



2026 ECMP U24 EUROPEAN CHAMPIONSHIPS

SPAŁA / POLAND

24 October – 31 October 2026

Invitation Letter

Dear Friends,

ECMP - The European Confederation of Modern Pentathlon, together with the Polish Modern Pentathlon Association (PMPA), has the pleasure of inviting a delegation of your country to participate at the **2026 ECMP U24 EUROPEAN CHAMPIONSHIPS** to be held in Spała, Poland, from 24th to 31th October 2026 according to the following program:

24 October/Saturday	Arrival of Delegations	
	21:00	Technical Meeting – Women's Qualification
25 October/Sunday	Women's Qualification (Fencing RR, Obstacle, Swimming, Laser Run)	
	21:00	Technical Meeting – Men's Qualification
26 October/Monday	Men's Qualification (Fencing RR, Obstacle, Swimming, Laser Run)	
	21:00	Technical Meeting – Women's and Men's Semi-final
27 October/Tuesday	Women's Semi-final (Fencing DE/Obstacle/Swimming/Laser Run)	
28 October/Wednesday	Men's Semi-final (Fencing DE/Obstacle/Swimming/Laser Run)	
29 October/Thursday	Women's Final (Fencing DE/Obstacle/Swimming/Laser Run)	
	Men's Final (Fencing DE/Obstacle/Swimming/Laser Run)	
	21:00	Technical Meeting – Mix Relay
30 October/Friday	Mix Relay (Fencing RR/DE/Obstacle/Swimming/Laser Run)	
31 October/Saturday	Departure of Delegations	

Competition Rules - Very important!

The competition will be carried out according to the UIPM Rules. However, taking this opportunity, please be informed that the competition format will be slightly modified to practically test recent suggestions raised within the coaching community.

The most significant modification is the cancellation of the Fencing Seeding Round before the semi-finals.

- Instead, the Fencing Direct Elimination (DE) table will be established directly using the fencing results from the qualifications. The objective of this trial is to streamline the event and enable spectators to experience a continuous, non-stop flow of competition across the disciplines.
- Furthermore, since the swimming pool is often logistically difficult to integrate into the main stadium hub, Swimming will be held as the first event. To ensure a seamless experience, a live broadcast will be provided, allowing spectators inside the main arena to follow the swimming



competition on big screens without the need to change locations.

- We are fully aware of the scope of these modifications. Therefore, we kindly ask for the cooperation of all participants. We highly anticipate exchanging feedback and insights after the competition, with the ultimate goal of making future modern pentathlon events more exciting and easier to conduct for organizers, athletes, and coaches alike.

Please note that the scoring and the qualification system remain fully compliant with the official UIPM regulations. The modifications apply strictly to:

1. Qualifications: The qualification round will be played strictly in accordance with the official UIPM Rules.
2. Fencing Direct Elimination (DE): The DE table will be generated based on the fencing results from the qualification round (higher fencing score gets a higher seed in the table). In the event of a tie in fencing scores, the following tie-breaking criteria will apply in order:
 - Higher overall position in the final standings of the entire pentathlon during the qualification phase.
 - Higher current UIPM Senior Ranking.
3. Semi-finals and Finals Format: The running order, warm-up schedules, and transition intervals will be structured as follows:
 - Swimming: This will be the first discipline, preceded by a 30-minute warm-up session.
 - General warm-up: Upon completion of the Swimming discipline, will 45 minute warm-up session be provided for Fencing (DE), Obstacle (OCR), and Laser Run (LR).
 - Athlete Presentation: Following the 45-minute combined warm-up, there will be a 10-minute interval dedicated to the official athlete presentation before the start of the next discipline.
 - Order of Disciplines: The subsequent events will be conducted in the following order: Fencing (DE), followed by Obstacle (OCR), and concluding with Laser Run (LR).
 - Intervals: A strict 10-minute transition break will be implemented immediately following the conclusion of each discipline.

Characteristics of the facilities (indoor)

- Swimming: 25m swimming pool / 5 lanes
- Fencing: 10 fencing pistes, including 1 final piste
- Obstacle: 70m course, 8 obstacle. Indoor/L
- Laser Run:
 - Shooting range: 18 + 2 precision laser targets (Apeom)
 - Running course: tartan (1 lap = 200 m / 1 round = 3 laps)

Entries

A maximum of 72 athletes per gender will be accepted for the qualification phase, divided into up to two groups of 36 athletes each. In accordance with official regulations, each National Federation may enter up to 8 athletes. However, if the total number of entries exceeds the maximum capacity of 72,



the Organizer reserves the right to eliminate athletes with the lowest UIPM Senior Ranking to meet the limit.

