



Global Laser Run City Tour 2023  
*Hosting manual*

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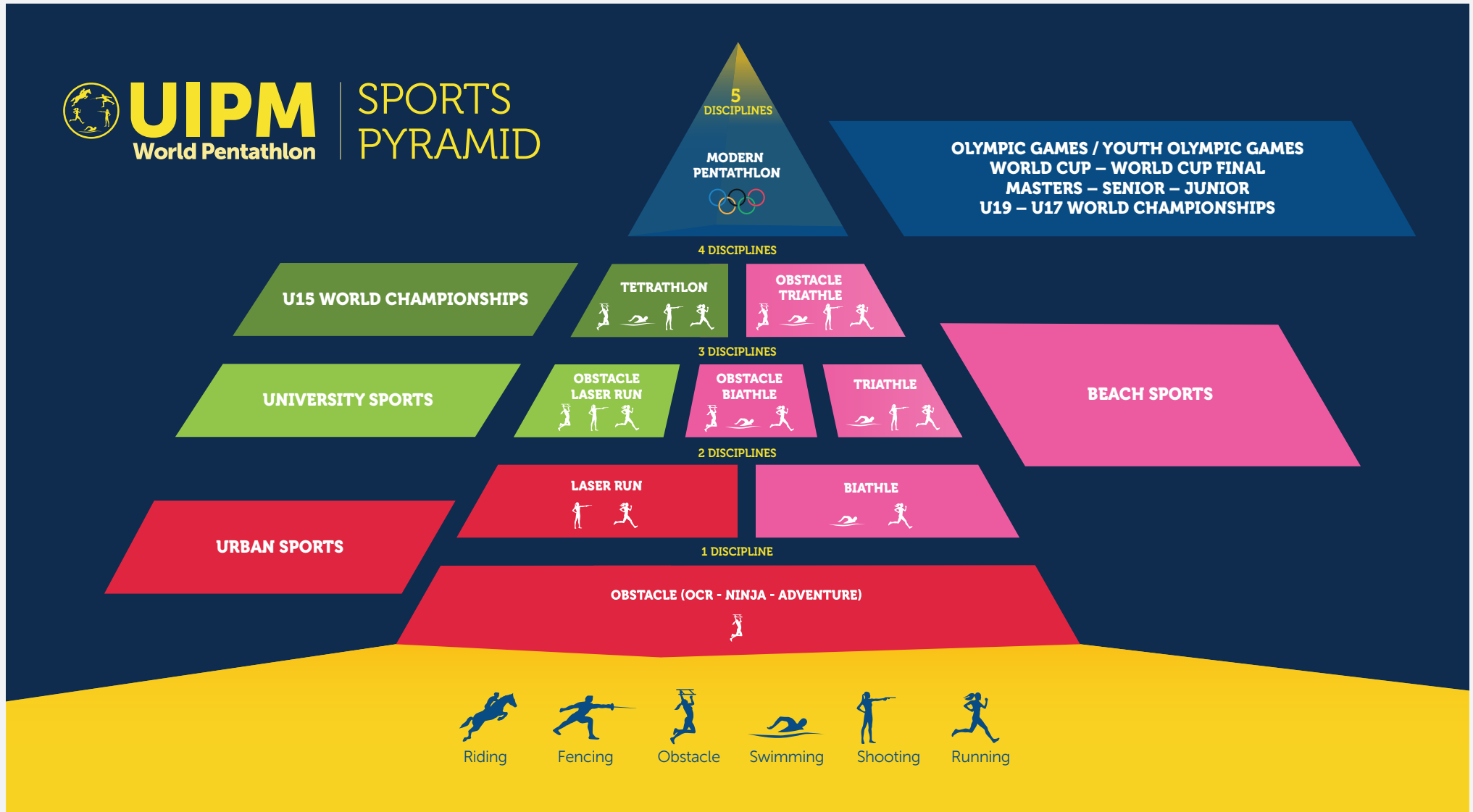
# 1. LASER RUN

