



2026 OLYMPIC HOPES U19 & U17 WOMEN & MEN SPAŁA / POLAND



Invitation

Competitions

2026 Olympic Hopes Under 19 & Under 17 Modern Pentathlon

Place

Poland - Spała (100 km from Warsaw)

Data

17 - 23 October 2026

Programme:

17.10.2026/ Saturday
18.10.2026/ Sunday
19.10.2026/ Monday
20.10.2026/ Tuesday
21.10.2026/ Wednesday
22.10.2026/ Thursday
23.10.2026/ Friday

Arrival of Delegations
Fencing – Ranking Round
Fencing – Ranking Round
Individual competition
Individual competition
Relay competitions
Team Departure

20:00 Technical meeting
U17 women, U19 men
U19 women, U17 men
U17 women, U19 men
U19 women, U17 men
U17 & U19 Mixed Relay

2026 Olympic Hopes U19&U17				
FRR - Fencing RR O -Obstacle S -Swimming LR - Laser Run		Women	Men	Provisional Program
17 October	Saturday	Arrival of Delegation		20.00 Technical meeting
18 October	Sunday	Fencing Women/U17	Fencing Men/U19	09.00 - 15.00 Fencing/Rankind Round/Men 16.00 - 19.00 Fencing/Ranking Round/Women
19 October	Monday	Fencing Women/U19	Fencing Men/U17	09.00 - 15.00 Fencing/Rankind Round/Men 16.00 - 19.00 Fencing/Ranking Round/Women
20 October	Tuesday	Final Individual, Team Women U17	Final Individual, Team Men U19	Women U17 8.15 - 8.55 Swmming/Warm Up 09.00 - Swimming 09.20 - 10.45' Warm Up (OCR+LR) 11.00 Obstacle + LaserRun Break between competitions 10' Men U19 14.15 - 14.55 Swmming/Warm Up 15.00 - Swimming 09.20' - 10.45' Warm Up (OCR+LR) 17.00 - Obstacle + LaserRun Award ceremony (U17&U19) Break between competitions 10'
21 October	Wednesday	Final Individual, Team Women U19	Final Individual, Team Men U17	Women U19 8.15 - 8.55 Swmming/Warm Up 09.00 - Swimming 09.20 - 10.45' Warm Up (OCR+LR) 11.00 Obstacle + LaserRun Break between competitions 10' Men U17 14.15 - 14.55 Swmming/Warm Up 15.00 - Swimming 09.20' - 10.45' Warm Up (OCR+LR) 17.00 - Obstacle + LaserRun Award ceremony (U17&U19) Break between competitions 10'
22 October	Thursday	Mixed Relay U17 (without Fencing) Obstacle, Swimming, LaserRun		9.00 Fencing (Ranking Round) /U19 12.00 Obstacle (U19&U17) 15.00 Swimming (U19&U17) 16.00 - Laser Run (U19&U17)
		Mixed Relay U19 Fencing, Obstacle, Swimming, LaserRun		
23 October	Friday	Departure of Delegation		

FORMAT:

- The competition will be carried out according to the current UIPM Rules, **except that swimming will be held as the first event (preceded by a warm-up) and then OCR and LR with a 10-minute break, also preceded by a 60-minute warm-up**
- The program is structured so that younger athletes can compete in U17 and U19
- On the first and second day there will be fencing ranking round for men and women (According to the program)
- On the following days, competitions according to the schedule (Swimming, Obstacle, Laser Run) - details below

Award ceremony - men and women (individual 1-6, team 1-3)

U19/M&W	Individual (1-6), Team	Fencing - RR, Obstacle, Swimming, Laser Run
U17/M&W	Individual (1-6), Team	Fencing - RR, Obstacle, Swimming, Laser Run
U17/M&W	Mixed Relay (1-3)	Obstacle, Swimming, Laser Run (no fencing)
U19/M&W	Mixed Relay (1-3)	Fencing - RR, Obstacle, Swimming, Laser Run

(Time schedule will be specified according to the number of registered athletes)

Competition Rules

The competition will be carried out according to the UIPM Rules.

🏊 Swimming: 25m indoor swimming pool / 5 lanes

🥋 Fencing: 10 pistes

🔫 Laser Run: (indoor)

Shooting range: 18 + 2 precision laser targets (Apeom)

Running course: tartan (1 lap = 200 m / 1 round = 3 laps / indoor)

🏃 Obstacle: steps, big wheel, rings, over-under-through, wheels, balance beam, monkey bars, finish wall

Entries:

U19 & U17

Polish Modern Pentathlon Association invites at this moment an unlimited number of the U17&U19 athletes per National Federation, but the organizers reserve the right to reduce overall amount of the athletes per NF - acceptance of entries will be based on the order of Entry Forms A+B at the Organizing Committee.

Venues

Central Sport Centre – Olympic Preparation Center

Spała, 97-215 Inowłódź, Al. Prezydenta I. Mościckiego 6

website: <https://spala.cos.pl/>

Accommodation:

Central Sport Centre – Olympic Preparation Center

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 50€/person (Warsaw/Spała/Warsaw)**

Financial

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

- € 95 for double room per night per person

- € 115 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 50 € per day per person with a minimum payment of 4 days (200 €). 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 1st**, 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 ZWIĄZEK 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 – **15.09.2026**

Link to entry form A&B - <https://forms.gle/XMCpUpLrkGpRHilv5>

Entry C – Final - **01.10.2026**

Link to entry form C - <https://forms.gle/qhq7hRMtHzrBTDJw8>

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.

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.

- 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).
- Weather conditions: +8° – +12 ° Celsius in October
- Voltage: 220 V

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.

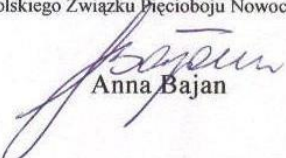
Official address: Organizing Federation:

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 Spąta in 2026.

PMPA President

Prezes
Polskiego Związku Dźcioboju Nowoczesnego

Anna Bajan