



UNION INTERNATIONALE  
DE PENTATHLON MODERNE

# 2022 UIPM MODERN PENTATHLON MASTERS COMPETITION RULES

*as at 1 January 2022*







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2022  
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COMPETITION RULES  
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## 1

### GENERAL ASPECTS

#### 1.1 DEFINITION AND PURPOSE

The UIPM Masters Competitions Rules apply to all UIPM Masters Competitions, i.e. Masters World Championships or Masters Continental Championships.

#### 1.2 APPLICATION

The UIPM Competition, Medical and Advertising and Media Rules are applicable to the UIPM Master Competitions and Championships as far as not specified differently in the following.

#### 1.3 FORMAT AND AGE GROUPS

##### 1.3.1

##### UIPM Masters Competitions Formats

In UIPM Masters Competitions there are two formats:

- UIPM Masters Pentathlon; and
- UIPM Masters Tetrathlon

and four different events:

- Individual;
- Relay;
- Mixed Relay; and
- Team.

##### 1.3.2

Masters must provide a valid UIPM International License during official registration and not later than official technical meeting in order to be considered for Masters Pentathlon events.

##### 1.3.3

UIPM Masters Pentathlon events consists of the following disciplines: swimming, fencing, riding (show jumping) and a combination of shooting and running (Laser Run). UIPM Masters Tetrathlon consists of the same disciplines without riding (show jumping).

##### 1.3.4

Within Masters World Championships and Masters Continental Championships men and women are gender-separated into the following 10 years age groups: 30 – 39 years (30+), 40 – 49 years (40+), 50 – 59 years (50+), 60 – 69 (60+) years and 70+. Key date for classification into age groups is January 1st of the year of birth of each competitor.

##### 1.3.5

An athlete can start in a lower age group with a reduction of handicap points limited to the highest level of handicap points applicable to the lower age group. The athlete has to announce their decision on the date of their official registration. It is not allowed to start in two age groups.

##### 1.3.6

Once the official registration process is completed it is not possible to move to any\ other age group unless approved by the UIPM Technical Delegate at the Technical Meeting prior to the competition and according to the UIPM regulations.

##### 1.3.7

A fencing age group must not exceed 36 athletes. In case of more than 36 age grouped participants the local organising committee (LOC) can split Masters Pentathletes and Tetrathletes, men/women and age groups.

##### 1.3.8

The Relay competition must be arranged in teams of two participants from the same nation, the Mixed Relay competition must be arranged in mixed teams of two participants (1 man/1 woman) from the same nation according to Rule 1.5.3.

##### 1.3.9

For Team participation art. 1.5.2 applies

## 1.4 THE EVENTS

- 1.4.1** In Swimming the distance is 100m freestyle for age groups 30+,40+ and 50+ while is 50m for athletes aged 60+ and 70+.
- 1.4.2** Fencing competition format will be organised as round robin only and its classification will be used as reference for points conversions in order to progress into the next competition phase, whether Laser Run (if masters tetrathlon) or riding (if masters pentathlon).
- 1.4.3** Riding at Masters World Championships and Masters Continental Championships in each age group must be organised with 10 obstacles including 2 double combinations, all at a max height of 90cm.
- 1.4.4** Masters have to demonstrate their riding ability in the warm up arena within 20 minutes. The TD/ NTO, together with the Riding Director can exclude masters from the evaluation if they are not able to sufficiently control the allotted horse and show the necessary riding ability.
- 1.4.5** The plan of the riding course and a list of the horses must be available at the official Technical Meeting. The organisers can adapt the difficulty of the course to the quality and abilities of the horses to jump the course up to 3 times.
- 1.4.6** The Laser Run follows specific Masters requirements: age groups, adapted distances, lead times and point tables (see table hereunder and paragraphs 2.1.3 and 2.2). The Laser-Run with laser pistol shooting, must be organised at all UIPM sanctioned masters' competitions and according to the UIPM Laser Run rules. The shooting distance for men and women Masters 30+, 40+ and 50+ is 10 m. The shooting distance for men and women Masters 60+ and 70+ is 5 m.

### INDIVIDUAL

Age Groups Men/ Wo- men	Start	Run	Shoot Time Limit	Run	Shoot Time Limit	Run	Shoot Time Limit	Run	Shooting distance
30+; 40+; 50+	Han- dicap	20 m	50 Sec	600 m	50 Sec	600 m	50 Sec	600 m	10 m
60+; 70+	Han- dicap	20 m	50 Sec	600 m	50 Sec	600 m			5 m

- 1.4.7** The Running distances for Masters age groups 30-59 years 60+ and 70+ years are defined in table 2.2.1. The conditions and difficulties of the running course must be adapted to the age of the Masters. For the length of the running course a difference of +/- 5% (max. 100m) is tolerated. All leading athletes in each age group start together within their handicap start.



## 1.5 MASTERS PARTICIPATION

### 1.5.1

#### Individual Participation

#### 1.5.1.1

Each National Federation, member of the UIPM, has the right to register an unlimited number of pentathletes and tetrathletes as from 30 years of age and for both genders. If the number of athletes exceeds the organiser's capacities, the organising committee has the right to limit the number of participants either by registration deadline or limited participants per nation. Participating athletes must specify on the entry form whether they start for Masters Tetrathlon or for Pentathlon. Active athletes who have participated in any UIPM Category "A" competitions within the last 12 months are not allowed to start in Masters World and Masters Continental Championships.

#### 1.5.1.2

Participating Masters are divided into age groups defined under 1.3.3. If a single age group reaches the minimum number of three (3) athletes, the competition will be valid and conducted according to the regulations defined by UIPM Masters rules, including medal ceremonies and final individual rankings.

#### 1.5.1.3

If in the age groups 30+ or 40+ the number of participants is less than three (3) competitors, these athletes will be assigned to the next higher age group and judged according to their new classification. If in the 50+ age group the number of athletes is below three (3), the athletes will compete in the 40+ age group. Athletes will keep the amount of handicap points earned according to their age. Neither ranking nor medals will be assigned nor awarded for the original age group.