## Introduction



**UIPM**  
World Pentathlon

**SPORTS  
PYRAMID**



## Why UIPM Laser Run?

Competitive  
and enjoyable

Accessible  
and sustainable

Fun and  
exciting



**Combination of technical skills, speed,  
strength and endurance**

## Why UIPM Laser Run?



Can run on  
grass, asphalt,  
concrete,  
pavement  
in urban  
environment

Can shoot with  
laser pistol and  
laser target

## What is UIPM Laser Run?

The latest invented sport of the UIPM



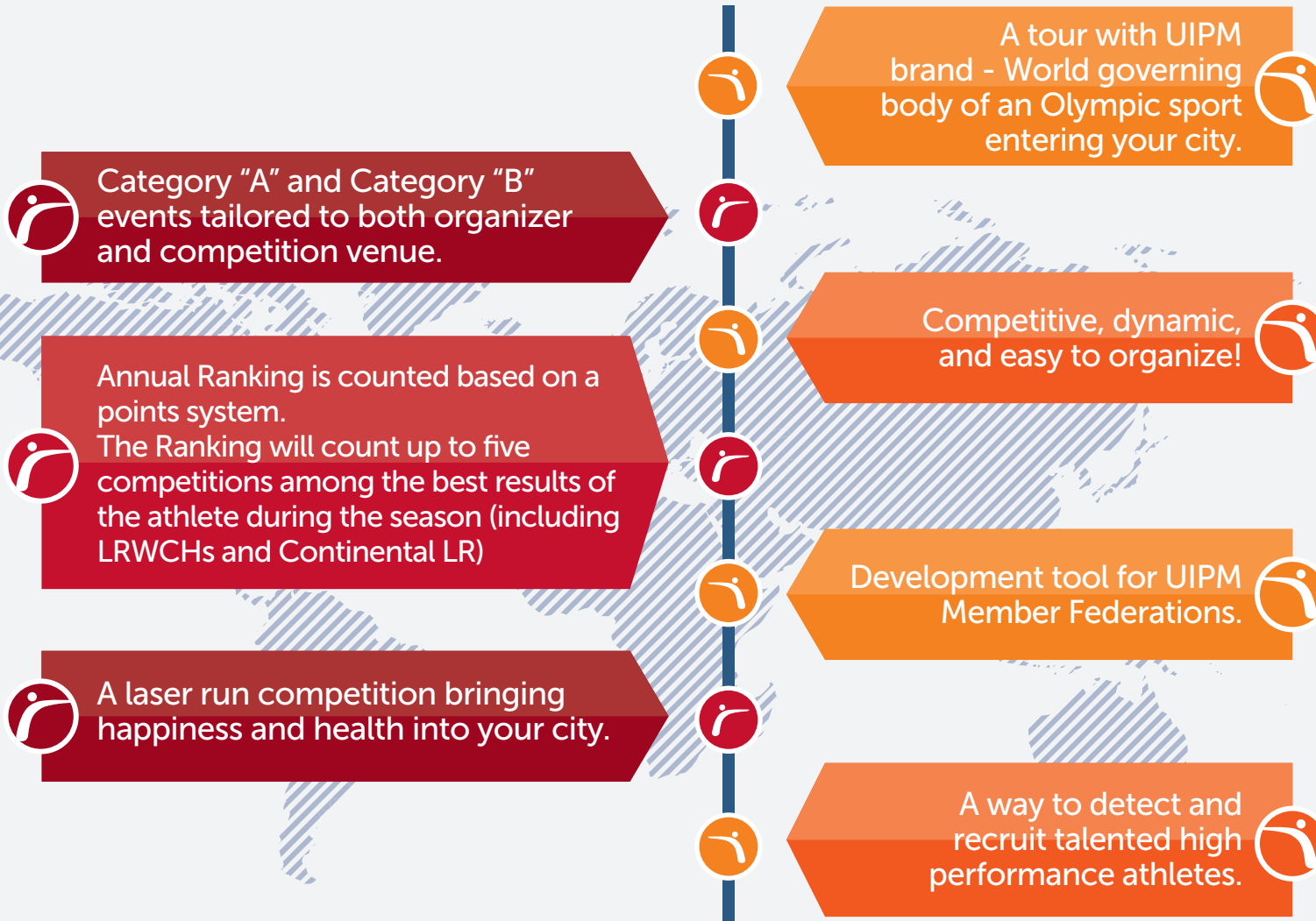
2-4 rounds of laser pistol shooting followed by running based on the age groups



