

The background of the entire page is a photograph of several people participating in a Laser Run event. They are holding laser pointers and aiming them at targets. The image is overlaid with a semi-transparent orange filter. The title 'LASER RUN' is prominently displayed in the upper center in a white, stylized font. Below it, 'UIPM' is written in a smaller, bold, sans-serif font. At the bottom of the page, there is a horizontal orange bar with a repeating pattern of small, white, stylized circular logos.

LASER RUN

UIPM

Laser Run City Tour Hosting Manual



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1. INTRODUCTION

WHAT IS UIPM LASER RUN?

**THE LATEST INVENTED
SPORT OF THE UIPM.**



**ATHLETIC AND ACCESSIBLE
SPORT FORMAT FOR EVERYONE.**



**COMBINES ROUNDS OF LASER
PISTOL SHOOTING FOLLOWED
BY RUNNING.**



WHAT IS UIPM LASER RUN?



**THE DISTANCES FOR SHOOTING
AS WELL AS THE RUNNING
COURSE LENGTH ARE ADAPTED
TO ALL AGE GROUPS.**

**THE ATHLETES MUST HIT A
TARGET 5 TIMES BEFORE THEY
CAN RUN.**



**FUN AND EXCITING
COMPETITION IN AN
URBAN ENVIRONMENT.**



WHAT IS UIPM LASER RUN CITY TOUR?



2. 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

COMPETITORS REGISTRATION AND LOGISTICS

LOC is responsible for the registration for LRCT competitors.
UIPM will provide a registration template.

Athletes registration fee can be charged by the LOC before competitors get their start numbers onsite. The fee should be discussed according to situation of the city case by case, but should not be more than 15 Euro per person for 2017.

Local accommodation will not be needed. Competitors will reach the competition place on their own. For those who need the accommodation, it will be competitor's choice and cost to arrange.

During the registration process for both divisions organizers should check whether competitors have or don't have an UIPM ID number. If yes, this number must be used for the competition results and report. If not, during registration process full name and date of birth must be collected (preferably with passport/ID copy) and sent by email to UIPM in order to generate an UIPM ID number for future competitions.



UIPM
Union Internationale
de Pentathlon Moderne



LASER RUN CITY TOUR (LRCT) REGISTRATION FORM

CITY, DATE OF THE COMPETITION

INDIVIDUAL ENTRY

I. PARTICIPANT INFORMATION

Surname

First Name

Nation

City

Sport Club/ School

UIPM ID (if there is)

Date of Birth [dd/mm/yy]

Gender (f/m)

II. CONTACT INFORMATION

E-mail

Phone

III. COMPETITION INFORMATION

Division (Elite/ Open)

Age Group*

Registration Fee Payment (if apply)

(signature for printed or in person registration way;
"YES" for online or electronic registration way)

* For LRCT Age groups please consider UIPM LASER RUN COMPETITION Guidelines

** The organizers are not responsible for anything that may happen during the LRCT race concerning health issues. It is highly recommended to the athletes to conduct all the appropriate medical examinations before the competition. The organizers will not ask for medical assurance, as all the athletes participate on their own responsibility and the under-aged athletes on their guardians' responsibility.

All Registration Form areas should be filled in. Registration ways: a) online (if LOC provides online form and platform), b) send electronic Registration Form via email, c) send printed Registration Form via fax, d) in person.

EQUIPMENT REQUEST

SHOOTING PISTOLS AND TARGETS

(10 SETS PER CITY WILL
BE PROVIDED BY UIPM)



STRUCTURE/WALL FOR HANGING TARGETS



SHOOTING TABLES



CHAIRS FOR SHOOTING JUDGES BEHIND THE SHOOTING STATIONS



EQUIPMENT REQUEST

START AND FINISH GALLERY/GATE/SIGN



BARRIERS/FENCES BETWEEN COMPETITION VENUE AND SPECTATORS PLACE



BARRIERS/FENCES/CONES DEMARCATING THE RUNNING COURSE



TEMPORARY GRAND STAND (AROUND 200 SEATS) BEHIND THE SHOOTING JUDGES FOR SPECTATORS (IF POSSIBLE TO ARRANGE)







VENUE SETUP

- Choose the competition venue at a place/location historical or iconic in your city.

- Create the running course on any surface/ground at the urban environment in the city. Certain obstacles are allowed with the approval of the UIPM Expert.

- Set up a running course according to the competition guideline (400m or 800m), 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.

