



Limassol, Tuesday, August 6, 2013

To All National Federations

## 2013 UIPM Biathlon & Triathlon World Championships

Dear Friends,

The CYPRUS Modern Pentathlon Biathlon Federation has the great pleasure to invite a delegation of Your Country to participate in the above mentioned competitions that will be held in Limassol (CYPRUS) on October 5 & 6 2013.

Official Webpage: <http://www.biathle-triathle2013.org>

### Competition Schedule:

<b>Thursday, October 3, 2013</b>	<ul style="list-style-type: none"> <li>▪ Arrival of Delegations</li> </ul>
<b>Friday, October 4, 2013</b>	<ul style="list-style-type: none"> <li>▪ Arrival of Delegations</li> <li>▪ Accreditation Procedures</li> <li>▪ Technical Meeting for team managers (race briefing for both competitions)</li> <li>▪ Pasta Party (included in entry fee)</li> </ul>
<b>Saturday, October 5, 2013</b>	<ul style="list-style-type: none"> <li>▪ Biathlon Competition Day</li> </ul>
<b>Sunday, October 6, 2013</b>	<ul style="list-style-type: none"> <li>▪ Triathlon Competition Day</li> <li>▪ Gala Dinner Party (not included in entry fee) &amp; Prize giving ceremony</li> </ul>
<b>Monday, October 7, 2013</b>	<ul style="list-style-type: none"> <li>▪ Departure of Delegations</li> </ul>

## REGISTRATION

Attached, you will find the official Biathlon & Triathlon World Championships Entry Forms. Delegations are allowed to enter with unlimited number of athletes.

### **Deadlines:**

1. Please complete the **PRELIMINARY Form (A)** and return it by fax or e-mail by **August 16, 2013**
2. Please complete **FINAL Form (B)** and return it by fax or e-mail by **September 5, 2013**

The competition will be carried out according to the UIPM Rules.  
Please check out the Biathlon & Triathlon Rules at [www.pentathlon.org](http://www.pentathlon.org)



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### CATEGORIES AND DISTANCES FOR BIATHLE

GROUP	SEX	AGE	Running	Swimming	Running	Year of Birth
Youth E	M & F	10 and under	500m	50m	500m	2003 and younger
Youth D	M & F	11-12	500m	50m	500m	2001-2002
Youth C	M & F	13-14	500m	100m	500m	1999-2000
Youth B	M & F	15-16	1000m	200m	1000m	1997-1998
Youth A	M & F	17-18	1500m	200m	1500m	1995-1996
Juniors	M & F	19-21	1500m	200m	1500m	1992-1993-1994
Seniors	M & F	22 and over	1500m	200m	1500m	1974-1991
Masters A	M & F	40-49	1000m	100m	1000m	1964-1973
Masters B	M & F	50-59	1000m	100m	1000m	1954-1963
Masters C	M & F	60-69	1000m	100m	1000m	1944-1953
Masters D	M & F	70 and over	1000m	100m	1000m	1943 and older

### CATEGORIES AND DISTANCES FOR TRIATHLE

The **age groups** are as follows:

10 and younger:	Under 11 (YE)
11 – 12 years:	Under 13 (YD)
13 – 14 years:	Under 15 (YC)
15 – 16 years:	Under 17 (YB)
17 – 18 years:	Under 19 (YA)
19 – 21 years:	Junior
22 and over:	Senior
40 – 49 years:	Master A
50 – 59 years:	Master B
60 and above	Master C

Individual

Groups	Shoot	Swim	Run
Under 11 – YE Under 13 - YD	1 series	50m	400m
Under 15 – YC Master C	2 series	2 x 50m	2 x 400m
Under 17 – YB Master B	3 series	3 x 50m	3 x 800m
Under 19 - YA Junior, Senior Master A	4 series	4 x 50m	4 x 800m



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## COMPETITION CLOTHING FOR BIATHLE

The competition begins with a pack start, in which all competitors gather at the starting line. The firing of a start gun commences the race. In case of false start, a second start will be given. In case of a second false start, the respective athlete's start number will be called and the athlete will be penalized with 10 second on the starting line.

Due to the run & swim format of the race, biathletes are required to compete wearing clothes that are tight fitting, yet comfortable during both running and swimming. Women should wear one or two pieces of clothing suitable for the entire race (swim suit or sports bra). We ask that male competitors wear a tight fitting shirt "bolero" (lycra t-shirt) to be worn while swimming and running. All biathletes must wear vests identifying their nation.

### NOTES

1. **Running shoes MUST be worn during the running portion of the competition and must be removed for the swimming portion of the race.**
2. **Running shoes must not be worn in the swim, but must be worn for both runs.**

## COMPETITION CLOTHING FOR TRIATHLE

The competition begins with a Pack Start, up to 25m from the shooting station in which all competitors gather at the starting line. The firing of a start gun commences the race. In case of false start, a second start will be given. In case of a second false start, the respective athlete's start number will be called and the athlete will be penalized with 10 second on the starting line.