#### 1.5.1.4

If in either age group 60+ or 70+ the number of participants is less than three (3) competitors these athletes will compete together and judged according to their new classification, either 60+ in the higher age category or 70+ in the lower age category. Athletes will keep the amount of handicap points earned according to their age. Neither ranking nor medals will be assigned nor awarded for the original age group.

### 1.5.2

#### Team Participation

#### 1.5.2.1

Teams are assigned in either of the two categories: below age 60 (30+) or above age 60 (60+). All nations participating with a team of at least three (3) athletes in each main category will be entered in the team event competition. Team results are decided according to UIPM Team Classification Rules.

#### 1.5.2.2

Any team (either masters pentathlon, tetrathlon, men and/or, women) can be arranged within each age category (30+ or 60+).

#### 1.5.2.3

There must be a minimum of three (3) teams in men's competitions and two (2) teams in women's competitions in order to have team classification, medals ceremony and final ranking.

### 1.5.3

#### Relay and Mixed Relay Participation

#### 1.5.3.1

Relay and Mixed Relay teams are assigned in two categories (30+ and 60+) with separate classification, medals ceremonies and final rankings. 60+ athletes are allowed to start in the 30+ category. However, their handicap points will be limited at HC 59 years.

#### 1.5.3.2

Relay and Mixed Relay team event needs a minimum entry of three (3) teams for the competition to take place and consequently be ranked.



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## 1.6 FINANCE

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- 1.6.1** The Local Organising Committee (LOC) must take care of hosting (lodging, meals, local transport) at reasonable cost level, affordable for the majority of the Masters community. In addition, the LOC must offer a low-cost solution (camping site or holiday camp) at a reasonable distance to the competition venue(s).
- 1.6.2** Within the bounds of possibility, the LOC should arrange a visitors' programme and provide social/cultural events.
- 1.6.3** The organiser is eligible to charge a starting fee for the Masters Pentathlon competition, which includes the costs for the Riding event and a lower fee for the Masters Tetrathlon competition.

## 1.7 COMPETITION AUTHORITIES

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- 1.7.1** **Official Technical Meeting (TM)**
- Up to two persons from each participating nation are authorised to take part in the Technical Meeting.
- 1.7.2** **Jury of Appeal**
- For Masters World Championships and Masters Continental Championships UIPM Competition Rules 1.16.6 iii) applies for constitution of Jury of Appeal. For all other Masters competitions, the Jury of Appeal consists of three members. The chair is held by a member of the UIPM Masters Committee. The two other members are elected at the TM from amongst its members.
- 1.7.3** **Discipline**
- All rules regarding disciplinary matters are described in the UIPM Competition Rules General Aspects and the UIPM Code of Ethics.

## 1.8 MASTERS CONFERENCE

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- 1.8.1** The International Masters Conference is composed as follows: two masters from each UIPM member federation and the members of the UIPM Masters Committee. The UIPM Executive Board is entitled to delegate persons to participate without right to vote. Further persons may be allowed by the Conference to participate as guests with no voting rights and as observers only. The chair is held by the chairperson of the UIPM Masters Committee.
- 1.8.2** The International Masters Conference assists the UIPM Executive Board on the assignment and organisation of the Masters World Championships and Masters Continental Championships. It accepts proposals and decides on the basis of the report submitted by the chairperson and members of the UIPM Masters Committee.

## 1.9 UIPM MASTERS COMMITTEE

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- 1.9.1** The UIPM Masters' Committee is composed of 5 members of differing nationalities. During the Masters World Championship occurring prior to the relevant UIPM congress, active Masters present on site will elect amongst them the members of



the Masters' Committee ensuring adequate gender representation. All active Master athletes are eligible and have the right to vote provided that they are present at the relevant Masters World Championship. The elected members elect among them a Chairperson for the Masters' Committee.

**1.9.2**

Masters Committee can organize their activities internally and set up meetings in any form (round tables, skype/internet, conference call) as and when required by its elected members in order to discuss any items that concerns the UIPM masters family and any of its members in order to agree on the items and further action plans.

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**2  
COMPETITION  
RESULTS**

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**2.1  
HANDICAP SYSTEM**

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**2.1.1**

The handicap system gives the chance to calculate and determine the winners in Masters Competitions within each age group, team and relay category. Handicap points in the form of bonus points are added directly to the competitor's score.

**2.1.2**

In Masters World Championships and Masters Continental Championships an age group winner for Modern Pentathlon and Tetrathlon will only be declared after the handicap points have been added to the competitor's total competition points.

**2.1.3**

In other masters' competitions, the handicap points are added to the score of the competitor's first discipline.

**2.1.4**

In Relay competitions, the handicap points have to be added according to number of competitors of each relay team upfront (sum of handicap points of each competitor divided by number of competitors per relay team) and this amount has to be added to the Relay score of each Relay team after the first discipline.

## 2.1.5

Points Table – Handicap system

Age	Points	Tetrathlon	Pentathlon	Age	Points	Tetrathlon	Pentathlon
30	10x5,00	-40	-50				
31	9x5,00	-36	-45				
32	8x5,00	-32	-40				
33	7x5,00	x	5,00				
34	6x5,00	-24	-30				
35	5x5,00	-20	-25				
36	4x5,00	-16	-20				
37	3x5,00	-12	-15				
38	2x5,00	-8	-10				
39	1x5,00	-4	-5				
40	0x0,00	0	0	60	30x5,00	120	150
41	11x0,25	2	3	61	31x5,25	130	163
42	12x0,50	5	6	62	32x5,50	141	176
43	13x0,75	8	10	63	33x5,75	152	190
44	14x1,00	11	14	64	34x6,00	163	204
45	15x1,25	15	19	65	35x6,25	175	219
46	16x1,50	19	24	66	36x6,50	187	234
47	17x1,75	24	30	67	37x6,75	200	250
48	18x2,00	29	36	68	38x7,00	213	266
49	19x2,25	34	43	69	39x7,25	226	283
50	20x2,50	40	50	70	40x7,50	240	300
51	21x2,75	46	58	71	41x7,50	246	308
52	22x3,00	53	66	72	42x7,50	252	315
53	23x3,25	60	75	73	43x7,50	258	323
54	24x3,50	67	84	74	44x7,50	264	330
55	25x3,75	75	94	75	45x7,50	270	338
56	26x4,00	83	104	76	46x7,50	276	345
57	27x4,25	92	115	77	47x7,50	282	353
58	28x4,50	101	126	78	48x7,50	288	360
59	29x4,75	110	138	79	49x7,50	294	368