Athletes must hit a target 5 times before they can run



# What is UIPM Laser Run?





## UIPM Global Laser Run City Tour competitions distances

CATEGORY	RUNNING SEQUENCES	TOTAL RUNNING DISTANCE	SHOOTING SEQUENCE	DISTANCE TO THE TARGETS
Under 9	2x300m	600m	2x5 hits	5m (both hands)
Under 11	2x300m	600m	2x5 hits	5m (both hands)
Under 13	3x300m	900m	3x5 hits	5m
Under 15	4x300m	1200m	4x5 hits	5m
Under 17	4x300m	1200m	4x5 hits	10m
Under 19	5x300m	1500m	4x5 hits	10m
Juniors (Under 22)	5x300m	1500m	4x5 hits	10m
Seniors	5x300m	1500m	4x5 hits	10m
Masters 40+	3x300m	900m	3x5 hits	10m
Master 50+	2x300m	600m	2x5 hits	10m
Master 60+	2x300m	600m	2x5 hits	5m

For individuals, U19, Junior & Senior age groups athletes will start to run 1 lap without shooting and then will run 4 laps of normal Laser Run (running / shooting).

# Annual Laser Run World Ranking

Annual Ranking is counted based on a points system

The ranking will be counted by the best results up to 5 competitions of the athletes during the season

CATEGORY A EVENTS LRWCH		CATEGORY B EVENTS Continental, regional and national events		CATEGORY C EVENTS GLRCT	
Position	Points	Position	Points	Position	Points
1	35	1	25	1	15
2	30	2	20	2	14
3	28	3	15	3	13
4	25	4	11	4	11
5	23	5	9	5	9
6	21	6	7	6	7
7	19	7	5	7	5
8	17	8	4	8	3
9	15	9	3	9, 10, 11, 12...	1
10	13	10	2		
11	11	11	1		
12	9	12, 13, 14, 15, ...			
13	7				
14	5				
15	3				
16, 17, 18 ...	1				

The background is a complex, abstract composition of various shades of orange and red. It features a mix of geometric shapes, including rectangles, triangles, and circles, some of which are layered or overlapping. The overall effect is a textured, almost architectural feel, reminiscent of a stylized cityscape or a modern graphic design. The colors range from light, pale oranges to deep, dark reds, creating a sense of depth and movement.

# 1. GLRCT Organization

# Organizing authorities

**UIPM:**  
the rights holder of the competition.

National Federation together with the city local organizer: the organizers of the event (**LOC**).

UIPM expert: the technical supervisor for the competition according to relevant rules and regulations.

## INVOLVEMENT OF THE LOCAL AUTHORITIES:

- City Government
- Associations
- Government Bodies
- Businesses
- Other institutions

## GLRCT Competitors

Pentathletes

Laser Run athletes

Runners

Shooters who can run

School students who have relevant sports experiences

Club members with relevant sports experiences

Anyone who likes to play sports  
or participate in physical activities

## How to recruit more participants ?

Establishing and keeping contact with a net of potential collaborators in schools and clubs.

Disseminating Laser Run Educational videos available at UIPM TV ([www.uipmtv.org](http://www.uipmtv.org)) to teach the sport techniques.

Organizing demonstrations throughout the year to promote upcoming events.

Use different means for local advertisement for the event and the LR sport.

Promote the event and sport at all possible occasions.

(UIPM can provide relevant images and videos for the promotion)

Promoting the LR World Ranking athletes can compare their performances with people worldwide, since the competition format is always the same

## How to keep the participants for the future ?

**1.**

Introduce the advantages of the sport (UIPM will prepare the sport intro document).

**2.**

Introduce and provide the opportunity to compete at future major national/ international events.

**3.**

Gifts, awards and merchandising.

**4.**

Follow-up (Where do competitors come from? Are they interested in training? Do they have any potential to be pentathletes?).

**5.**

Invite some potential athletes to take part in a training demonstration session.

**6.**

Keep a database together with UIPM to promote future opportunities directly to all the competitors.

