



## INVITATION LETTER

Dear Friends,

The ECMP – European Confederation of Modern Pentathlon, together with the Portuguese Modern Pentathlon Federation (FPPM), have the pleasure of inviting a delegation of your country to participate in the **U15 & U19 EUROPEAN CHAMPIONSHIPS** to be held in Caldas da Rainha, Portugal, from 6<sup>th</sup> until 13<sup>th</sup> September 2026, according to the following programme:

European Championships in Caldas da Rainha			
Date	Day	U15	U19
6 Sept	Sunday	Arrival of delegations	Arrival of delegations
7 Sept	Monday	Arrival of delegations	Arrival of delegations, Technical Meeting
8 Sept	Tuesday	Arrival of delegations, Technical Meeting	Men & Women Relay (FRR, OD, SWIM, LR)
9 Sept	Wednesday	Women's Qualification (OD, SWIM, LR)	Men's Qualification (FRR, OD, SWIM, LR)
10 Sept	Thursday	Men's Qualification (OD, SWIM, LR)	Women's Qualification (FRR, OD, SWIM, LR)
11 Sept	Friday	Women's & Men's Finals (OD, SWIM, LR)	Men's Finals (FRR, OD, SWIM, LR)
12 Sept	Saturday	Women's & Men's Relay (OD, SWIM, LR)	Women's Finals (FRR, OD, SWIM, LR)
13 Sept	Sunday	Mixed Relay (OD, SWIM, LR)	Mixed Relay (FRR, OD, SWIM, LR)
14 Sep	Monday	Departure day	Departure day

**Important Note:** Detailed time schedule will be provided after the registration closure.

### Competition

**Participants:** For **Category U19** male and female athletes, born on January 1, 2008 (U19) and younger can participate in the following programme: fencing, obstacle discipline, 100 m. swimming, 3000 m laser run. For **Category U15** male and female athletes, born January 1, 2012 (U15) and younger can participate in the following programme: obstacle discipline, 100 m. swimming, 1800m laser run.

**Registration:** For **Category U19** every NF has the right to enter 8 athletes per gender, for **Category U15** the number of registrations is unlimited.

### Rules

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

- **Swimming:** 25m indoor swimming pool / 8 lanes
- **Fencing:** 9 + 1 pistes indoor. Masks with new fitting system (UIPM Technical newsletter 2018/1) and FIE maraging blades required.
- **Laser Run:** shooting range (ECOAIMS) 36 main targets plus 2 reserves.  
Running course: asphalt/hard surface (600m lap)
- **Obstacle discipline:** Straight line indoor:



### **COMPETITION VENUE & TECHNICAL MEETINGS & LOC OFFICE**

Main Competition Venue is located at EXPOESTE pavilion.  
Address: R. Infante Dom Henrique 2, 2500-918 Caldas da Rainha  
Web: <http://www.expoeste.com.pt/>

### **VENUES:**

**Swimming:** Piscina Municipal de Caldas da Rainha  
**Fencing:** C.A.R. Caldas da Rainha  
**Obstacles and Laser Run:** EXPOESTE

### **COMPETITION TRAINING PERIODS AND TRAINING CAMPS AVAILABLE**

Training Camp before the competition will be available, please contact LOC and/or see **International Youth Training Camp Invitation Letter**.

During the competition, the timetable will be available two (2) weeks prior the event start.

### **ACCOMMODATION**

All reservations will be on first come first serve basis. Teams will be accommodated according to the following options.

- **Sana Silver Coast Hotel 4\***  
Av.<sup>a</sup> Dr.<sup>o</sup> Manuel Figueira Freire da Câmara 2500 - 184 Caldas da Rainha  
Tef. : +351 262 000 600
- **Hotel Cristal Caldas 3\***  
R. António Sérgio, n.<sup>o</sup> 31 2500 – 130 Caldas da Rainha  
Tef. : +351 262 840 260

Please note that the Technical Meeting, Accreditation Office, and LOC Office will be at **EXPOESTE**.

### **WARNING**

***Should a minor athlete be in need to share the hotel accommodation with another adult athlete (18+) or with an accompanying adult (e.g., Coach) it is required for such arrangement to be supported by the prior written consent of the parents/legal guardian of each of the minors. Providing the requested written consent is a must for checking in the competition hotel.***

### **TRANSPORTATION**

Transportation from Lisbon International Airport to the official hotel and the return journey is only guaranteed if the arrival information is provided in good time and prior to the deadline.