\* Handicap points table is subject for further research and evaluation at masters competitions between Nov 2021 – April 2022 and will be approved by the UIPM Executive Board in April 2022. [This phrase will be deleted in the final version of Masters Rules]



## 2.2 POINT TABLES

### 2.2.1

The point table for the Laser Run follows UIPM rules for the relevant age groups and events according to the following table:

	Age Groups 30+; 40+; 50+ Men; Women		Age Groups 60+; 70+ Men; Women	
	Individual	Relay	Individual	Relay
Competitors	1	2	1	2
Run	± 20 m	± 20 m	± 20 m	± 20 m
Shoot	5 Hits 50 Sec	5 Hits 50 Sec	5 Hits 50 Sec	5 Hits 50 Sec
Run	600 m	600 m	600 m	600 m
Shoot	5 Hits 50 Sec	5 Hits 50 Sec	5 Hits 50 Sec	5 Hits 50 Sec
Run	600 m	600 m	600 m	600 m
Shoot	5 Hits 50 Sec			
Run	600 m			
Distance	1800 m	1200 m	1200 m	1200 m
Repetitions		2		2
Tot. Distance	1800 m	2400 m	1200 m	2400 m
Time 500 Pts	11:30.0	15:30.0	7:00.0	15:30.0
Points/s	± 1	± 1	± 1	± 1
Shooting distance	10 m	10 m	5 m	5 m

### 2.2.2

The point table for Fencing is calculated as follows:

- Formula: 70% bouts won corresponds to 250 points.  
Each victory over or below this number adds or deducts the amount of points assigned to the number of bouts.  
(See UIPM / 2. Event Rules Fencing / Appendix: 2A or table below)
- Example: 32 fencers = 31 bouts  
250 points = 22 victories  
± 1 victory = ± 7 points

Fencing

Athletes	Hits	250	Bouts	Vict	Athletes	Hits	250	Bouts	Vict
36	1	25	35	6	19	2	25	36	6
35	1	24	34	6	18	2	24	34	6
34	1	23	33	7	17	2	22	32	7
33	1	22	32	7	16	2	21	30	7
32	1	22	31	7	15	2	20	28	8
31	1	21	30	7	14	2	18	26	8
30	1	20	29	8	13	2	17	24	8
29	1	20	28	8	12	2	15	22	9
28	1	19	27	8	11	2	14	20	9
27	1	18	26	8					
26	1	18	25	8					
25	1	17	24	8					
24	1	16	23	8					
23	1	15	22	9					
22	1	15	21	9					
21	1	14	20	9					
20	1	13	19	9					

2.2.3

The point table for Swimming is calculated as follows:

Gender	Age Group	Distance	Time for	Run
Men	30+;40+;50+	100m	1:18.0	± 1
Women	30+;40+;50+	100m	1:30.0	± 1
Men	60+;70+	50m	0:38.0	± 1
Women	60+;70+	50m	0:43.0	± 1

For the purpose of calculating the score, times will be recorded in half seconds.  
Fractions of second are not considered e.g.:  
1:18.49 is recorded as 1:18.0  
1:18.51 is recorded as 1:18.5  
1:30.49 is recorded as 1:30.0  
1:30.51 is recorded as 1:30.5

2.2.4

The point valuation for Riding is laid down in the UIPM Competition Rules for Riding.