## GLRCT registration and result process

Registration and result **system**: UIPM to provide

Registration and result **process**: LOC to conduct

### Registration fee:

- LOC defines the amount
- LOC charges and owns
- Competitors can only compete and get their start numbers after the registration fee is paid
- If LOC decides the event can be free of charge

### UIPM ID number:

- A UIPM license number for each athlete is a must
- The ID number (in case the athlete doesn't have it) should be generated through UIPM registration system
- The ID number will be used for the competition results and world ranking



## GLRCT logistics

**Accommodation:** depends on the competition location, can be provided by the LOC upon the requests of the participants, or be arranged by the participants themselves.

**Transportation:** Participants should reach the competition place on their own, except the LOC agrees to provide.

## GLRCT equipment list

### SHOOTING RANGE:

- 10-20 sets of Laser shooting targets and certain amount of laser pistols (for athletes who don't have own pistols)
- Number of shooting sets is based on the registration of the competitors
- Branded structure/wall to hang the targets
- Branded shooting tables with pads on top
- Chairs for shooting judges placed behind shooting stations
- Temporary grandstand (around 200 seats) behind the shooting range facing the targets



## GLRCT equipment list



### START/FINISH AND RUNNING COURSE

- UIPM branded start and finish gate and sign
- Branded barriers/fences between FOP and spectator place
- Branded barriers/fences/triangles to mark and lap the running course

# Branding and designing package for the GLRCT

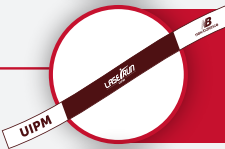
UIPM provides the digital branding and designing package

Digital branding package to be sent by UIPM

LOC produces and implements accordingly



SHOOTING TABLE PADS



FINISH TAPE



BANNERS FOR THE STRUCTURE/WALL AT TARGETS' SIDE



BANNERS FOR RUNNING COURSE AT KEY POINTS



BACKDROP FOR THE PODIUM  
(LOC needs to find the structure to support)



START NUMBERS



OTHER ELECTRONIC DESIGNS FOR LOC TO PRINT LOCALLY (Optional)

## Venue setup

- Choose the competition venue at a historical or iconic place/location in your city (mandatory in Cat "A")

- Create the running course (with the approval of the UIPM) on any surface/ground at the urban environment in the city.

- Set up a running course according to the competition guideline (300m), watchable by spectators.

- Shooting range setup should avoid that the sun is directly shining on athletes face, and make sure the target is facing north for better function, if competition happens at day time.

- Number of the shooting positions is depending on the registration and the number of competitors in each heat of each category.

- Spectator stand/seats can be arranged behind the shooting judges. From there it should be possible to see the last part of the running to finish line.

- Start and Finish lines should be at the same place.

- Setup the branding materials provided at key/important places of the competition for better pictures and images.

## Examples of venue setups



## Examples of venue setups



## Judges and officials

EVENT DIRECTOR: 1

SHOOTING DIRECTOR: 1

RUNNING DIRECTOR: 1

COURSE MARSHALS: 2-4

Make sure running course is correctly respected by athletes (mainly at turns)

SHOOTING JUDGES: 1 judge per 2 or 3 shooting positions

Check if the targets function well

Check if athletes' pistols touch the shooting table between each shot during competition

IT ASSISTANTS: 1 or 2

Register athletes before competition, and input their results in the system

RESULT JUDGES: 4 judges positioned at the finish line

2 of them taking times with stopwatches

1 observes the finishing order and tells athletes' start numbers to another judge who writes them down

ANNOUNCER AND COMMENTATOR: 1 or 2

PRESS AND MEDIA OFFICER: 1 or 2

UIPM TECHNICAL OFFICIAL (if any): 1



## Keynotes for competition schedule

### Optional

- Preliminary in the morning and finals in the afternoon (1-day event).
- Preliminary on the 1st day and finals on the 2nd day (2-day event).
- Depending on the age group and the distance each heat will take around 10-15min.
- 10-15min warm up time should be provided to each heat of competitors before they start the competition to adapt to the pistol.

