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# FAN'S GUIDE TO MODERN PENTATHLON AT TOKYO 2020



The long-awaited Modern Pentathlon at the rescheduled Tokyo 2020 Olympic Games is only one day away – so how can you stay across the action?

Whether you're watching the Olympic Games on TV or online, live or on demand – or if you prefer to stay in touch via social media – our fan's guide will make sure you don't miss a thing.

## Watch the action

As we're approaching the closing stages of the Olympic Games you probably already know how to watch it, but you can find out which TV network is broadcasting the Games in your country by visiting the official Olympics website.

UIPM has also created global timezone maps which tell you the start time in different parts of the world.



- Click to download timezone maps for the Men's and Women's Finals

## Fan zone

Wish you were in Tokyo shouting support for your favourite athlete or team?

In the absence of spectators in the Musashino Forest Sport Plaza or Tokyo Stadium in the next three days, the IOC has come up with one way to add your voice to the supporting chorus.

- Click to visit the virtual cheer platform





## Social media

UIPM is publishing a wide range of content throughout the Games but fans can also post their own personal messages using our support cards (see graphic above) and the hashtags #ModernPentathlon and #MPTokyo2020.

Click on the links below to download the right graphic for you to get behind your national team, with square shapes for regular posts and deeper versions for Stories.

- 'I'm supporting' graphics for individuals
- 'We're supporting' graphics for families, groups and organisations
- Translated graphics for China, Czech Republic, France, Germany, Guatemala, Hungary, Ireland and ROC

Follow @WorldPentathlon on Twitter for the latest updates and Facebook, Instagram, VK and Weibo for additional content throughout the Olympic Games Modern Pentathlon event.

Visit the UIPM website or download the “UIPM Central” app to keep track of results.

## Competition schedule

Check out the full timings below and click to download daily schedule graphics.



*All times local (JST)*

Thursday, August 5

### Women's Final

- 1pm: Fencing Ranking Round

### Men's Final

- 4.30pm: Fencing Ranking Round

Friday, August 6

**Women's Final**

- 2.30pm: Swimming
- 3.45pm: Fencing Bonus Round
- 5.15pm: Riding
- 7.30pm: Laser Run

Saturday, August 7

**Men's Final**

- 2.30pm: Swimming
- 3.45pm: Fencing Bonus Round
- 5.15pm: Riding
- 7.30pm: Laser Run