## SWIMMING POINT TABLES

### Women: 30+ / 40+ / 50+

min	pts	min	pts	min	pts	min	pts	min	pts	min	pts	min	pts
01:05.0	300	01:26.5	257	01:48.0	214	02:09.5	171	02:31.0	128	02:52.5	85	03:14.0	42
01:05.5	299	01:27.0	256	01:48.5	213	02:10.0	170	02:31.5	127	02:53.0	84	03:14.5	41
01:06.0	298	01:27.5	255	01:49.0	212	02:10.5	169	02:32.0	126	02:53.5	83	03:15.0	40
01:06.5	297	01:28.0	254	01:49.5	211	02:11.0	168	02:32.5	125	02:54.0	82	03:15.5	39
01:07.0	296	01:28.5	253	01:50.0	210	02:11.5	167	02:33.0	124	02:54.5	81	03:16.0	38
01:07.5	295	01:29.0	252	01:50.5	209	02:12.0	166	02:33.5	123	02:55.0	80	03:16.5	37
01:08.0	294	01:29.5	251	01:51.0	208	02:12.5	165	02:34.0	122	02:55.5	79	03:17.0	36
01:08.5	293	01:30.0	250	01:51.5	207	02:13.0	164	02:34.5	121	02:56.0	78	03:17.5	35
01:09.0	292	01:30.5	249	01:52.0	206	02:13.5	163	02:35.0	120	02:56.5	77	03:18.0	34
01:09.5	291	01:31.0	248	01:52.5	205	02:14.0	162	02:35.5	119	02:57.0	76	03:18.5	33
01:10.0	290	01:31.5	247	01:53.0	204	02:14.5	161	02:36.0	118	02:57.5	75	03:19.0	32
01:10.5	289	01:32.0	246	01:53.5	203	02:15.0	160	02:36.5	117	02:58.0	74	03:19.5	31
01:11.0	288	01:32.5	245	01:54.0	202	02:15.5	159	02:37.0	116	02:58.5	73	03:20.0	30
01:11.5	287	01:33.0	244	01:54.5	201	02:16.0	158	02:37.5	115	02:59.0	72	03:20.5	29
01:12.0	286	01:33.5	243	01:55.0	200	02:16.5	157	02:38.0	114	02:59.5	71	03:21.0	28
01:12.5	285	01:34.0	242	01:55.5	199	02:17.0	156	02:38.5	113	03:00.0	70	03:21.5	27
01:13.0	284	01:34.5	241	01:56.0	198	02:17.5	155	02:39.0	112	03:00.5	69	03:22.0	26
01:13.5	283	01:35.0	240	01:56.5	197	02:18.0	154	02:39.5	111	03:01.0	68	03:22.5	25
01:14.0	282	01:35.5	239	01:57.0	196	02:18.5	153	02:40.0	110	03:01.5	67	03:23.0	24
01:14.5	281	01:36.0	238	01:57.5	195	02:19.0	152	02:40.5	109	03:02.0	66	03:23.5	23
01:15.0	280	01:36.5	237	01:58.0	194	02:19.5	151	02:41.0	108	03:02.5	65	03:24.0	22
01:15.5	279	01:37.0	236	01:58.5	193	02:20.0	150	02:41.5	107	03:03.0	64	03:24.5	21
01:16.0	278	01:37.5	235	01:59.0	192	02:20.5	149	02:42.0	106	03:03.5	63	03:25.0	20
01:16.5	277	01:38.0	234	01:59.5	191	02:21.0	148	02:42.5	105	03:04.0	62	03:25.5	19
01:17.0	276	01:38.5	233	02:00.0	190	02:21.5	147	02:43.0	104	03:04.5	61	03:26.0	18
01:17.5	275	01:39.0	232	02:00.5	189	02:22.0	146	02:43.5	103	03:05.0	60	03:26.5	17
01:18.0	274	01:39.5	231	02:01.0	188	02:22.5	145	02:44.0	102	03:05.5	59	03:27.0	16
01:18.5	273	01:40.0	230	02:01.5	187	02:23.0	144	02:44.5	101	03:06.0	58	03:27.5	15
01:19.0	272	01:40.5	229	02:02.0	186	02:23.5	143	02:45.0	100	03:06.5	57	03:28.0	14
01:19.5	271	01:41.0	228	02:02.5	185	02:24.0	142	02:45.5	99	03:07.0	56	03:28.5	13
01:20.0	270	01:41.5	227	02:03.0	184	02:24.5	141	02:46.0	98	03:07.5	55	03:29.0	12
01:20.5	269	01:42.0	226	02:03.5	183	02:25.0	140	02:46.5	97	03:08.0	54	03:29.5	11
01:21.0	268	01:42.5	225	02:04.0	182	02:25.5	139	02:47.0	96	03:08.5	53	03:30.0	10
01:21.5	267	01:43.0	224	02:04.5	181	02:26.0	138	02:47.5	95	03:09.0	52	03:30.5	9
01:22.0	266	01:43.5	223	02:05.0	180	02:26.5	137	02:48.0	94	03:09.5	51	03:31.0	8
01:22.5	265	01:44.0	222	02:05.5	179	02:27.0	136	02:48.5	93	03:10.0	50	03:31.5	7
01:23.0	264	01:44.5	221	02:06.0	178	02:27.5	135	02:49.0	92	03:10.5	49	03:32.0	6
01:23.5	263	01:45.0	220	02:06.5	177	02:28.0	134	02:49.5	91	03:11.0	48	03:32.5	5
01:24.0	262	01:45.5	219	02:07.0	176	02:28.5	133	02:50.0	90	03:11.5	47	03:33.0	4
01:24.5	261	01:46.0	218	02:07.5	175	02:29.0	132	02:50.5	89	03:12.0	46	03:33.5	3
01:25.0	260	01:46.5	217	02:08.0	174	02:29.5	131	02:51.0	88	03:12.5	45	03:34.0	2
01:25.5	259	01:47.0	216	02:08.5	173	02:30.0	130	02:51.5	87	03:13.0	44	03:34.5	1
01:26.0	258	01:47.5	215	02:09.0	172	02:30.5	129	02:52.0	86	03:13.5	43	03:35.0	0

