



Laser Run



TEAM
oberpfalz

Open European Championships Laser Run

Weiden – Germany 24. – 25. August 2019

Operator	European Confederation of Modern Pentathlon (ECMP)						
Host Teams	TEAM OBERPFALZ e.V. (LOC), BLMF, DVMF						
Organisation	Pierre Jander						
Contact	info@ausdauerakademie.de						
Place of Competition	D - 92637 Weiden, Oberer Markt 1, Old Town Area						
Competition rules	www.uipmworld.com						
Registration	<p>Online for each athlete at: www.laser.run</p> <p>Early bird entry fees, per person, until May 31st 2019</p> <table><tr><td>Laser Run Elite</td><td>40,00 €</td></tr><tr><td>Laser Run Open</td><td>10,00 €</td></tr><tr><td>Mixed Relay (per team)</td><td>40,00 €</td></tr></table> <p>Entry fees, per person, up from Juni 1st 2019 + 15 € to upper conditions</p> <p>Late entry fees, per person, up from July 1st 2019 + 30 € to upper conditions</p> <p>Delegations are allowed to enter with unlimited number of athletes and teams at qualification sessions. Finals will be disputed by maximum 24 athletes.</p>	Laser Run Elite	40,00 €	Laser Run Open	10,00 €	Mixed Relay (per team)	40,00 €
Laser Run Elite	40,00 €						
Laser Run Open	10,00 €						
Mixed Relay (per team)	40,00 €						
Competition Forms	<p>Individuals: Gold – Silver and Bronze medals will be given in each individual category and gender. The fastest time will be declared the winner.</p> <p>Team events: Mixed Relay means 2 athletes (1 woman + 1 man) from the same Nation in each category. If there are different categories in one team, the race marshals will decide which category the team will be ranked (we will allow most combinations). Teams of 3 are formed by comprising the highest individual placed 3 athletes from the same nation in each category and will have their times added together. The fastest time will be declared the winner.</p> <p>For the classification of European Championships, only athletes with a license of an official ECMP Federation will get ranked. All other athletes will get ranked in the Open Championships classification.</p>						
Pistols / Targets	We will provide Hit&Miss-targets.						

	We can provide a couple of pistols for competitors, if the delegations have problems bringing in their own. Please inform us in good time before arrival.
Conditions / Disclaimer	Upon registration, the conditions of participation and the disclaimer of liability are recognized.
Accommodation	<p>We have reserved some accommodation within walking distance:</p> <ul style="list-style-type: none"> • 4* Hotel Bräuwirt • 4* Hotel Best Western Amedia • 3* Hotel Klassik am Tor • Youth Hostel (double bed rooms) 30 €/person (with kitchen / come together rooms) <p>All accommodations with breakfast included Please book accommodation at our online form by registration For camping or camper parking please contact us.</p>
Traveling	<p>Next airports at Munich (MUC), Nuernberg (NUE) or Prague (PRA). Cheapest and fastest way to go to Weiden (Opf) from the airport is by train every hour (5 - 10 €). Please let us know, if you need help by traveling info@ausdauerakademie.de By car highway 93, exit Weiden-Süd or highway 6, exit Vohenstrauß.</p>
Visas & Vaccinations	Visiting nations should confirm visa and vaccination requirements for entry into Germany prior travelling to the event. We 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.
General information	All athletes are kindly requested to wear their official national uniform at the competition and ceremony. Please also bring your national flag.

Provisional competition program

23.08.2019	Arrival of Delegations – Registration Procedures
24.08.2019	<p>Arrival of Delegations – Registration Procedures</p> <ul style="list-style-type: none"> • 10:00 Technical Meeting for team managers (race briefing) • 13:00 Opening Ceremony • 15:00 LASER RUN Mixed Relay (Finals)
25.08.2019	<ul style="list-style-type: none"> • 09:00 LASER RUN Elite (Heats) • 10:00 LASER RUN Elite (Finals – max. 24 athletes) • 15:30 LASER RUN Open (Fun Run) • 18:00 Closing Party and Medal Ceremony
26.08.2019	Departure of Delegations



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Age Groups and distance for Individual Elite:

Age Group	Age	Year of Birth	running	sequences	shooting
U9	6 - 8	2011 - 2013	400 m	2x	3m (2 hands)
U11	9 - 10	2009/2010	400 m	2x	3m (2 hands)
U13	11 - 12	2007/2008	400 m	3x	5m
U15	13 - 14	2005/2006	400 m	4x	5m
U17	15 - 16	2003/2004	400 m	4x	10m
U19	17 - 18	2001/2002	800 m	4x	10m
Junior	19 - 21	1998 – 2000	800 m	4x	10m
Senior	22 - 39	1980 – 1997	800 m	4x	10m
Masters 40+	40 - 49	1970 – 1979	400 m	4x	10m
Masters 50+	50 - 59	1960 – 1969	400 m	3x	5m
Masters 60+	60 - 69	1950 – 1959	400 m	3x	5m
Masters 70+	70 and over	1949 and over	400 m	3x	5m

Age Groups and distance for Individual Open division (fun run):

Age Group	Age	Year of Birth	running	sequences	shooting
U9	6 - 8	2011 - 2013	400 m	2x	3m (2 hands)
U11	9 - 10	2009/2010	400 m	2x	3m (2 hands)
U13	11 - 12	2007/2008	400 m	3x	5m
U15	13 - 14	2005/2006	400 m	3x	5m
U17	15 - 16	2003/2004	400 m	3x	5m
U19	17 - 18	2001/2002	400 m	4x	5m
Junior	19 - 21	1998 – 2000	400 m	4x	5m
Senior	22 - 39	1980 – 1997	400 m	4x	5m
Masters 40+	40 - 49	1970 – 1979	400 m	3x	5m
Masters 50+	50 - 59	1960 – 1969	400 m	2x	5m
Masters 60+	60 - 69	1950 – 1959	400 m	2x	5m



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Age Groups and distance for Mixed Relay (1 male – 1 female) Elite sequences per person:

Age Group	Age	Year of Birth	running	sequences	shooting
U9	6 - 8	2011 - 2013	400 m	2x	3m (2 hands)
U11	9 - 10	2009/2010	400 m	2x	3m (2 hands)
U13	11 - 12	2007/2008	400 m	2x	5m
U15	13 - 14	2005/2006	400 m	2x	5m
U17	15 - 16	2003/2004	400 m	2x	10m
U19	17 - 18	2001/2002	800 m	2x	10m
Junior	19 - 21	1998 – 2000	800 m	2x	10m
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Masters 40+	40 - 49	1970 – 1979	400 m	2x	10m
Masters 50+	50 - 59	1960 – 1969	400 m	2x	5m
Masters 60+	60 - 69	1950 – 1959	400 m	2x	5m