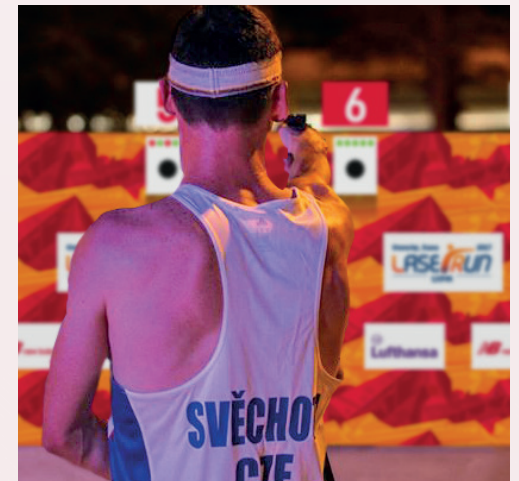
- Start and Finish lines should be at the same place.

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

EXAMPLES OF THE VENUE SETUP



EXAMPLES OF THE VENUE SETUP



JUDGES AND OFFICIALS

EVENT DIRECTOR

SHOOTING DIRECTOR

RUNNING DIRECTOR

COURSE MARSHALLS

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

SHOOTING JUDGES

(1 judge per 2, 3 shooting positions)

Check the proper functioning of targets

Check that athlete's pistol touches the shooting table between each shot

RESULT JUDGES

(4 judges positioned at the finish line - 2 of them taking times with stopwatches; one to observe the finishing order and to say athletes start numbers to another judge who writes them down)

ANNOUNCER AND COMMENTATOR

PRESS OFFICER

UIPM EXPERT

(UIPM will define case by case)

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 15min
- Depending on the number of competitors and local facilities, separate warming up area for shooting may be arranged keeping the rhythm of the competition without breaks for warm up. Otherwise, 10-15min warm up time should be provided to each heat of competitors before they start the competition

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 ceremony, 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

PROGRAMME TEMPLATE UIPM LASER-RUN CITY TOUR - OPEN DIVISION

Time			Activity	Description	Remark
Start	Duration	Finish			
8:00:00	0:15:00	8:15:00	Warm up U11 F&M		
8:20:00	0:15:00	8:35:00	U11 F Final	(800m run + 5 hits) x 2 times	10 Athletes
8:40:00	0:15:00	8:55:00	U11 M Final		10 Athletes
9:00:00	0:20:00	9:20:00	Warm up U15 F&M		
9:05:00	0:10:00	9:15:00	Medal Ceremony		U11 F&M
9:20:00	0:17:00	9:37:00	U15 F Semifinal I	(800m run + 5 hits) x 3 times	10 Athletes
9:40:00	0:17:00	9:57:00	U15 F Semifinal II		10 Athletes
10:00:00	0:17:00	10:17:00	U15 M Semifinal I		10 Athletes
10:20:00	0:17:00	10:37:00	U15 M Semifinal II		10 Athletes
10:40:00	0:17:00	10:57:00	U15 M Semifinal III		10 Athletes
11:00:00	0:17:00	11:17:00	U19 F Semifinal I	(800m run + 5 hits) x 4 times	10 Athletes
11:20:00	0:17:00	11:37:00	U19 F Semifinal II		10 Athletes
11:40:00	0:17:00	11:57:00	U19 M Semifinal I		10 Athletes
12:00:00	0:17:00	12:17:00	U19 M Semifinal II		10 Athletes
12:20:00	0:15:00	12:35:00	Warm up U15 F&M Final		
12:35:00	0:17:00	12:52:00	U15 F Final	(800m run + 5 hits) x 3 times	10 Athletes
12:52:00	0:17:00	13:09:00	U15 M Final		10 Athletes
13:10:00	0:15:00	13:25:00	Warm up U19 F&M Final		
13:12:00	0:10:00	13:22:00	Medal Ceremony		U15 F&M
13:25:00	0:17:00	13:42:00	U19 F Final	(800m run + 5 hits) x 4 times	10 Athletes
13:42:00	0:17:00	13:59:00	U19 M Final		10 Athletes