## SWIMMING POINT TABLES

### Men: 30+ / 40+ / 50+

min	pts	min	pts	min	pts	min	pts	min	pts	min	pts	min	pts
00:50.0	306	01:12.0	262	01:34.0	218	01:56.0	174	02:18.0	130	02:40.0	86	03:02.0	42
00:50.5	305	01:12.5	261	01:34.5	217	01:56.5	173	02:18.5	129	02:40.5	85	03:02.5	41
00:51.0	304	01:13.0	260	01:35.0	216	01:57.0	172	02:19.0	128	02:41.0	84	03:03.0	40
00:51.5	303	01:13.5	259	01:35.5	215	01:57.5	171	02:19.5	127	02:41.5	83	03:03.5	39
00:52.0	302	01:14.0	258	01:36.0	214	01:58.0	170	02:20.0	126	02:42.0	82	03:04.0	38
00:52.5	301	01:14.5	257	01:36.5	213	01:58.5	169	02:20.5	125	02:42.5	81	03:04.5	37
00:53.0	300	01:15.0	256	01:37.0	212	01:59.0	168	02:21.0	124	02:43.0	80	03:05.0	36
00:53.5	299	01:15.5	255	01:37.5	211	01:59.5	167	02:21.5	123	02:43.5	79	03:05.5	35
00:54.0	298	01:16.0	254	01:38.0	210	02:00.0	166	02:22.0	122	02:44.0	78	03:06.0	34
00:54.5	297	01:16.5	253	01:38.5	209	02:00.5	165	02:22.5	121	02:44.5	77	03:06.5	33
00:55.0	296	01:17.0	252	01:39.0	208	02:01.0	164	02:23.0	120	02:45.0	76	03:07.0	32
00:55.5	295	01:17.5	251	01:39.5	207	02:01.5	163	02:23.5	119	02:45.5	75	03:07.5	31
00:56.0	294	01:18.0	250	01:40.0	206	02:02.0	162	02:24.0	118	02:46.0	74	03:08.0	30
00:56.5	293	01:18.5	249	01:40.5	205	02:02.5	161	02:24.5	117	02:46.5	73	03:08.5	29
00:57.0	292	01:19.0	248	01:41.0	204	02:03.0	160	02:25.0	116	02:47.0	72	03:09.0	28
00:57.5	291	01:19.5	247	01:41.5	203	02:03.5	159	02:25.5	115	02:47.5	71	03:09.5	27
00:58.0	290	01:20.0	246	01:42.0	202	02:04.0	158	02:26.0	114	02:48.0	70	03:10.0	26
00:58.5	289	01:20.5	245	01:42.5	201	02:04.5	157	02:26.5	113	02:48.5	69	03:10.5	25
00:59.0	288	01:21.0	244	01:43.0	200	02:05.0	156	02:27.0	112	02:49.0	68	03:11.0	24
00:59.5	287	01:21.5	243	01:43.5	199	02:05.5	155	02:27.5	111	02:49.5	67	03:11.5	23
01:00.0	286	01:22.0	242	01:44.0	198	02:06.0	154	02:28.0	110	02:50.0	66	03:12.0	22
01:00.5	285	01:22.5	241	01:44.5	197	02:06.5	153	02:28.5	109	02:50.5	65	03:12.5	21
01:01.0	284	01:23.0	240	01:45.0	196	02:07.0	152	02:29.0	108	02:51.0	64	03:13.0	20
01:01.5	283	01:23.5	239	01:45.5	195	02:07.5	151	02:29.5	107	02:51.5	63	03:13.5	19
01:02.0	282	01:24.0	238	01:46.0	194	02:08.0	150	02:30.0	106	02:52.0	62	03:14.0	18
01:02.5	281	01:24.5	237	01:46.5	193	02:08.5	149	02:30.5	105	02:52.5	61	03:14.5	17
01:03.0	280	01:25.0	236	01:47.0	192	02:09.0	148	02:31.0	104	02:53.0	60	03:15.0	16
01:03.5	279	01:25.5	235	01:47.5	191	02:09.5	147	02:31.5	103	02:53.5	59	03:15.5	15
01:04.0	278	01:26.0	234	01:48.0	190	02:10.0	146	02:32.0	102	02:54.0	58	03:16.0	14
01:04.5	277	01:26.5	233	01:48.5	189	02:10.5	145	02:32.5	101	02:54.5	57	03:16.5	13
01:05.0	276	01:27.0	232	01:49.0	188	02:11.0	144	02:33.0	100	02:55.0	56	03:17.0	12
01:05.5	275	01:27.5	231	01:49.5	187	02:11.5	143	02:33.5	99	02:55.5	55	03:17.5	11
01:06.0	274	01:28.0	230	01:50.0	186	02:12.0	142	02:34.0	98	02:56.0	54	03:18.0	10
01:06.5	273	01:28.5	229	01:50.5	185	02:12.5	141	02:34.5	97	02:56.5	53	03:18.5	9
01:07.0	272	01:29.0	228	01:51.0	184	02:13.0	140	02:35.0	96	02:57.0	52	03:19.0	8
01:07.5	271	01:29.5	227	01:51.5	183	02:13.5	139	02:35.5	95	02:57.5	51	03:19.5	7
01:08.0	270	01:30.0	226	01:52.0	182	02:14.0	138	02:36.0	94	02:58.0	50	03:20.0	6
01:08.5	269	01:30.5	225	01:52.5	181	02:14.5	137	02:36.5	93	02:58.5	49	03:20.5	5
01:09.0	268	01:31.0	224	01:53.0	180	02:15.0	136	02:37.0	92	02:59.0	48	03:21.0	4
01:09.5	267	01:31.5	223	01:53.5	179	02:15.5	135	02:37.5	91	02:59.5	47	03:21.5	3
01:10.0	266	01:32.0	222	01:54.0	178	02:16.0	134	02:38.0	90	03:00.0	46	03:22.0	2
01:10.5	265	01:32.5	221	01:54.5	177	02:16.5	133	02:38.5	89	03:00.5	45	03:22.5	1
01:11.0	264	01:33.0	220	01:55.0	176	02:17.0	132	02:39.0	88	03:01.0	44	03:23.0	0
01:11.5	263	01:33.5	219	01:55.5	175	02:17.5	131	02:39.5	87	03:01.5	43		



