

Senior & Junior Nordic Championship 2015 - Modern Pentathlon

Swedish championship & Grand Prix final

Falun 10-11 October

Preliminary competition program

Saturday - 10:th of October

Riding, Gagnefs ridskola – Mockfjärd (Industrivägen 31, 784 45 Björbo)

11:00	Gathering - Distribution of horses
11:30	Course building (Indoor arena)
11:50	Course inspection
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12:10	Warm-up grp 1
12:30	First start grp 1
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12:45	Warm-up grp 2
13:05	First start grp 2
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13:20
16:15	End of event

The contestants will be arranged in 5-7 groups with around 5 riders in each group. Seniors and Juniors will be assigned to the first groups.

The competition will be conducted in an outdoor arena for the senior and junior classes and in an indoor arena for all youth classes

Mounting of saddlery for the horses used by the first group will be performed during the same time as the course is built.

Warm-up will be performed in a separate area. Each contestant is allowed 4 jumps during warm-up and 1 jump in the competition arena immediately before start.

A cafeteria will be open during the competition which serves coffee, soft drinks, sandwiches and pastries.

Note!

Gagnefs Ridskola resides about 45 minutes with car from Falun.

Swim, Lugnet - Falun (Lugnetvägen 11)

18:30	Gathering outside the entrance of the swim arena
19:00	Warmup
19:30	End of warmup
19:40	First heat - 50 m
19:42	First heat - 100 m
19:48	First heat - 200 m
20:04	End of event

Start of the swim event might be delayed as there are other activities in the swim arena during the day.

Dinner, Lugnet - Falun (Lugnetvägen 11)

20:30	Dinner - Lugnets cafeteria
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Sunday - 11:th of October

Fencing, Lugnet (Hall A) - Falun (Lugnetvägen 11)

08:30	Gathering - Roll-call
08:45	Start fencing round 0
11:45	End of event

Combined event, Lugnet (Hall A-D) – Falun (Lugnetvägen 11)

12:45	Preparation & Warm-up heat 1 (3x400 m)
13:00	End of warm-up heat 1
13:03	Start heat 1
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13:13	Preparation & Warm-up heat 2 (4x400 m)
13:28	End of warm-up heat 2
13:31	Start heat 2
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13:46	Preparation & Warm-up heat 3 (Girls 4x800 m)
14:01	End of warm-up heat 3
14:04	Start heat 3
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14:24	Preparation & Warm-up heat 4 (Boys 4x800 m)
14:39	End of warm-up heat 4
14:42	Start heat 4
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15:02	End of event

The combined event will be conducted in an indoor arena

Awards ceremony, Lugnet (Hall A) - Falun (Lugnetvägen 11)

15:30	Awards ceremony
16:00	End of ceremony



Competition director

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