## Distribution and display of the competition schedule

- The basic competition schedule should be fixed and informed to competitors when they register for the tour.
- On the day before the competition, the organizer and the UIPM Expert need to double check detailed competition schedule including warm up, heats, breaks, award ceremonies, etc.
- The final schedule should be distributed to the competitors as well as to be shown at one designated place/board to be checked at least 2 hours before the beginning of the competition.

# Detailed Competitions Schedule Template

Time			Activity	Description	Remark
Start	Duration	Finish			
08:00:00	00:10:00	08:10:00	Warm up U11 F&M		
08:10:00	00:05:00	08:15:00	U11 F Final	(300m run + 5 hits) x 2 times	10 Athletes
08:20:00	00:05:00	08:25:00	U11 M Final	(300m run + 5 hits) x 2 times	15 Athletes
08:30:00	00:10:00	08:40:00	Warm up #1 U13 F		
08:40:00	00:07:00	08:47:00	U13 F Semifinal I	(300m run + 5 hits) x 3 times	20 Athletes
08:50:00	00:10:00	09:00:00	Warm up #2 U13 F		
09:00:00	00:07:00	09:07:00	U13 F Semifinal II	(300m run + 5 hits) x 3 times	20 Athletes
09:10:00	00:10:00	09:20:00	Warm up #1 U13 M		
09:20:00	00:07:00	09:27:00	U13 M Semifinal I	(300m run + 5 hits) x 3 times	17 Athletes
09:30:00	00:10:00	09:40:00	Warm up #2 U13 M		
09:40:00	00:07:00	09:47:00	U13 M Semifinal II	(300m run + 5 hits) x 3 times	16 Athletes
09:50:00	00:10:00	10:00:00	Warm up #3 U13 M		
10:00:00	00:07:00	10:07:00	U13 M Semifinal III	(300m run + 5 hits) x 3 times	18 Athletes
10:10:00	00:10:00	10:20:00	Warm up #1 U15 F		
10:20:00	00:07:00	10:27:00	U15 F Semifinal I	(300m run + 5 hits) x 4 times	10 Athletes
10:30:00	00:10:00	10:40:00	Warm up #2 U15 F		
10:40:00	00:07:00	10:47:00	U15 F Semifinal II	(300m run + 5 hits) x 4 times	10 Athletes
10:50:00	00:10:00	11:00:00	Warm up #1 U15 M		
11:00:00	00:07:00	11:07:00	U15 M Semifinal I	(300m run + 5 hits) x 4 times	10 Athletes
11:10:00	00:10:00	11:20:00	Warm up #2 U15 M		
11:20:00	00:07:00	11:27:00	U15 M Semifinal II	(300m run + 5 hits) x 4 times	10 Athletes
11:30:00	00:10:00	11:40:00	Warm up U13 F Final		
11:40:00	00:07:00	11:47:00	U13 F Final	(300m run + 5 hits) x 3 times	25 Athletes
11:50:00	00:10:00	12:00:00	Warm up U13 M Final		
12:00:00	00:07:00	12:07:00	U13 M Final	(300m run + 5 hits) x 3 times	25 Athletes
12:10:00	00:10:00	12:20:00	Warm up U15 F Final		
12:20:00	00:07:00	12:27:00	U15 F Final	(300m run + 5 hits) x 4 times	25 Athletes
12:30:00	00:10:00	12:40:00	Warm up U15 M Final		