PROGRAMME TEMPLATE UIPM LASER-RUN CITY TOUR - OPEN DIVISION

Time			Activity	Description	Remark
Start	Duration	Finish			
14:00:00	0:15:00	14:15:00	Warm up Master - F&M		
14:02:00	0:10:00	14:12:00	Medal Ceremony		U19 F&M
14:15:00	0:17:00	14:32:00	Master F Final		10 Athletes
14:35:00	0:17:00	14:52:00	Master M Final	(800m run + 5 hits) x 3 times	10 Athletes
14:55:00	0:15:00	15:10:00	Warm up Jr/Sr - F&M		
14:28:00	0:10:00	15:08:00	Medal Ceremony		Masters F&M
15:10:00	0:17:00	15:27:00	Jr F Final		10 Athletes
15:30:00	0:17:00	15:47:00	Jr M Semifinal I	(800m run + 5 hits) x 4 times	10 Athletes
15:50:00	0:17:00	16:07:00	Jr M Semifinal II		10 Athletes
16:10:00	0:17:00	16:27:00	Sr F Final		10 Athletes
16:30:00	0:17:00	16:47:00	Sr M Semifinal I		10 Athletes
16:50:00	0:17:00	17:07:00	Sr M Semifinal II		10 Athletes
17:10:00	0:10:00	17:20:00	Medal Ceremony		Jr F, Sr F
17:20:00	0:15:00	17:35:00	Spectators Tryouts		
17:35:00	0:15:00	17:50:00	Warm up Jr/Sr - M Final		
17:50:00	0:17:00	18:07:00	Jr M Final	(800m run + 5 hits) x 4 times	10 Athletes
18:10:00	0:17:00	18:27:00	Sr M Final		10 Athletes
18:30:00	0:10:00	18:40:00	Medal Ceremony		Jr M, Sr M

All competitors results need to be submitted to UIPM according to the LRCT result template.

For the competitors who don't have UIPM ID numbers will be generated an UIPM ID number which is a competing license for the future.

COMPETITION RESULTS AND AWARDS

Top 3 places should be awarded by the LOC with medals/certificates/gifts.

Medals/certificates and/or gifts need to be arranged by the LOC directly. UIPM can provide design of each.

UIPM LR World Ranking will be calculated based on submitted results considering the best Laser Run time for each competitor.

3. PARTICIPANTS

The background is a vibrant orange with a complex, abstract pattern of overlapping geometric shapes, including triangles, squares, and rectangles. In the center, there is a prominent 3D structure that resembles a stylized, angular building or a cluster of interconnected blocks. This structure is rendered in a darker shade of orange, with some faces showing internal details like lines and circles. The overall effect is a dynamic and modern visual composition.

WHO COULD BE THE PARTICIPANTS ?

PEOPLE AT DIFFERENT AGE GROUPS

SCHOOL STUDENTS

SPORTS FANS

PENTATHLETES

RUNNERS

SHOOTERS

ATHLETES FROM OTHER SPORTS

ELITE DIVISION

UNDER 11

UNDER 13

UNDER 15

UNDER 17

UNDER 19

JUNIORS (19-21)

SENIORS (22-39)

MASTER 40+

MASTER 50+

MASTER 60+

OPEN DIVISION

UNDER 11

UNDER 15

UNDER 19

JUNIORS - SENIORS (19-39)

MASTER 40+

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

Organizing demonstrations throughout the year to promote upcoming events.

Promote the event and sport at all possible occasions.

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

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

HOW TO RECRUIT MORE PARTICIPANTS ?

