segment of the competition. 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 3 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.

Athletes Entry Fees (Deadline 30 May with Final Entry)

- Biathle or Triathle or Laser Run EACH	30,00 Eur	Mixed Relay (B/T/LR) (per team)	30,00 Eur
- Two events (Biathle/Triathle/LR)	50,00 Eur		
- Three events (Biathle/Triathle/LR)	75,00 Eur		

Very important: Late Entry Fees - Per person, until June 15th 2020 + 10 Eur to upper conditions

ACCOMMODATION INFORMATION

The LOC provides a special price in the following Hotels BUT we have a number limited of reservations, then confirm as soon as possible if you will need accommodation in this hotels to confirm you about availability.

1. Hotel Vincci Marítimo
08019 Barcelona
www.vinccihoteles.com
2. Hotel Frontair Congress Barcelona.
Sant Boi de Llobregat
-See more details at: <http://www.hotelfrontaircongressbarcelona.com/>.
At the moment only available rooms from Saturday 19.





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Hotel	Single	Double	Triple
1. Vincci Marítimo	150 € (person/night)	90 € (person/night)	80 € (person/night)
Hotel	Single	Double	Triple
2. Frontair Congress Hotel	90 € (person/night)	70 € (person/night)	60 € (person/night)

Barcelona in July has very high accommodation rates and we are working on getting better options and we will inform you.

In case 1 and 2, Vincci Marítimo and Frontair we have a very special rates, please confirm if you are interested in one of this options as soon as possible.

PLEASE NOTE:

Single rooms are limited at the hotel please confirm your petition as soon as possible to ensure availability. The fee listed above **is per person per day** and includes the following:

* Accommodation with breakfast

ENTRY FORMS

Deadlines for the Entry Forms are as follows,

Form A (preliminary): Entry form must return before **March 15, 2020**

Form B (FINAL): RETURN BEFORE **May 30, 2020**

We would appreciate early confirmation of your intention to participate or not and submit this ASAP.

INSURANCE

All members of the attending Delegations must insure themselves in case of accidental injury or illness. The organiser will not accept any responsibility financial or otherwise for loss, injury or illness of any Delegation member.

VISAS AND VACCINATIONS:

Important information, please read it!

Some nations in the world require a visa to visit Spain

Visiting nations should confirm visa and vaccination requirements for entry into Spain 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 access:

<http://www.maec.es/en/MenuPpal/Consulares/ServiciosConsulares/InformacionaExtranjeros/Paginas/Nacionalidad.aspx>.





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OTHER INFO

If any TEAM needs or wants transport from the PRAT airport to their hotel and the return journey please contact with LOC to confirm details and price. For other arrivals and departures different a Prat Airport, please contact with the LOC, too.

OFFICIAL ADDRESS

FEDERACIO CATALANA DE PENTATLO MODERN
ADDRESS: C/ MALLORCA, 30 08830 SANT BOI DE LLOBREGAT
PHONE: + 34 93 635 41 00 Web: www.fcpentatlo.cat e-mail: pentatlo@hotmail.com

BANK DETAILS

Send 30% deposit to:	Account Name:	Federació Catalana de Pentatló Modern
	Account Number:	2100 3394 64 2200034547
	IBAN:	ES4121003394642200034547
	Bank Name:	LA CAIXA
	Address:	Office 00117 C. NORD, 22 08830 SANT BOI DE LLOBREGAT
	Swift Code:	CAIXESBBXXX

Best regards,
Looking forwards to welcome your delegation in Barcelona.

Jesús Sanz Mur
President Federació Catalana de Pentatló Modern

