



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

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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)

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