# Detailed Competitions Schedule Template

Time			Activity	Description	Remark
Start	Duration	Finish			
12:40:00	00:07:00	12:47:00	U15 M Final	(300m run + 5 hits) x 4 times	25 Athletes
12:50:00	00:10:00	13:00:00	Warm up U17 F&M Final		
12:50:00	00:10:00	13:00:00	Medal Ceremony		U11 F&M, U13 F&M, U15 F&M
13:00:00	00:07:00	13:07:00	U17 F Final	(300m run + 5 hits) x 4 times	10 Athletes
13:10:00	00:07:00	13:17:00	U17 M Final	(300m run + 5 hits) x 4 times	15 Athletes
13:20:00	00:10:00	13:30:00	Warm up U19 F&M Final		
13:30:00	00:10:00	13:40:00	U19 F Final	(300m run + 5 hits) x 4 times	10 Athletes
13:40:00	00:10:00	13:50:00	U19 M Final	(300m run + 5 hits) x 4 times	15 Athletes
13:50:00	00:10:00	14:00:00	Warm up Juniors F&M Final		
14:00:00	00:10:00	14:10:00	Juniors F Final	(300m run + 5 hits) x 4 times	10 Athletes
14:10:00	00:10:00	14:20:00	Juniors M Final	(300m run + 5 hits) x 4 times	15 Athletes
14:20:00	00:10:00	14:30:00	Warm up Seniors F&M Final		
14:30:00	00:10:00	14:40:00	Seniors F Final	(300m run + 5 hits) x 4 times	10 Athletes
14:40:00	00:10:00	14:50:00	Seniors M Final	(300m run + 5 hits) x 4 times	15 Athletes
14:50:00	00:10:00	15:00:00	Warm up Masters 40+ F&M		
14:50:00	00:10:00	15:00:00	Medal Ceremony		U17 F&M, U19 F&M, Juniors F&M, Seniors F&M
15:00:00	00:07:00	15:07:00	Masters 40+ F Final	(300m run + 5 hits) x 3 times	15 Athletes
15:10:00	00:07:00	15:17:00	Masters 40+ M Final	(300m run + 5 hits) x 3 times	10 Athletes
15:20:00	00:10:00	15:30:00	Warm up Masters 50+ F&M		
15:30:00	00:05:00	15:35:00	Masters 50+ F Final	(300m run + 5 hits) x 2 times	15 Athletes
15:40:00	00:05:00	15:45:00	Masters 50+ M Final	(300m run + 5 hits) x 2 times	10 Athletes
15:50:00	00:10:00	16:00:00	Warm up Masters 60+ F&M		
16:00:00	00:05:00	16:05:00	Masters 60+ F Final	(300m run + 5 hits) x 2 times	10 Athletes
16:10:00	00:05:00	16:15:00	Masters 60+ M Final	(300m run + 5 hits) x 2 times	10 Athletes
16:20:00	00:20:00	16:40:00	Spectators Tryouts		
16:40:00	00:10:00	16:50:00	Medal Ceremony		Masters 40+ 50+ 60+ F&M
16:50:00	00:10:00	17:00:00	Closing Ceremony		

Top 3 places of each age group shall be awarded by the LOC with medals, certificates, and small gifts

Medals, certificates and gifts need to be produced/arranged by the LOC directly

The design of the medal and certificates are included in the designing package provided by the UIPM before the competition

## GLRCT AWARDS



## GLRCT Results Submission

All competitors results need to be submitted immediately after the competition

Results must be submitted through the GLRCT online results system

Again, all new competitors who don't have the UIPM ID, will be generated a new UIPM ID number before the competition once they are registered in the system by the LOC

The UIPM ID is also the license for any other future UIPM competitions

UIPM Laser Run World Ranking will be calculated based on submitted results in the online system

Complete information about the system/software will be sent to organizers with a separate document

The background is a complex, abstract composition of various geometric shapes, including rectangles, triangles, and circles, all rendered in different shades of red. The shapes are layered and overlapping, creating a sense of depth and movement. The overall effect is a vibrant, textured field of red tones.

### 3. Promotion and Sustainability

## Pre-competition

LOC should think about all possible social media and website to announce the event and to provide easy registration links.

Direct promotion in some clubs, schools, colleges, and universities.

Possible local advertisements.

Internal promotion among your members and existing athletes.