**Important Remark:** Extra shuttle fee: **40 €/person** – minimum 3 people (if not on Arrival Days – (6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> September and Departure Day - 14<sup>th</sup> September). Transportation from the official hotel to the venues will be provided according to the competition timetable.

### **FINANCIAL CONDITIONS**

For all delegations (athletes, coaches, officials, supporters) booking a full board package price are as follows:



HOTEL	Costs/night/person Before 30 June 2026	Costs/night/person After 1 July 2026
Single Room 4 Stars Hotel *	170 €	180 €
Single Room 3 Stars Hotel *	140 €	150 €
Twin/Double/Triple Room 4 Stars Hotel	140 €	150 €
Twin / Double/Triple Room 3 Stars Hotel	120 €	130 €

**\*Important Remark - Single rooms are limited.**

Each price includes Full-Board Accommodation Breakfast (open Buffet), Lunch (lunch packets), Dinner, Shuttle from/to Lisbon International Airport. Delegations who wish to arrange their own accommodation must pay an accreditation fee per participant (athlete, coach, guest or official) to the LOC. The amount of Accreditation fee is set at 50 € per day per person with a minimum payment of 3 days (150 €). In this case, we will provide lunch packets for the competition days.

**The check out hour is at 11:00am.** If the participants/delegates wish to stay more time then they must pay an additional fee for accommodation and/or meal.

**ATTENTION! All extra costs for bank transfers must be paid by the national federations. Otherwise, the amount will be invoiced afterward.** All the payments should be done by bank transfer to the below account, paying cash upon arrival is not accepted. Please contact the LOC for more details.

**Please instruct your accountant to pay the deposit (30%) to this account:**

#### **Bank Account Details**

Name of bank: Caixa Geral de Depósitos  
Beneficiary Name: Federação Portuguesa do Pentatlo Moderno  
SWIFT code: CGDIPTPL  
IBAN (For Euro): PT50 0035 034400006261930 16

#### **ENTRIES DEADLINES**

**Entry A by June 10<sup>th</sup>** (Entry form send back to [fppm.geral@gmail.com](mailto:fppm.geral@gmail.com) )

**Entry B FINAL by July 28, 2026** (Entry form send back to [fppm.geral@gmail.com](mailto:fppm.geral@gmail.com) )

If you do not complete the information required prior to the deadline or we do not receive your delegation's deposit payment, we will assume that your delegation is not participating.

At the same time when the Entry B FINAL Form is sent (**before July 28<sup>th</sup>**) all NFs must send to the LOC by electronic bank transfer the remaining 70% of the total amount of the accommodation invoice.

If on arrival for the competition, the team has fewer athletes and/or officials than listed on their Final Entry Form and without informing the 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.



### **Athletes Licenses & Insurance**

Athletes are only allowed to participate in UIPM sanctioned events if they are in 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.

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 PORTUGAL 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.

### **GENERAL INFORMATION**

All athletes are kindly requested to wear their official national uniform at the competition. Please also bring a track/record of your anthem and a national flag (120 x 80 cm).

Expected Weather conditions: 20° Min. / 28° Max. Celsius in September

Voltage: 230 V

### **LOC CONTACT DETAILS**

Please directly contact the LOC for any inquiries or questions you may have.

### **PORTUGUESE MODERN PENTATHLON FEDERATION:**

Federação Portuguesa do Pentatlo Moderno

Portuguese Modern Pentathlon Federation

Rua 15 de Agosto 8B, 2500 - 801 Caldas da Rainha

Contribuinte/Taxpayer 501 638 725

Mobile: (+351) 914 833 482 (MANUEL BARROSO)

Email: [fppm.geral@gmail.com](mailto:fppm.geral@gmail.com)

Event website: [U15 U19 European Championships 2026](http://U15 U19 European Championships 2026)

**We look forward to seeing you in Caldas da Rainha!**

**Tatiana Ardabyeva**  
President

European Confederation of Modern Pentathlon

Federação Portuguesa do Pentatlo Moderno  
UTILIDADE PÚBLICA DESPORTIVA  
Rua 15 de Agosto Nº8 - B  
2500 - 801 Caldas da Rainha  
C.Nº 501 638 725

**João Paulo de Almeida**  
President

Portuguese Modern Pentathlon Federation