



# 9<sup>th</sup> ULYSSE TROPHY

## OPEN YOUTH MEDITERRANEAN CUP

7<sup>TH</sup> - 8<sup>TH</sup> of OCTOBER 2023 – TORREDEMBARRA (TARRAGONA)  
FOR U11-U13-U15-U17-U19 and MASTER

Dear friends,

This International Youth Competition is being organised this year by the Catalan Modern Pentathlon Federation from the 7th to the 8th of October 2023.

The competition will be for Children from U11 to U19 category including Master to compete in Individuals and Mixed Relays including Triathlon (Swimming & Laser-Run in discontinuous), according to the following **provisional schedule below**:

### PROVISIONAL PROGRAM

<b>Saturday 7<sup>th</sup> October 2023</b>	<b>Individual competition</b>
9:30 – 15:30	Swimming Fencing (Only for U19-U17)
15:30 – 19:30	Laser-Run
20:00	Ceremony Awards
<b>Sunday 8<sup>th</sup> October 2023</b>	<b>Mixed Relay</b>
09:30 – 11:30	Swimming
11:30 – 14:30	Laser-Run
15:00	Ceremony Awards

### ENTRY FORMS

We would appreciate the early confirmation of your intention to participate or not. Please submit Form A at the end of this document as soon as possible.

If you do not complete the information required or your delegation's deposit, we will assume that your delegation will not participate. Deadlines for the Entry Forms are as follows,

<b>Entry A:</b>	<b>Entry form must return before</b>	<b>ASAP to confirm lodge.</b>
<b>Entry B:</b>	<b>Entry form must return before</b>	<b><u>12<sup>th</sup> September 2023</u></b>
<b>Final Entry C:</b>	<b>RETURN BEFORE</b>	<b><u>22<sup>nd</sup> September 2023</u></b>

If at your arrival, the team has less athletes and/or team officials than listed on the Final Entry Form and without inform the Organizing Nation/LOC at least 7 days prior to the arrival, the NF will pay a fine to the LOC of 200 Euros for each person not attending.

## RULES

The Competition will be conducted according to the UIPM rules.

### INDIVIDUAL COMPETITION

<b>U19</b>	Swimming	200 m	
	Combined Laser Run	5 x 600 m	(4 series 5 targets in 50'' at 10 m)
	Fencing	10 pistes	
<b>U17</b>	Swimming	200 m	
	Combined Laser Run	4 x 600 m	(3 series 5 targets in 50'' at 10 m)
	Fencing	10 pistes	
<b>U15</b>	Swimming	100 m	
	Combined Laser Run	3 X 600 m	(3 series 5 targets in 50'' at 10 m)
<b>U13</b>	Swimming	50 m	
	Combined Laser Run	4 x 300 m	(3 series 5 targets in 50'' at 7'5 m)
<b>U11</b>	Swimming	50 m	
	Combined Laser Run	3 x 300 m	(3 series 5 targets in 50'' at 5 m)

### MIXED RELAY COMPETITION

<b>U19</b>	Swimming	2 x 100 m	
	Combined Laser Run	3 x 600 m	(2 series 5 targets in 50'' at 10 m)
<b>U17</b>	Swimming	200 x 100 m	
	Combined Laser Run	2 x 600 m	(2 series 5 targets in 50'' at 10 m)
<b>U15</b>	Swimming	2 x 50 m	
	Combined Laser Run	2 X 600 m	(2 series 5 targets in 50'' at 10 m)
<b>U13</b>	Swimming	2 x 50 m	
	Combined Laser Run	2 x 300 m	(2 series 5 targets in 50'' at 7'55 m)
<b>U11</b>	Swimming	2 x 35 m	
	Combined Laser Run	2 x 300 m	(2 series 5 targets in 50'' at 5 m)

## PLACE THE COMPETITION

### CLUB PENTATLÓ TORREDEMBARRA

Pavelló Municipal Sant Jordi

Address: carrer de la Rosella, no number 43830

Torredembarra (Tarragona)

<b>Swimming</b>	25 m indoor pool/6 lanes
<b>Fencing</b>	10 pistes
<b>Laser Run</b>	<b>36 laser targets Pentashot HIT &amp; MISS provided by the LOC.</b>

## ACCOMMODATION INFORMATION and ECONOMICAL CONDITION

All participants will be Lodge at:

### CAMPING TRILLAS SPA TAMARIT

Ctra. Nacional 340, km 1.172

43008 – Tamarit (Tarragona)

<https://www.campingtrillas.com>

[info@campingtrillas.com](mailto:info@campingtrillas.com)

Tel. +34 977 650 249

All participants will be lodge in **Camping Trillas Spa Tamarit** in bungalows for 6 people. The prices include Full Board Accommodation (from the 6<sup>th</sup> of October dinner to the 8<sup>th</sup> of October after lunch), transportation and accreditation for all the Competition. About lunch for Saturday and Sunday, a packet lunch it's included.

Delegations are required to send by bank transfer of 30% minimum of the total amount of your team accommodation invoice by 25th September 2023. Otherwise, the reservation will not be guaranteed.

Delegations arriving or departing before these dates and more than 2 different flights please, contact with the LOC to confirm additional prize to cover the local transport.

<b>180 euros/person</b>	Bungalows form six people	2 nights in Full board (Packet lunch for Saturday and Sunday)
<b>15 € / athlete</b>	Accreditation for athletes/coaches without full board	
<b>10 € / team</b>	Accreditation for team without full board	
<b>10 € / person</b>	Packet-lunch for athletes/coaches without full board	

Participants wishing to arrange its own accommodation must pay an Accreditation Fee per participant (athletes, Coaches, and officials) 10 Euros per day. The Accreditation Fee must be paid by bank transfer with the Final Entry Form.

## **INSURANCE**

According the UIPM Rules all competitors must be current members of their Federation and are responsible for their own insurance cover for the event.

The organizer will not accept any responsibility financial or otherwise for loss, injury, illness of any delegation member.

## **VISAS AND VACCINATIONS: Important information, please read it!**

Visiting nations should confirm visa and vaccination requirements for entry into Spain prior travelling to the event. The LOC 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 access:

<http://www.exteriores.gob.es/Portal/es/ServiciosAlCiudadano/Paginas/EmbajadasConsulados.aspx>

## **CONTACT**

**Federació Catalana de Pentatló Modern**  
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Email: pentatlo@pentatlo.cat

See you soon in Torredembarra at the ULYSSE TROPHY!!!

*Susana Martínez*

Susana Martínez Martínez  
President  
Federació Catalana de Pentatló Modern

*P. Perez*

Pedro Pérez Muñoz  
Competition's Director