



Laser Run



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Open European Championships Laser Run

Weiden – Germany 23. – 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, Max Reger Anlage, across Friedrich Ebert Straße 5a (close to old town area)
Competition rules	www.uipmworld.org
Registration	<p>Online for each athlete at: www.laser.run</p> <p>Early bird entry fees, per person, until May 31st 2019 Laser Run Elite 40,00 € Mixed Relay (per team) 40,00 €</p> <p>Entry fees, per person, up from Juni 1st 2019 + 15 € to upper conditions Late entry fees, per person, up from July 1st 2019 + 30 € to upper conditions Latest entry August 11th 2019</p> <p>Laser Run Open 10,00 € Latest entry August 23rd 2019 (as long as slots are available)</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> <p>There is 5 Euro for each start timing fee (chipband for take away)</p>
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>



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	<p>For the Elite classification of European Championships, athletes need an official license number of UIPM. All other athletes will get ranked in the Open Division. Non Europeans at Elite can reach the finals but not will get ranked for podium.</p>
Para Laser Run	<p>There is a Laser Run for Para athletes as well You can find the classification code at Nr. 9 http://www.uipmworld.org/sites/default/files/uipm_para-sport_regulations_v3_0.pdf The registration is for free by email. Please send your classification confirmation – otherwise you be classified at the event If you have any questions about registration, classification or rules don't hesitate to contact info@ausdauerakademie.de</p>
Pistols / Targets	<p>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.</p>
Conditions / Disclaimer	<p>Upon registration, the conditions of participation and the disclaimer of liability are recognized.</p>
Accommodation	<p>We have reserved some accommodation within walking distance:</p> <ul style="list-style-type: none">• 4* Hotel Bräuwirt (84 single /129 double)• 4* Hotel Best Western Amedia (70 single/90 double)• 3* Hotel Klassik am Tor (75 single /105 double) <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	<p>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.</p>
General information	<p>All athletes are kindly requested to wear their official national uniform at the competition and ceremony. Please also bring your national flag.</p>

Provisional competition program

23.08.2019	Arrival of Delegations – Registration Procedures 14:00 YOG Testing event semifinals
24.08.2019	Arrival of Delegations – Registration Procedures 10:00 YOG Testing event finals 13:30 Opening Ceremony- Nation Parade 14:00 Technical Meeting team managers/athletes (race briefing) 15:00 LASER RUN Mixed Relay (Finals) 17:00 Medal Ceremony
25.08.2019	Arrival of Delegations – Registration Procedures 10:00 LASER RUN Elite (Finals) 14:00 LASER RUN Open (Fun Run) 16:00 Medal Ceremony



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	10m
Masters 60+	60 - 69	1950 – 1959	400 m	3x	5m
Masters 70+	70 and over	1949 and over	400 m	3x	5m
Para	LR 1 – LR 3	---	400 m	4x	5m
Para	LR 4 / LR 5	---	400 m	2x	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
Senior	22 - 39	1980 – 1997	800 m	2x	10m
Masters 40+	40 - 49	1970 – 1979	400 m	2x	10m
Masters 50+	50 - 59	1960 – 1969	400 m	2x	10m
Masters 60+	60 - 69	1950 – 1959	400 m	2x	5m

Pierre Jander
LOC President

Dmitry Svatkovsky
ECMP President