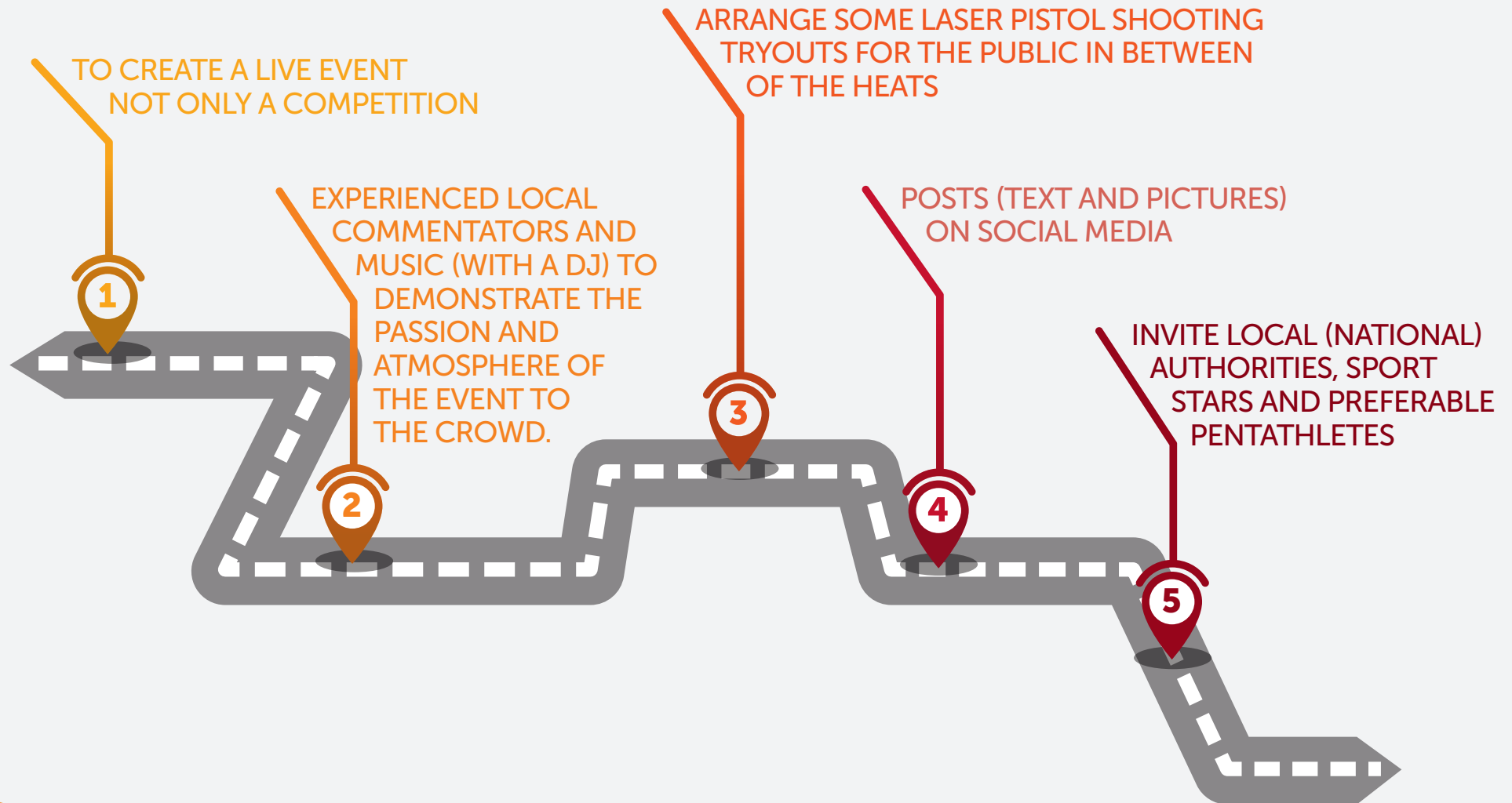
Distributing flyers or brochures in public places like city center, malls, markets, etc.

Exhibitions throughout the year to promote upcoming events.

Explain and expending the event to sponsors, volunteers, local partnerships, etc.



## During the competition



## After the competition

1

Publish the good images of the event at the NF website, social media, and local newspaper, and so on.

2

Besides the results, immediately send news/articles and pictures to the UIPM for further promotion on UIPM worldwide platforms.

3

Awards to those schools and clubs who participated to the event actively.

4

Introduce and promote the next event location and date.

## Sustainability plan

**1**

Constantly recruit athletes and let them enjoy the sport is the most important thing.

**2**

Provide technical advice for their normal training.

**3**

Report back to local authorities for the success and benefits of the event and introduce future opportunities for more events and growing potential.

