

Modern Pentathlon, Open Nordic and Finnish Championships – Hämeenlinna 13-14 June 2025



Finnish Fencing and Pentathlon Association (SM5L) together with organizing partner Modern Pentathlon Hämeenlinna 52 (HML5) hereby invites you to participate in Open Nordic and Finnish Championships 13-14 June 2025 to be held in Hämeenlinna, Finland. We will have three different competition categories: Finnish and Nordic Championships and Open competition. Finnish Championship medals are only for Finnish citizens. U17 and above are Nordic and Finnish Championships series.

PROGRAM

Friday 13 June (TEHO-areena, Parolantie 106, Hämeenlinna)

1. Competition day

18.00-18.30	Obstacle Course trial	TEHO-areena
18.00-20.00	OBSTACLE RUN	TEHO-areena
20.00-20.30	Technical Meeting Pentathlon	TEHO-areena

Saturday 14 June (Swimming Hall, Uimarinkatu 14, Hämeenlinna)

2. Competition day

08.30-09.30	General warm-up	Gymnasium in swimming hall
09.30-11.30	FENCING (seeding round)	Gymnasium in swimming hall
12.00-13.00	FENCING (cup match)	Gymnasium in swimming hall
13.30-14.30	SWIMMING	Swimming Hall
15.00-16.00	LASER RUN	Swimming Hall, outdoors
16.00-16.30	Award Ceremony	Swimming Hall, outdoors

COMPETITION CATEGORIES

U9 triathlon (boys + girls)	U19 pentathlon (men + women)
U11 triathlon (boys + girls)	U22 pentathlon (men + women)
U13 triathlon (boys + girls)	Seniors, pentathlon (men + women)
U15 tetrathlon (boys + girls)	Masters, pentathlon (men + women)
U17 pentathlon (boys + girls)	

The organizers reserve the right to make schedule changes and to combine series.



RULES

- Where nothing else is mentioned, the UIPM competition rules are governing.
- Swimming will take place in Hämeenlinna swimming hall (25 meters with 8 lanes).
- The equipment control for fencing and shooting will take place at the venues. Fencing equipment requirement for all age categories: Fencing suit and plastron 800N, mask 1600N. FIE blades not required. All age categories will be fencing in the same group (men & women separately).
- Obstacle Run Course includes steps, big wheel, rings, monkey bar, wheels, over-under-through, balance beam, finish wall (adapted for each competition category). The obstacles mainly follow the UIPM's rules and regulations.
- The Laser Run course on grass and sand surface.

ENTRIES AND DEADLINE

Competition Categories		Entry Fees (May 13)
U9-U13 Triathlon	per athlete	30 €
U15 Tetrathlon	per athlete	40 €
U17-U22 Pentathlon	per athlete	65 €
Seniors Pentathlon	per athlete	65 €
Masters Pentathlon	per athlete	65 €

NOTE: Entry fees and possible room reservations should be prepaid by bank transfer at the latest 13 May 2025.

NOTE: For late entries an extra 50 € fee is charged. In addition, please note that cancellations made after the end of the registration period will be charged a sanction fee equal to the entry fee, unless the competitor has a valid reason for cancellation (e.g. evidence of illness must be provided by a medical certificate).

ACCOMODATION

- Because there are many events in Hämeenlinna at the same time in the summer and one large hotel is under renovation, we have reserved a limited number of rooms for our competitors at Scandic Aulanko spa hotel. The organizer has pre-booked three categories of rooms. Rooms booked through the organizer must be paid for by **13 May 2025 at the latest**. The hotel is located 5 kilometers from the swimming pool.

Hotel: Scandic Aulanko spa hotel
 Address: Aulangontie 93, 13220 Hämeenlinna, Finland
 Home: <https://www.scandichotels.fi/>
 Phone: +358 300308438
 Email: sales.tampere@scandichotels.com

- The prices for rooms booked by the organizer are as follows:
 - Standard single room 220 €
 - Standard double room 240 €
 - Standard triple room 260 €
 - The room price includes a delicious breakfast buffet, free WIFI and use of the spa.

PAYMENT INFORMATION

Account holder: **Modern Pentathlon Hämeenlinna 52**

Account number (IBAN): **FI96 4108 0011 3170 99**
BIC/SWIFT-code: ITELFIHH

Bank information for payments outside SEPA area:

Central Bank of Savings Banks Finland Plc.
Address: Teollisuuskatu 33, 00510 Helsinki, Finland
BIC/SWIFT (code): ITELFIHH
Intermediary Bank: Aktia Bank Plc.
BIC/SWIFT (code): HELSFIHH

INSURANCE

According to UIPM Rules, all members of attending delegations should ensure themselves in case of accidental injury and illness. The organizer will not accept any financial liability or loss, injury or illness that occurred to any participant and or member of the delegation.

FORCE MAJEURE

Due to the possible corona situation or other similar circumstances, the organizers reserve the right to make changes or even cancel the event. The same reservation is made for the possible escalation of the ongoing war in Europe.

CONTACT INFORMATION

Wille Ruotsalainen, Organizing Committee, +358 50 498 9302, wiruotsa@gmail.com
Jouko Pakarinen, Organizing Committee, +358 400 441 114, jokke.pakarinen@gmail.com

