



Invitation to the Open Nordic and Swedish Modern Pentathlon Championships

27th of September 2026- Stockholm

Dear athletes and coaches,

We are delighted to invite you to the Open Nordic and Swedish Modern Pentathlon Championships, which will take place in Stockholm on the 27th of September 2026. The championship offers starting opportunities for the U17, junior, senior and masters 30+ and is also open to international participants.

Below you will find the **provisional schedule** with the most important key times for the competition:

Sunday 27.10.2026

Race Briefing (Reception Lobby)

- 08:30 Gathering/ briefing of the day

Obstacle: (OCR Heaven)

- 9:00 OCR Warm-Up, all age categories
- 9:30 OCR - competition

Swimming: (The Pool)

- 10:15 Swimming Warm- Up, all age categories
- 10:45 Swimming- competition

Fencing: (GALAXY)

- 11:30 Fencing Warm-Up, all age categories
- 12:00 Fencing Seeding round*

Men and Women fence together. Two separate gender rankings to be generated - points given according to UIPMs DE rules

Laser run: (GALAXY)

- 15:30 Laser run Warm-Up, several heats
- Award ceremony afterwards (ca.18:00)

Programme and number of heats according to registrations

Competition Venue:

Sports Club Vallentuna

Tellusvägen 21, 186 36 Vallentuna, Sweden

Accommodation:

Accommodation to be booked individually!

Suggestions:

Part-time Home Täby

Offers affordable, fully equipped mini-flats only a 10-minute drive or 18 minute direct bus ride from Sports Club, [map here](#). Website: <https://parttimehome.eu/en/apartment-hotels/taby/>

Scandic Hotels

Scandic Täby (~20 min by car or direct train from Sports Club, [map here](#))

Scandic Upplands Väsby (~20 min by car from Sports Club, [map here](#))

Scandic Infra City (~18 min by car from Sports Club, [map here](#))

Website: www.scandichotels.com

Best Western Plus Ten Hotel

Located in Upplands Väsby (~20 min by car from Sports Club, [map here](#))

Website: <https://ten-hotel.com/>

AirBnB

There are usually a lot of options available in Vallentuna –

see <https://www.airbnb.se/s/Sports-Club-Vallentuna--Tellusv%C3%A4gen--Vallentuna--Sverige/homes>

Rules:

The competition will be carried out according to the UIPM Rules.

Swimming: 25m indoor pool, 6 lanes

Fencing: 5 pistes

Running: Asphalt/concrete 600m loop

Shooting: 10 laser targets, ECOAIMS Hit and Miss

OCR: The course will contain UIPM approved obstacles. Description will be communicated later.

Distances:

Senior/Junior: OCR, 100m swimming, Fencing, 5x600m Laser run

U17/Masters: OCR, 100m swimming, Fencing, 3x600m Laser run

Registration and Payment:

Registration deadline: 20th of September 2026

Please register and pay through the QR code provided below. In case of any inquiries or questions contact: marlena.jawaid@gmail.com

Required information: Surname, first name, date of birth, category (age group), gender, nationality/club

Entry Fee:

Category:	Amount:
Modern Pentathlon	300 SEK



Best regards

Marlena Jawaid

Swedish Modern Pentathlon

marlena.jawaid@gmail.com/+46734876817