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

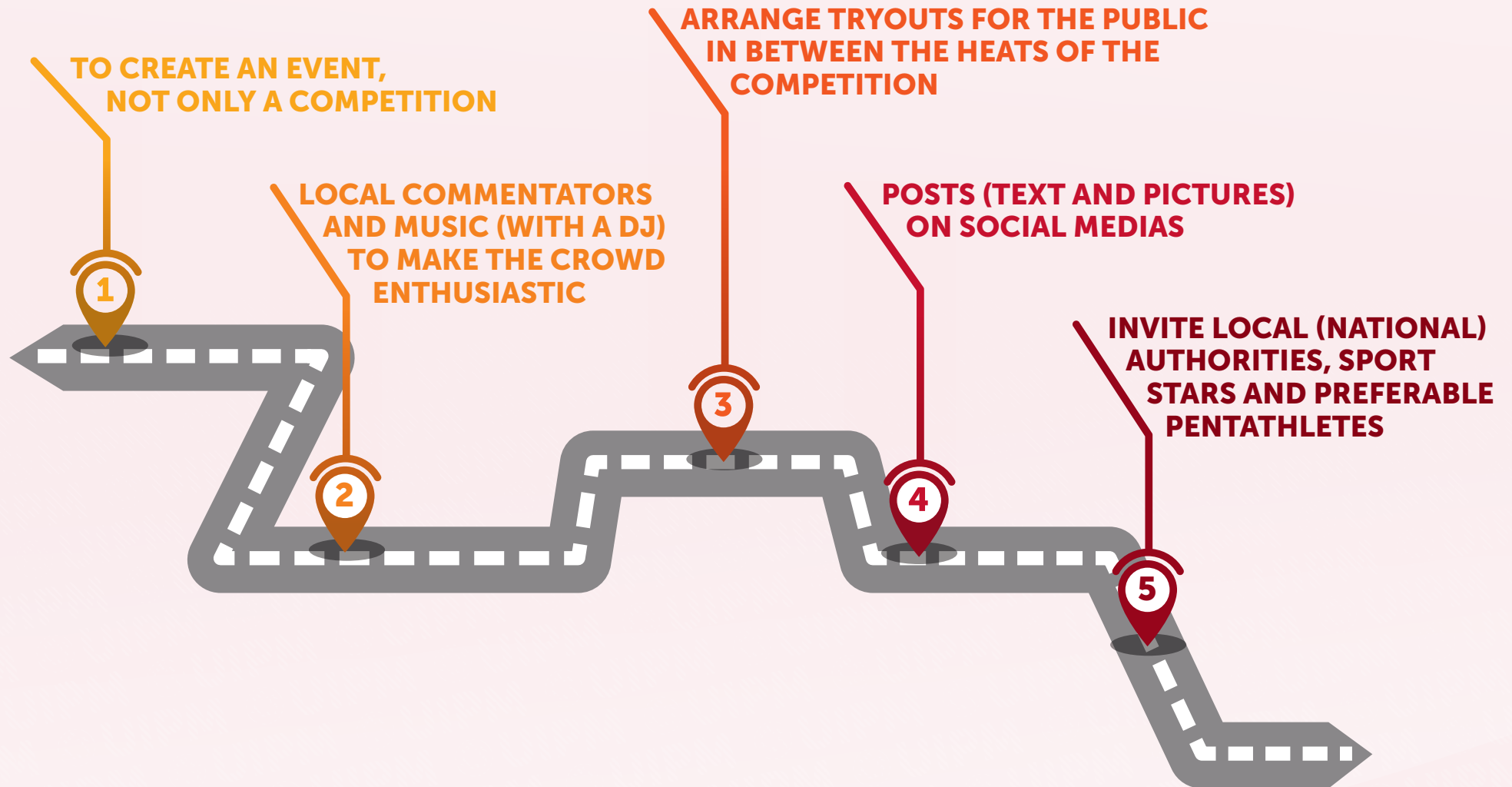


4. PROMOTION AND SUSTAINABILITY

PRE-COMPETITION



DURING THE COMPETITION



AFTER THE COMPETITION

- 1** Promotion on the NF website and social media
- 2** Send news and pictures to the UIPM for further promotion on UIPM worldwide platforms
- 3** Awards to those schools or clubs who participated actively
- 4** Introduce and promote next event

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 the growing potential.

