



- ★ show jumping
- 🏇 450 m course
- H 12 obstacles

PENALTIES (in points):

- Knock down -7
- Refusal -10
- Time -1 per second

RIDING

In the Riding event, athletes have to complete a show jumping course that is between 400 and 450 metres including 12 obstacles and **15 jumps**, in a set time.

A clear round within the time allowed is worth **300 points**. Competitors lose 7 points for each jump they knock down and 10 points for a refusal to jump or a fall, which is equivalent to a 10-second handicap in the final Laser Run.

They also lose one point for each second they take over the allowed time.



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latifa&lesjambes - Photo: UIPM

1 Sport 5 Disciplines



World Pentathlon UIPM



HISTORY

A pentathlon is a contest featuring five disciplines. The name is derived from Greek: combining the words **PENTA** (five) and **ATHLON** (competition). The first pentathlon was documented in Ancient Greece and was part of the Ancient Olympic Games.

The Modern Pentathlon was invented by Pierre de Coubertin (father of the Modern Olympics), with competitions in **swimming, fencing, riding, shooting and running**.

A prominent aspect of Modern Pentathlon is the point system, whereby each competitor is awarded a certain number of points based on their performance in each specific event. The overall winner is the competitor with the highest point total at the end of the five pentathlon events.

www.pentathlon.org

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200 m freestyle race



The Swimming event is a 200m freestyle race. The heats are seeded according to each swimmer's personal best time, with the fastest swimmers competing in the final heat.

A time of 2min 30sec is worth **250 points** and one point is added to an athlete's score for each 0.5sec they can swim faster than this time. Similarly, one point is deducted from an athlete's score for each 0.5sec exceeding 2:30.00.



2min 30sec = 250 points

+/- 1 point per 0,5 sec. faster or slower



SWIMMING

2



Épée
★ ranking
round
competition
🕒 1 min

The majority of points are gained in the **Ranking Round**, where athletes fence against each of their rivals in bouts that last up to a minute. Just one hit is needed to win. If neither fencer has scored a hit after 60 seconds they both register a defeat.

An athlete who wins 70% of their 35 bouts scores 250 points, with victory or defeat above or below is worth 6 points.

In addition, there is a **Bonus Round**, which allows pentathletes to gain extra points by competing in an elimination format on a single outdoor piste in front of the crowd at the main competition venue.

The athletes are placed according to their position from the Ranking Round. They fence in reverse order, with the last-placed athlete going first against the next-placed athlete.



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SHOOTING

The competitor who has amassed the most points in Swimming, Fencing and Riding starts the Laser Run first, with the rest of the field subject to a **1sec handicap** for each point by which they trail the leader. For example, if the leader has 800 points and the second-placed athlete has 792, the handicap is 8sec. The first person to cross the finish line wins overall gold.

laser
pistol
10 m
distance
4
series
clearing 5
times the targets



LASER RUN

○ 4
laps
🏃 800 m
course



5



The climax of the Modern Pentathlon is the ultimate test of nerve and stamina. Athletes visit a range four times and shoot with a laser pistol at an electronic target. They must score five hits before embarking on the run, which consists of four **800m circuits**. If athletes take longer than **50sec** to hit their five targets, they may continue but any hopes of a medal will have gone.

RUNNING