- **Shooting** – 5 green lights with laser target and pistols
- **Swimming**
- **Transition Areas** In Triathlon transition area will be with numbered boxes put in place before the running segment
- **Running**
- Number of sequences SHO-SWI-RUN according to the category table
- Finish Line

Due to the shoot, swim & run format of the race, triathletes are required to compete wearing clothes that are tight fitting, yet comfortable for all 3 events.

- Women should wear one or two pieces of clothing suitable for the entire race (swim suit or sports bra)



- Men should wear a tight fitting shirt "bolero" (lycra t-shirt) while swimming and running
- All athletes must wear vests identifying their nation.

#### **NOTE**

Running shoes **MUST be worn** during the Shooting & Running legs and **MUST be removed** for the Swimming leg of the race.

#### **START NUMBERS**

Traditional start number bibs or painted waterproof tattoos may be used during the competition.

#### **Form of Competition in each category and gender:**

1. Individual - Gold, Silver and Bronze medals will be given in each individual category. The fastest time will be declared the winner.
2. Team event competition - Teams of 3 are formed by comprising the highest placed 3 biathletes & triathletes from the same Nation in each category and will have their times added together. The fastest time will be declared the winner.

#### **Biathletes, Triathletes & Coaches Fees**

Each competitor and Coach must pay a Fee of:

- €70 (Entry Fee, Accreditation, Pasta Party) for biathletes only
- €70 (Entry Fee, Accreditation, Pasta Party) for triathletes only
- €100 (Entry Fee, Accreditation, Pasta Party) for athletes competing in **both** biathlon & triathlon
- €70 (Entry Fee, Accreditation, Pasta Party) Coaches (one off payment)

#### **Additional Fees for Competitors/Coaches/Friends/Guests/Family Members**

- €50, Gala Dinner

#### **Additional Fees for Friends/Guests/Family Members**

- €40, Pasta Party



## ACCOMMODATION

For your convenience, the Local Organizing Committee (LOC) has reserved hotel rooms at various hotels in Limassol area. You may refer to the FINAL Form in order to book your accommodation. ***In order to guarantee your reservation/s, a 50% deposit is required upon submission of your Form B (FINAL). Full payment is to be settled by the 20th of September. A 'first come first served' basis will apply.***

## ENTRY FORMS

We would appreciate early confirmation of your intention to participate or not and submit this as Entry Form A.

## ENTRY FORMS DEADLINES

- Form A (PRELIMINARY) by **August 16, 2013.**
- Form B (FINAL) by **September 5, 2013.**

***If we do not receive your Final Entry Form B prior to the deadline and we do not receive your Delegation's payment together with your submission, then we will consider your delegation as non-participating.***

## ENTRY VISAS

Visiting nations should confirm visa requirements for entry into Cyprus prior to 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 please contact your nearest Cyprus Embassy or Consulate. EU citizens are obviously exempt.

## INSURANCE

The organizers will not accept any financial or other form of responsibility for damages, loss, injury, illness or death of any participant or Delegation member. **All members of the attending delegations must insure themselves** by a sufficient health, accident and liability insurance. By submitting the entry form to the Cyprus Modern Pentathlon Biathlon Federation, you confirm that all persons named on the entry forms are covered by such an insurance and that all athletes are fit to take part at the Biathlon & Triathlon World Championships 2013.



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### GENERAL INFORMATION

- All athletes are kindly requested to wear their official national uniform at the competition.
- All Nations are also requested to bring their own CD with your national anthem and a national flag of the same size ratio 2:3

### OFFICIAL TRAVEL AGENT

#### TOP KINISIS TRAVEL PUBLIC LTD

Nicosia, Cyprus

Tel: +357 22713780

Email: [synedrio@topkinisis.com](mailto:synedrio@topkinisis.com) Website: [www.topkinisis.com](http://www.topkinisis.com), [www.taxidiamprosta.com](http://www.taxidiamprosta.com)

### BANK DETAILS (for transfer)

Name of the Bank: BANK OF CYPRUS

Address: Bank of Cyprus, Corporate Service Center Nicosia  
P.O.Box 21472, 1599 Lefkosia (Nicosia), CYPRUS

Account number: 0199-40-000249

Beneficiary Name / Account Name: Top Kinisis Travel Public Ltd

Swift: BCYPCY2N

IBAN: CY02 0020 0199 0000 0040 0002 4948

### DISTANCES

#### DISTANCES

- From Larnaca International Airport to competition area (Limassol) – 56km (40' drive)
- From Paphos International Airport to competition area (Limassol) – 70km (50' drive)
- Distance from hotels to competition area = from 50mt to 2km (5' walk to 15' drive)

#### NOTE

Cyprus is easily accessible as it is linked with numerous direct and connecting flights with all the main European cities, Middle East, Africa and Asian countries. The **legal ports of entry** into the Republic of Cyprus are the airports of Larnaca and Paphos which are situated in the area under the effective control of the Government of the Republic of Cyprus.



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### LIMASSOL WEATHER – OCTOBER

Average Max Temperature **29°C** - Average Min Temperature **18°C** - Water Temperature **25.2C°**

We look forward to see you all in Limassol, Cyprus, for the Biathlon & Triathlon World Championships 2013!

Best regards,



**General Charalambos Loffas**  
**President of Cyprus Modern Pentathlon Biathlon Federation**