4

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

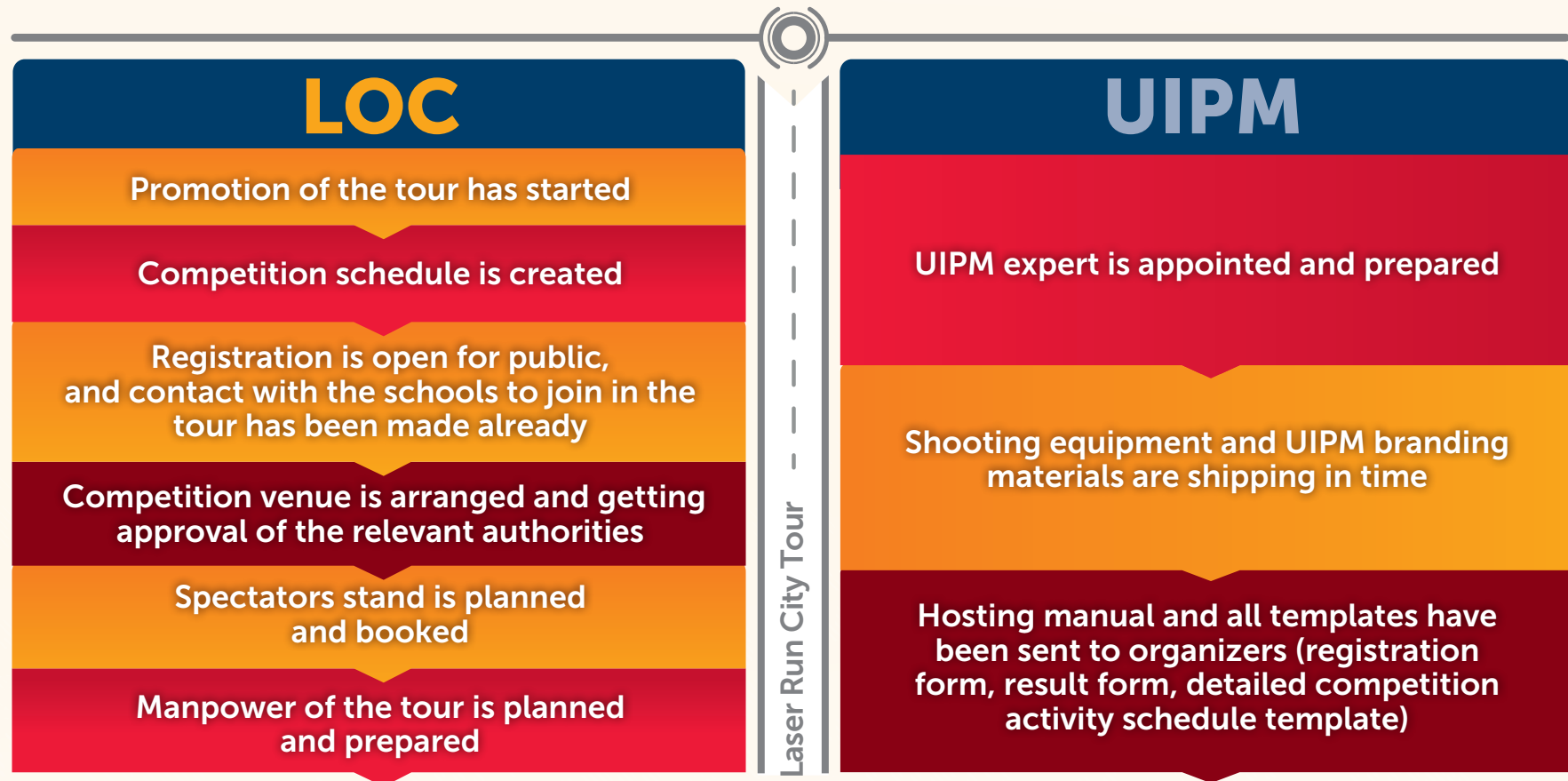
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Promote the next event and provide national and international competition opportunities to the athletes.



5. CHECKLIST

3 MONTHS BEFORE THE EVENT



1 MONTH BEFORE THE EVENT

LOC

Registrations (or entry database) in progress

Decision on which division to use is taken

Last phase of the local promotion
(maximum divulgation effort)

Contact local press to cover the event

Exhibitions to encourage participation

All required equipment is booked
(fences, wall, tables, etc)