**4**

Create potential clients/consumers for your sponsors and partners to get their future support.

**5**

Promote the next event and provide national and international competition opportunities to the competitors.

The background is a complex, abstract composition of various shades of orange and red. It features a mix of geometric shapes, including triangles, squares, and rectangles, some of which are layered or overlapping. There are also some circular and curved elements. The overall effect is a dense, textured pattern that resembles a stylized cityscape or a modern architectural design. The colors transition from a lighter, almost white-orange at the top to a darker, more saturated red-orange at the bottom.

## 4. GLRCT checklist

## At least 2 months before the event

Promotion of the GLRCT has to be started

Basic competition schedule is created

Registration is open for public

Contact members, clubs, and schools to join in the event

Competition venue is arranged and getting approval  
of the relevant authorities

Spectators stand is planned and booked

Manpower of the GLRCT is planned and prepared

At  
UIPM:

## At least 2 months before the event

UIPM Expert is assigned, appointed and prepared, if any

Shooting equipment is shipped

The UIPM digital designing package has been sent to the LOC

Hosting manual, Venue dressing manual, Online Software Guidelines, and all necessary templates have been sent to organizers

## At least 1 month before the event

Registrations at the UIPM portal is in progress

Last phase of the local promotion

Contact local press to cover the event

Exhibition to encourage participation

All required equipment is booked (fences, structures, tables, etc.)

Venue detailed plan is ready including shooting range, running course, spectator area, awards area, DJ area, media area, etc.

In close contact with UIPM HQ for all preparations

Participating in Skype call session organized by UIPM about further registration and results submission

## At least 1 month before the event

Shooting equipment should have been shipped and arrived

All digital branding materials have been sent including awards and participation certificates

Assisting the LOC on final registration phase

Assisting the LOC to create correct competition schedules

Organizing Skype call session with the LOC to explicate the results submission and any pending issues

In process to answer any questions from the LOC



## At least 1 week before the event

Venue plan settled and sent to the UIPM for final check and approval

Starting slowly the process of the venue setup including install the shooting range and the stand, etc.

List of competitors should have been finalized

Creating competition schedule and the start list for all categories and age groups via UIPM online software

Judges seminar being conducted by the UIPM technical official, if it has been applied and agreed by the UIPM

Local staff, judges, and volunteers meetings arrangement, and informing all of them the final assembling dates and locations before the competition

Targets: purchase the batteries to make sure enough for the whole event

Pistols: charge them and buy multiple plugs in case of emergency charging

Medals and printed certificates are ready

Commentator and DJ are familiar with the whole process and competition schedule

## At least 1 week before the event

Seminar for local judges and officials if it has been applied and agreed

Daily preparation with the LOC

Checking and helping local commentator/announcer at script

Orientation plan for participants is ready

## During the event

Judges and officials perfectly know their roles and are wearing the same uniform

Branding in the right position, finish tape ready for race arrivals, course well marked and blocked

Commentator(s) and DJ(s) master the whole process based on daily competition activity schedule, also aim to increase spectator experience

Plans with commentator and DJ ready to arrange tryouts for spectators during the competition breaks

Targets: full batteries and sun not facing at them

Pistols: fully charged

Live posts (text, pictures, and short video clips) in between on social media

Award ceremonies arrangement for top 3 of each age group and category per gender

All results need to be collected after each heat, announced and added to the online software (if there is Internet onsite)

## During the event

The UIPM Expert is supervising the smooth process of the event

Helping event director and judges to solve issues

Making sure the competition schedule is conducted based on the plan

Helping on equipment issues

Checking final results

**\* in case there is a UIPM Expert**

## After the event (within next 7 days)

Submitting all results to the online software if this was not done onsite during event

Publishing competition results and relevant images at social media and any accessible platform

Sending selected pictures and stories to UIPM for further post-promotion

Follow-up the participants, sending update of the future events

Discussing with UIPM for future improvement at GLRCT and further plans

## After the event (within next 7 days)

Monitor whether GLRCT results were published correctly by LOC and update LR world ranking

Post-promotion for the GLRCT at all possible UIPM media platforms

Debriefing with the organizer and establish plan for next year



# UIPM

World Pentathlon

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