



INVITATION INTERNATIONAL AUSTRIAN CHAMPIONSHIPS LASER RUN 2024

The Austrian Federation of Modern Pentathlon and HSV Wr. Neustadt have the pleasure to invite a delegation of your country (max. 8 athletes and 2 coaches) to participate in the **INTERNATIONAL AUSTRIAN LASER RUN CHAMPIONSHIPS** for all age categories that is going to be held in Wr. Neustadt (Austria) on **MAY 4th-5th 2024** according to the following programme:

FRIDAY, MAY 3rd

Arrival of delegations
20:00 Technical meeting

SATURDAY, MAY 4th

09:00 Start Individual competitions
19:00 Dinner

SUNDAY, MAY 5th

09:00 Start Gender relay competitions
Departure in the afternoon

COMPETITION VENUE: 2700 Wr. Neustadt, Burgplatz 1, Sports ground of the Military Academy

ORGANIZER: Austrian Federation of Modern Pentathlon in cooperation with the local club - HSV Wr. Neustadt

COMPETITION FORMS:

Laser Run Individual, Saturday May 4th
Laser Run Gender Relays, Sunday May 5th
Gender relays are formed by 2 female or 2 male athletes of one nation.

DEADLINES: Registration deadline is **April 19th 2024**, please send the registration form to u.gruber@modernerfuenfkampf.at

SURFACE: Running will be held on grass and tartan running track, 300 m and 600 m rounds

MEALS: all participants and official coaches will get lunch boxes on Saturday and Sunday, on Sunday evening we will have dinner together

ACCOMODATION: all participants are responsible for booking their own accomodation <https://tourismus.wiener-neustadt.at/en/accommodation-1>



ENTRY FEE: Individual competition: per athlete € 25,-

Relay competition: € 25,- per relay

Coaches € 25,- (fee includes 2 lunch packages and one dinner)

Entry fee has to be paid at the technical meeting.

LIABILITY: The organizer doesn't assume any liability in the event of accidents, theft or other incidents of any kind.

OBJECTIONS and PROTESTS: All objections must be submitted to the organizer within 10 minutes after publication of the official results.

COMPETITION RULES:

The competition will be carried out according to the UIPM competition rules and rules of the Austrian Federation of Modern Pentathlon:

INDIVIDUAL COMPETITIONS

AGE GROUPS	RUNNING DISTANCES	SHOOTING DISTANCES
U9, U11	2x300 m	5 m both-armed
U13	3x300 m	5 m
U15	3x600 m	5 m
U17	4x600 m	10 m
U19, Juniors, Seniors	5x600 m	10 m
Masters 40+	3x600 m	10 m
Masters 50+, 60+	2x600 m	5 m

GENDER RELAYS

AGE GROUPS	RUNNING DISTANCES	SHOOTING DISTANCES
U9, U11	2x300 m	5 m both-armed
U13	2x300 m	5 m
U15, Masters	2x600 m	5 m
U17, U19, Juniors, Seniors	2x600 m	10 m

- It is allowed to start one age category higher than your actual age, Masters may start one age category lower for individual and relay competition.
- One relay may consist of 2 athletes from different age groups, e.g. 2 athletes U15 start in U17, or 1 athlete U15 + 1 athlete U17 start in U17
- One relay team may consist of 2 athletes from different nations (if desired, teams will be built at the technical meeting)



For further questions please contact: Ulrike Gruber, Österr. Verband für Modernen Fünfkampf, E-Mail: u.gruber@modernerfuenfkampf.at; Tel.: +43 660.1427275, www.modernerfuenfkampf.at

ANTI-DOPING

The participants commit to comply with the applicable national and international anti-doping regulations.