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

In contact with UIPM expert, logistic
preparation is ready

UIPM

Shooting equipment and branding materials have
been sent without delay

Promotion materials and designs
have been sent on time

Awards and participation certificates and
medal design have been sent

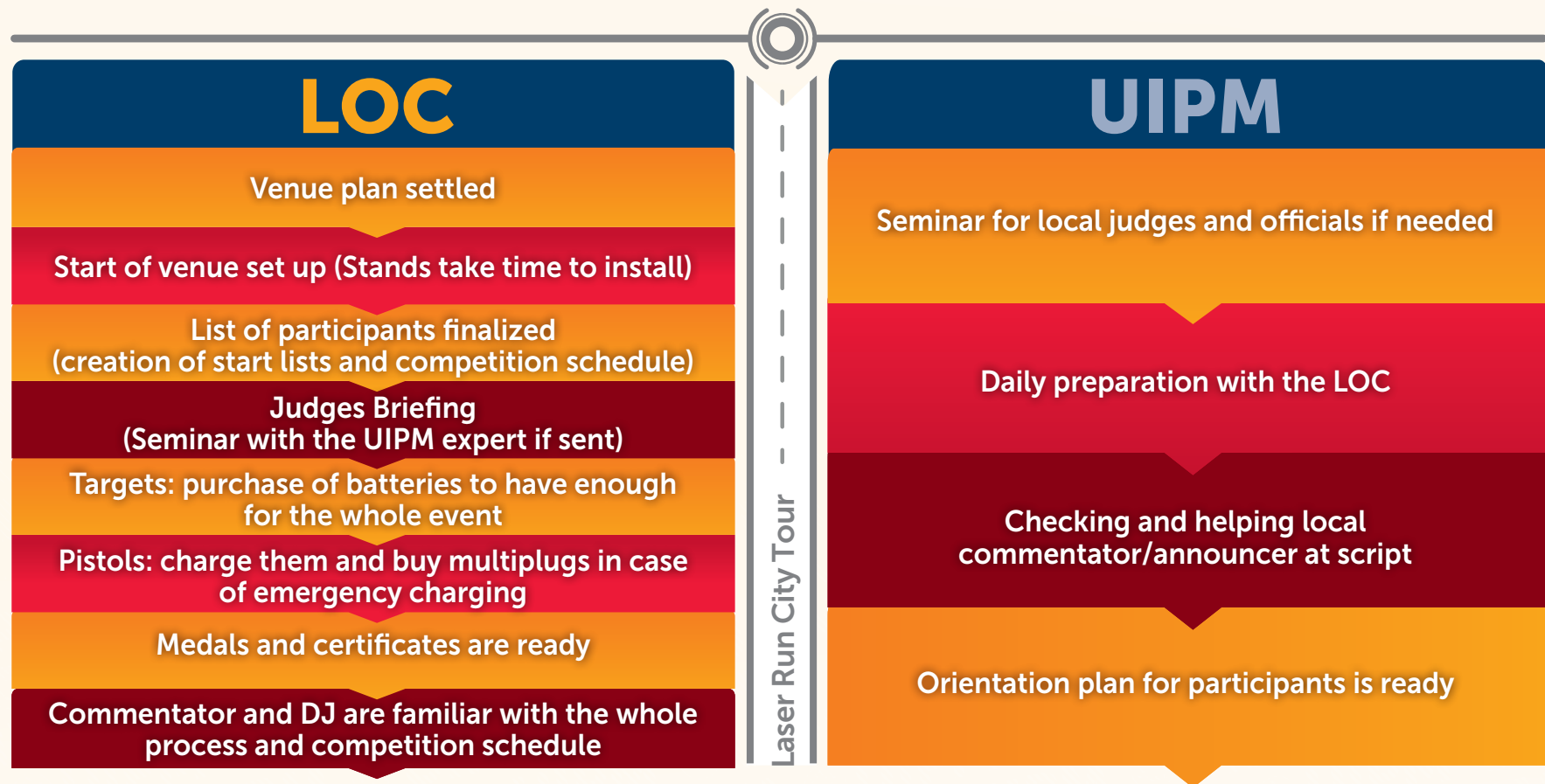
Judges uniform/t-shirt has been
provided/sent to the organizers

Assisting the LOC on registration
and competition schedules

Checking with the LOC on all aspects
of the preparations

Laser Run City Tour

1 WEEK BEFORE THE EVENT



DURING THE COMPETITION

LOC

Judges and officials perfectly know their roles

Branding in the right position, finish tape ready for race arrivals, courses well marked out

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

Plan with commentator and DJ ready to arrange tryout for spectators during the competition breaks

Targets: full batteries and sun not facing at them

Pistols: fully charged

Live posts using social media

Award ceremonies for top 3 in each race per gender

All results need to be announced and collected after each heat. Make sure all competitors have UIPM ID before start the competition

UIPM

UIPM Expert is supervising the good process of the event

Helping event director and judges to solve issues

Make sure the competition schedule is conducted based on the plan

Helping on equipment issues

Checking final results

Laser Run City Tour

AFTER THE COMPETITION

LOC

Sending all results to UIPM at
BT-WSB-results@pentathlon.org

Publishing competition result and relevant images
at local social media and any accessible platform

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

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

Discussing with UIPM for future improvement
at LRCT and further plans

UIPM

Publishing LRCT result and update
LR world ranking

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

Double check all UIPM generated ID for each
competitor through the tour

Debriefing with the organizer and establish
plan for next year

Laser Run City Tour



UIPM

Union Internationale
de Pentathlon Moderne

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