## SWIMMING POINT TABLES

### Women: 60+ / 70+

min	pts	min	pts	min	pts	min	pts	min	pts	min	pts	min	pts
00:20.0	296	00:42.0	252	01:04.0	208	01:26.0	164	01:48.0	120	02:10.0	76	02:32.0	32
00:20.5	295	00:42.5	251	01:04.5	207	01:26.5	163	01:48.5	119	02:10.5	75	02:32.5	31
00:21.0	294	00:43.0	250	01:05.0	206	01:27.0	162	01:49.0	118	02:11.0	74	02:33.0	30
00:21.5	293	00:43.5	249	01:05.5	205	01:27.5	161	01:49.5	117	02:11.5	73	02:33.5	29
00:22.0	292	00:44.0	248	01:06.0	204	01:28.0	160	01:50.0	116	02:12.0	72	02:34.0	28
00:22.5	291	00:44.5	247	01:06.5	203	01:28.5	159	01:50.5	115	02:12.5	71	02:34.5	27
00:23.0	290	00:45.0	246	01:07.0	202	01:29.0	158	01:51.0	114	02:13.0	70	02:35.0	26
00:23.5	289	00:45.5	245	01:07.5	201	01:29.5	157	01:51.5	113	02:13.5	69	02:35.5	25
00:24.0	288	00:46.0	244	01:08.0	200	01:30.0	156	01:52.0	112	02:14.0	68	02:36.0	24
00:24.5	287	00:46.5	243	01:08.5	199	01:30.5	155	01:52.5	111	02:14.5	67	02:36.5	23
00:25.0	286	00:47.0	242	01:09.0	198	01:31.0	154	01:53.0	110	02:15.0	66	02:37.0	22
00:25.5	285	00:47.5	241	01:09.5	197	01:31.5	153	01:53.5	109	02:15.5	65	02:37.5	21
00:26.0	284	00:48.0	240	01:10.0	196	01:32.0	152	01:54.0	108	02:16.0	64	02:38.0	20
00:26.5	283	00:48.5	239	01:10.5	195	01:32.5	151	01:54.5	107	02:16.5	63	02:38.5	19
00:27.0	282	00:49.0	238	01:11.0	194	01:33.0	150	01:55.0	106	02:17.0	62	02:39.0	18
00:27.5	281	00:49.5	237	01:11.5	193	01:33.5	149	01:55.5	105	02:17.5	61	02:39.5	17
00:28.0	280	00:50.0	236	01:12.0	192	01:34.0	148	01:56.0	104	02:18.0	60	02:40.0	16
00:28.5	279	00:50.5	235	01:12.5	191	01:34.5	147	01:56.5	103	02:18.5	59	02:40.5	15
00:29.0	278	00:51.0	234	01:13.0	190	01:35.0	146	01:57.0	102	02:19.0	58	02:41.0	14
00:29.5	277	00:51.5	233	01:13.5	189	01:35.5	145	01:57.5	101	02:19.5	57	02:41.5	13
00:30.0	276	00:52.0	232	01:14.0	188	01:36.0	144	01:58.0	100	02:20.0	56	02:42.0	12
00:30.5	275	00:52.5	231	01:14.5	187	01:36.5	143	01:58.5	99	02:20.5	55	02:42.5	11
00:31.0	274	00:53.0	230	01:15.0	186	01:37.0	142	01:59.0	98	02:21.0	54	02:43.0	10
00:31.5	273	00:53.5	229	01:15.5	185	01:37.5	141	01:59.5	97	02:21.5	53	02:43.5	9
00:32.0	272	00:54.0	228	01:16.0	184	01:38.0	140	02:00.0	96	02:22.0	52	02:44.0	8
00:32.5	271	00:54.5	227	01:16.5	183	01:38.5	139	02:00.5	95	02:22.5	51	02:44.5	7
00:33.0	270	00:55.0	226	01:17.0	182	01:39.0	138	02:01.0	94	02:23.0	50	02:45.0	6
00:33.5	269	00:55.5	225	01:17.5	181	01:39.5	137	02:01.5	93	02:23.5	49	02:45.5	5
00:34.0	268	00:56.0	224	01:18.0	180	01:40.0	136	02:02.0	92	02:24.0	48	02:46.0	4
00:34.5	267	00:56.5	223	01:18.5	179	01:40.5	135	02:02.5	91	02:24.5	47	02:46.5	3
00:35.0	266	00:57.0	222	01:19.0	178	01:41.0	134	02:03.0	90	02:25.0	46	02:47.0	2
00:35.5	265	00:57.5	221	01:19.5	177	01:41.5	133	02:03.5	89	02:25.5	45	02:47.5	1
00:36.0	264	00:58.0	220	01:20.0	176	01:42.0	132	02:04.0	88	02:26.0	44	02:48.0	0
00:36.5	263	00:58.5	219	01:20.5	175	01:42.5	131	02:04.5	87	02:26.5	43		
00:37.0	262	00:59.0	218	01:21.0	174	01:43.0	130	02:05.0	86	02:27.0	42		
00:37.5	261	00:59.5	217	01:21.5	173	01:43.5	129	02:05.5	85	02:27.5	41		
00:38.0	260	01:00.0	216	01:22.0	172	01:44.0	128	02:06.0	84	02:28.0	40		
00:38.5	259	01:00.5	215	01:22.5	171	01:44.5	127	02:06.5	83	02:28.5	39		
00:39.0	258	01:01.0	214	01:23.0	170	01:45.0	126	02:07.0	82	02:29.0	38		
00:39.5	257	01:01.5	213	01:23.5	169	01:45.5	125	02:07.5	81	02:29.5	37		
00:40.0	256	01:02.0	212	01:24.0	168	01:46.0	124	02:08.0	80	02:30.0	36		
00:40.5	255	01:02.5	211	01:24.5	167	01:46.5	123	02:08.5	79	02:30.5	35		
00:41.0	254	01:03.0	210	01:25.0	166	01:47.0	122	02:09.0	78	02:31.0	34		
00:41.5	253	01:03.5	209	01:25.5	165	01:47.5	121	02:09.5	77	02:31.5	33		