Venues:

Central Sport Centre – Olympic Preparation Centre
Spała, 97-215 Inowłódź, Al. Prezydenta I. Mościckiego 6
website: <https://spala.cos.pl/>

Accommodation:

Central Sport Centre – Olympic Preparation Centre
Rooms: single and double

Transport:

It is possible to transport the Delegation from the International Warsaw Chopin Airport, from Central Train Station in Warsaw after prior notification and agreement of the financial conditions with the Organizer (LOC). The cost is 60€/person (Warsaw/Spała/Warsaw)

Financial

All delegation members (including athletes, coaches and officials) have to pay as follows: (agreed with the federations)

- **€ 125 for double room per night per person**
- **€ 155 for single room per night per person (limited capacity)**

Prices include entry to the competition, accommodation - 1 night in single, double room with breakfast, lunch, and dinner. (Start with dinner, finish with breakfast)

Delegations who wish to arrange their own accommodation must pay an accreditation fee per participant (athlete, coach, or official) to the LOC. The amount of the Accreditation fee is set at 75 € per day per person with a minimum payment of 3 days (225 €). In this case, we will provide only lunch packets for the participants.

NF Failing of Presentation - Following confirmation of the final entries, a NF must enter the competition with at least one pentathlete/team per confirmed gender or Relay. Any NF failing to take part after having sent their final entries will pay a fine of 600 Euros to the UIPM.

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



Delegations are required to send by bank transfer a minimum of 30 percent of the total amount of their accommodation invoice until October 8th, otherwise the reservation will not be guaranteed.

After receiving final Form C and the non-refundable 30 percent deposit, we will send you an invoice for the remainder of the total cost for your delegation. This may be paid in cash (Euros only) at the accreditation desk on arrival, or sent by bank transfer in advance.

Bank details:

Beneficiary:	POLSKI ZWIAZEK PIECIOBOJU NOWOCZESNEGO
Address:	00-968 Warszawa, Marymoncka 34
Name of bank:	Erste Bank Polska S.A.
Bank Address:	01-949 Warszawa, Kasprowiczka 119 A
Account number of EURO:	03 1090 1014 0000 0001 1566 4910
SWIFT code:	WBKPPLPP

ATTENTION! All extra cost for bank transfer shall be the responsibility of each national federation. Ignoring that, the amount will be invoiced afterwards.

Deadlines:

Entry A,B – Informative & Preliminary **01.10.2026**
Link to entry form A&B - <https://forms.gle/2f9tuBh4aZooHxG59>

Entry C – Final **08.10.2026**
Link to entry form C - <https://forms.gle/LnzKpkn4dbWZbwGU8>

If you do not complete the information required prior to the deadline, or we do not receive your delegation's deposit payment, then we will assume that your delegation is not participating. We would appreciate early confirmation of your intention to participate – email pentathlon@pentathlon.org.pl

Athletes:

Athletes are only allowed to participate in UIPM sanctioned events if they are in License - possession of a valid Athletes License. Registration is not possible without a License Number. If an athlete does not have a license, they will not be allowed to take part in the competition.

All athletes are kindly requested to wear their official national uniform at the competition. Please also bring a CD of your national anthem and a national flag (192 × 128cm).

Insurance:

According to UIPM Rules all members of attending delegations should insure themselves in case of accidental injury or illness. The organizer will not accept any responsibility financial or other, for any



loss, injury, or illness of any member of the delegation.

Visas and vaccination:

Visiting NFs should confirm visa and vaccination requirements for entry into POLAND 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 contact your nearest Embassy or Consulate.

Equipment control:

Fencing equipment control take place on the piste before the start of the first bout. Pistol check will generally take place at competition site and starts 60 minutes before Laser-run starts.

Official address:

Organizing Federation:

Address: ul. Marymoncka 34, 00-968 Warszawa mobile

phone: +48 604 681 567

e-mail: pentathlon@pentathlon.org.pl

website: www.pentathlon.org.pl

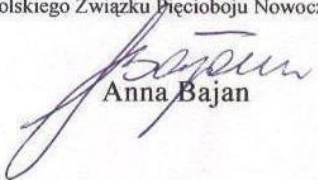
Stanisław Pytel:

mobile phone +48 606 218 151

e-mail: pytelstanislaw@poczta.onet.pl

We look forward to seeing you in Spała in 2026.

PMPA President

Prezes
Polskiego Związku Pięcioboju Nowoczesnego

Anna Bajan