SWIMMING POINT  
TABLES

Men: 60+ / 70+

min	pts	min	pts	min	pts	min	pts	min	pts	min	pts	min	pts
00:20.0	286	00:40.5	245	01:01.0	204	01:21.5	163	01:42.0	122	02:02.5	81	02:23.0	40
00:20.5	285	00:41.0	244	01:01.5	203	01:22.0	162	01:42.5	121	02:03.0	80	02:23.5	39
00:21.0	284	00:41.5	243	01:02.0	202	01:22.5	161	01:43.0	120	02:03.5	79	02:24.0	38
00:21.5	283	00:42.0	242	01:02.5	201	01:23.0	160	01:43.5	119	02:04.0	78	02:24.5	37
00:22.0	282	00:42.5	241	01:03.0	200	01:23.5	159	01:44.0	118	02:04.5	77	02:25.0	36
00:22.5	281	00:43.0	240	01:03.5	199	01:24.0	158	01:44.5	117	02:05.0	76	02:25.5	35
00:23.0	280	00:43.5	239	01:04.0	198	01:24.5	157	01:45.0	116	02:05.5	75	02:26.0	34
00:23.5	279	00:44.0	238	01:04.5	197	01:25.0	156	01:45.5	115	02:06.0	74	02:26.5	33
00:24.0	278	00:44.5	237	01:05.0	196	01:25.5	155	01:46.0	114	02:06.5	73	02:27.0	32
00:24.5	277	00:45.0	236	01:05.5	195	01:26.0	154	01:46.5	113	02:07.0	72	02:27.5	31
00:25.0	276	00:45.5	235	01:06.0	194	01:26.5	153	01:47.0	112	02:07.5	71	02:28.0	30
00:25.5	275	00:46.0	234	01:06.5	193	01:27.0	152	01:47.5	111	02:08.0	70	02:28.5	29
00:26.0	274	00:46.5	233	01:07.0	192	01:27.5	151	01:48.0	110	02:08.5	69	02:29.0	28
00:26.5	273	00:47.0	232	01:07.5	191	01:28.0	150	01:48.5	109	02:09.0	68	02:29.5	27
00:27.0	272	00:47.5	231	01:08.0	190	01:28.5	149	01:49.0	108	02:09.5	67	02:30.0	26
00:27.5	271	00:48.0	230	01:08.5	189	01:29.0	148	01:49.5	107	02:10.0	66	02:30.5	25
00:28.0	270	00:48.5	229	01:09.0	188	01:29.5	147	01:50.0	106	02:10.5	65	02:31.0	24
00:28.5	269	00:49.0	228	01:09.5	187	01:30.0	146	01:50.5	105	02:11.0	64	02:31.5	23
00:29.0	268	00:49.5	227	01:10.0	186	01:30.5	145	01:51.0	104	02:11.5	63	02:32.0	22
00:29.5	267	00:50.0	226	01:10.5	185	01:31.0	144	01:51.5	103	02:12.0	62	02:32.5	21
00:30.0	266	00:50.5	225	01:11.0	184	01:31.5	143	01:52.0	102	02:12.5	61	02:33.0	20
00:30.5	265	00:51.0	224	01:11.5	183	01:32.0	142	01:52.5	101	02:13.0	60	02:33.5	19
00:31.0	264	00:51.5	223	01:12.0	182	01:32.5	141	01:53.0	100	02:13.5	59	02:34.0	18
00:31.5	263	00:52.0	222	01:12.5	181	01:33.0	140	01:53.5	99	02:14.0	58	02:34.5	17
00:32.0	262	00:52.5	221	01:13.0	180	01:33.5	139	01:54.0	98	02:14.5	57	02:35.0	16
00:32.5	261	00:53.0	220	01:13.5	179	01:34.0	138	01:54.5	97	02:15.0	56	02:35.5	15
00:33.0	260	00:53.5	219	01:14.0	178	01:34.5	137	01:55.0	96	02:15.5	55	02:36.0	14
00:33.5	259	00:54.0	218	01:14.5	177	01:35.0	136	01:55.5	95	02:16.0	54	02:36.5	13
00:34.0	258	00:54.5	217	01:15.0	176	01:35.5	135	01:56.0	94	02:16.5	53	02:37.0	12
00:34.5	257	00:55.0	216	01:15.5	175	01:36.0	134	01:56.5	93	02:17.0	52	02:37.5	11
00:35.0	256	00:55.5	215	01:16.0	174	01:36.5	133	01:57.0	92	02:17.5	51	02:38.0	10
00:35.5	255	00:56.0	214	01:16.5	173	01:37.0	132	01:57.5	91	02:18.0	50	02:38.5	9
00:36.0	254	00:56.5	213	01:17.0	172	01:37.5	131	01:58.0	90	02:18.5	49	02:39.0	8
00:36.5	253	00:57.0	212	01:17.5	171	01:38.0	130	01:58.5	89	02:19.0	48	02:39.5	7
00:37.0	252	00:57.5	211	01:18.0	170	01:38.5	129	01:59.0	88	02:19.5	47	02:40.0	6
00:37.5	251	00:58.0	210	01:18.5	169	01:39.0	128	01:59.5	87	02:20.0	46	02:40.5	5
00:38.0	250	00:58.5	209	01:19.0	168	01:39.5	127	02:00.0	86	02:20.5	45	02:41.0	4
00:38.5	249	00:59.0	208	01:19.5	167	01:40.0	126	02:00.5	85	02:21.0	44	02:41.5	3
00:39.0	248	00:59.5	207	01:20.0	166	01:40.5	125	02:01.0	84	02:21.5	43	02:42.0	2
00:39.5	247	01:00.0	206	01:20.5	165	01:41.0	124	02:01.5	83	02:22.0	42	02:42.5	1
00:40.0	246	01:00.5	205	01:21.0	164	01:41.5	123	02:02.0	82	02:22.5	41	02:43.0	0



# LASER RUN POINT TABLES

## Individual Men/Women: 30+ / 40+ / 50+

time	pts	time	pts	time	pts	time	pts	time	pts	time	pts
09:50	600	10:30	560	11:10	520	11:50	480	12:30	440	13:10	400
09:51	599	10:31	559	11:11	519	11:51	479	12:31	439	13:11	399
09:52	598	10:32	558	11:12	518	11:52	478	12:32	438	13:12	398
09:53	597	10:33	557	11:13	517	11:53	477	12:33	437	13:13	397
09:54	596	10:34	556	11:14	516	11:54	476	12:34	436	13:14	396
09:55	595	10:35	555	11:15	515	11:55	475	12:35	435	13:15	395
09:56	594	10:36	554	11:16	514	11:56	474	12:36	434	13:16	394
09:57	593	10:37	553	11:17	513	11:57	473	12:37	433	13:17	393
09:58	592	10:38	552	11:18	512	11:58	472	12:38	432	13:18	392
09:59	591	10:39	551	11:19	511	11:59	471	12:39	431	13:19	391
10:00	590	10:40	550	11:20	510	12:00	470	12:40	430	13:20	390
10:01	589	10:41	549	11:21	509	12:01	469	12:41	429	13:21	389
10:02	588	10:42	548	11:22	508	12:02	468	12:42	428	13:22	388
10:03	587	10:43	547	11:23	507	12:03	467	12:43	427	13:23	387
10:04	586	10:44	546	11:24	506	12:04	466	12:44	426	13:24	386
10:05	585	10:45	545	11:25	505	12:05	465	12:45	425	13:25	385
10:06	584	10:46	544	11:26	504	12:06	464	12:46	424	13:26	384
10:07	583	10:47	543	11:27	503	12:07	463	12:47	423	13:27	383
10:08	582	10:48	542	11:28	502	12:08	462	12:48	422	13:28	382
10:09	581	10:49	541	11:29	501	12:09	461	12:49	421	13:29	381
10:10	580	10:50	540	11:30	500	12:10	460	12:50	420	13:30	380
10:11	579	10:51	539	11:31	499	12:11	459	12:51	419	13:31	379
10:12	578	10:52	538	11:32	498	12:12	458	12:52	418	13:32	378
10:13	577	10:53	537	11:33	497	12:13	457	12:53	417	13:33	377
10:14	576	10:54	536	11:34	496	12:14	456	12:54	416	13:34	376
10:15	575	10:55	535	11:35	495	12:15	455	12:55	415	13:35	375
10:16	574	10:56	534	11:36	494	12:16	454	12:56	414	13:36	374
10:17	573	10:57	533	11:37	493	12:17	453	12:57	413	13:37	373
10:18	572	10:58	532	11:38	492	12:18	452	12:58	412	13:38	372
10:19	571	10:59	531	11:39	491	12:19	451	12:59	411	13:39	371
10:20	570	11:00	530	11:40	490	12:20	450	13:00	410	13:40	370
10:21	569	11:01	529	11:41	489	12:21	449	13:01	409	13:41	369
10:22	568	11:02	528	11:42	488	12:22	448	13:02	408	13:42	368
10:23	567	11:03	527	11:43	487	12:23	447	13:03	407	13:43	367
10:24	566	11:04	526	11:44	486	12:24	446	13:04	406	13:44	366
10:25	565	11:05	525	11:45	485	12:25	445	13:05	405	13:45	365
10:26	564	11:06	524	11:46	484	12:26	444	13:06	404	13:46	364
10:27	563	11:07	523	11:47	483	12:27	443	13:07	403	13:47	363
10:28	562	11:08	522	11:48	482	12:28	442	13:08	402	13:48	362
10:29	561	11:09	521	11:49	481	12:29	441	13:09	401	13:49	361

**LASER RUN POINT  
TABLES**

**Individual Men/Women: 60+ / 70+**

time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts
05:00	620	05:40	580	06:20	540	07:00	500	07:40	460	08:20	420	09:00	380
05:01	619	05:41	579	06:21	539	07:01	499	07:41	459	08:21	419	09:01	379
05:02	618	05:42	578	06:22	538	07:02	498	07:42	458	08:22	418	09:02	378
05:03	617	05:43	577	06:23	537	07:03	497	07:43	457	08:23	417	09:03	377
05:04	616	05:44	576	06:24	536	07:04	496	07:44	456	08:24	416	09:04	376
05:05	615	05:45	575	06:25	535	07:05	495	07:45	455	08:25	415	09:05	375
05:06	614	05:46	574	06:26	534	07:06	494	07:46	454	08:26	414	09:06	374
05:07	613	05:47	573	06:27	533	07:07	493	07:47	453	08:27	413	09:07	373
05:08	612	05:48	572	06:28	532	07:08	492	07:48	452	08:28	412	09:08	372
05:09	611	05:49	571	06:29	531	07:09	491	07:49	451	08:29	411	09:09	371
05:10	610	05:50	570	06:30	530	07:10	490	07:50	450	08:30	410	09:10	370
05:11	609	05:51	569	06:31	529	07:11	489	07:51	449	08:31	409	09:11	369
05:12	608	05:52	568	06:32	528	07:12	488	07:52	448	08:32	408	09:12	368
05:13	607	05:53	567	06:33	527	07:13	487	07:53	447	08:33	407	09:13	367
05:14	606	05:54	566	06:34	526	07:14	486	07:54	446	08:34	406	09:14	366
05:15	605	05:55	565	06:35	525	07:15	485	07:55	445	08:35	405	09:15	365
05:16	604	05:56	564	06:36	524	07:16	484	07:56	444	08:36	404	09:16	364
05:17	603	05:57	563	06:37	523	07:17	483	07:57	443	08:37	403	09:17	363
05:18	602	05:58	562	06:38	522	07:18	482	07:58	442	08:38	402	09:18	362
05:19	601	05:59	561	06:39	521	07:19	481	07:59	441	08:39	401	09:19	361
05:20	600	06:00	560	06:40	520	07:20	480	08:00	440	08:40	400	09:20	360
05:21	599	06:01	559	06:41	519	07:21	479	08:01	439	08:41	399	09:21	359
05:22	598	06:02	558	06:42	518	07:22	478	08:02	438	08:42	398	09:22	358
05:23	597	06:03	557	06:43	517	07:23	477	08:03	437	08:43	397	09:23	357
05:24	596	06:04	556	06:44	516	07:24	476	08:04	436	08:44	396	09:24	356
05:25	595	06:05	555	06:45	515	07:25	475	08:05	435	08:45	395	09:25	355
05:26	594	06:06	554	06:46	514	07:26	474	08:06	434	08:46	394	09:26	354
05:27	593	06:07	553	06:47	513	07:27	473	08:07	433	08:47	393	09:27	353
05:28	592	06:08	552	06:48	512	07:28	472	08:08	432	08:48	392	09:28	352
05:29	591	06:09	551	06:49	511	07:29	471	08:09	431	08:49	391	09:29	351
05:30	590	06:10	550	06:50	510	07:30	470	08:10	430	08:50	390	09:30	350
05:31	589	06:11	549	06:51	509	07:31	469	08:11	429	08:51	389	09:31	349
05:32	588	06:12	548	06:52	508	07:32	468	08:12	428	08:52	388	09:32	348
05:33	587	06:13	547	06:53	507	07:33	467	08:13	427	08:53	387	09:33	347
05:34	586	06:14	546	06:54	506	07:34	466	08:14	426	08:54	386	09:34	346
05:35	585	06:15	545	06:55	505	07:35	465	08:15	425	08:55	385	09:35	345
05:36	584	06:16	544	06:56	504	07:36	464	08:16	424	08:56	384	09:36	344
05:37	583	06:17	543	06:57	503	07:37	463	08:17	423	08:57	383	09:37	343
05:38	582	06:18	542	06:58	502	07:38	462	08:18	422	08:58	382	09:38	342
05:39	581	06:19	541	06:59	501	07:39	461	08:19	421	08:59	381	09:39	341





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**UNION INTERNATIONALE DE PENTATHLON MODERNE**

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