

PROGRAMME

XLVII NORDIC MILITARY CHAMPIONSHIP AND EUROPEAN CUP 2008 IN MILITARY PENTATHLON

HOLSTEBRO, DENMARK
23rd - 28th June 2008



JUTLAND DRAGOON REGIMENT
HOLSTEBRO BARRACKS

Welcome

As Commandant Holstebro Garrison I would like to welcome you all to the Nordic Military Championship and European Cup in Military Pentathlon 2008.

The Championship will be carried out within and in the vicinity of the Barracks of Jutland Dragoon Regiment and I sincerely hope that the participants as well as their managers will find the settings satisfactory and afterwards will be able to look back at this stay in Holstebro with much joy.

It is the goal of Jutland Dragoon Regiment that this Championship will be conducted in a fair and friendly way and in the spirit of good sportsmanship, which I hope everyone will contribute to.



Military pentathlon is according to my opinion the most superb competition within the military sports, because this competition reflects the military skills as shooting, overcome obstacles, swimming, throwing and running. The pentathlete must be able to carry out all the skills and to finish as winner of the competition it is necessary to be amongst the best in all five disciplines. The winner is the most complete athlete.

I wish all the participants from the Nordic countries and from Austria, Belarus, Belgium, Czech Republic, Estonia, Germany, Italy, Latvia, Poland, Slovenia, Switzerland and The Netherlands good luck at the competitions and may it be in a spirit of fair sportsmanship.

With these words in mind I will, once again, give you all my warmest welcome to Holstebro Barracks.

Best regards

K. Mosgaard

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Presidium

General Kurt Ebbe Rosgaard, Special representative for Chief of Defence, Denmark
Colonel Kurt Mosgaard, Commandant of Holstebro Barracks
Lt. Colonel Kim Kristensen, Chief Centre for Physical Training and Education
Mr. Arne Lægaard, Mayor of Holstebro town

Organization

Chief of the Organisation Committee	Warrant Officer 1	Preben Hein
Chief of the Competition	2. Sergeant	Gitte T.V. Nielsen
Chief of the INFO-office	Lance Corporal	Mette Bach
Chief of the Time Control & Computing	Civilian	Frank Damgaard
Chief of the Press	Lance Corporal	Tommy Bruhn
Speaker	Civilian	Hans C. Lauritzen

Technical Jury

Chairman	Major Nils Nykjær, Denmark
Member	Finland
Member	Norway
Member	Sweden
Member	1 or 2 from non Nordic country

Programme

DATE / TIME	ACTIVITY	PLACE
<u>Mon 23rd of June</u>		
1200 - 1800	Arrival of the Missions	INFO-office
1800 - 2000	Dinner	Dinning hall
2000 - 2100	Preliminary meeting	Auditorium N, building 26
<u>Tue 24th of June</u>		
0800 - 1700	Training	At the disciplines
1830 - 1900	Opening ceremony	Sports area/Uniform
1900 - 2030	Dinner	Dinning hall
<u>Wed 25th of June</u>		
0800 - 1400	Shooting	Ulfborg Shooting Centre
1600 - 2030	Obstacle run	Obstacle course
<u>Thu 26th of June</u>		
0800 - 1130	Obstacle swimming	Holstebro Swimming Centre
1400 - 2030	Throwing	Throwing lanes
2045 - 2145	Nordic meeting	Blue Room, building 22, NW
<u>Fri 27th of June</u>		
0930 - 1130	Cross-country	Holstebro Barracks
1330 - 1600	Social event	North Sea/Civilian dress
1630 - 1700	Change of gifts	Officers mess
1715	Award ceremony	Sports area/Uniform
1815	BBQ-party	Sports hall/Uniform/Civilian dress
<u>Sat 28th of June</u>		
0700 - 0930	Breakfast	Dinning hall
- 1200	Departure of missions - Lunch package	

General information

1. Arrival

At arrival all teams must sign in at the INFO-office in the building no 25. Every team must check the list delivered from the INFO-office about numbers and names etc. of the delegation. The list must be delivered back to the INFO-office no later than 1830 hours Monday the 23rd of June.

2. INFO-office

Placed in the building no 25. Open from Monday the 23rd of June at 1200 hours until Saturday the 28th of June to 1200. Administration of arrival, accommodation, transportation, handling of weapons and general information. Telephone +45 96 13 02 68

3. Accommodation

Chief of Mission will be lodged in 1 person rooms. Team captain, coach and competitors will be lodged in 10 person rooms in accommodation buildings around the barracks (see map at page 8).

4. Handling of weapon

Must be deposited at building no 1. The INFO-office will arrange for access when necessary.

5. Transportation

The teams can use their own vehicles. In case of additional need for transportation, please contact the INFO-office. Shuttle bus (50 persons) will be arranged to the shooting and the obstacle swimming discipline (competition). Departure from the INFO-office. Time schedule for the shuttle bus is as follows:

Date	First departure	Last departure	Every
Wednesday 25 th June (Shooting)	0700 hours	1000 hours	60 minutes
Thursday 26 th June (Swimming)	0700 hours	0830 hours	30 minutes

6. Medical care

The medical quarters are placed in building no 21. Open all hours of the day. Emergency call in Denmark: Dial 112 (free of charge).

7. Catering

a. The cafeteria in building no 22 is open as follows:

Breakfast	0545 - 1000
Lunch	1100 - 1300
Dinner	1700 - 1830

Time schedule for participants, competitors and officials

Day	Breakfast	Lunch	Dinner
Mon			1800 - 2000
Tue	0545 - 0800	1130 - 1400	1900 - 2030
Wed	0545 - 0800	1130 - 1445	1900 - 2130
Thu	0545 - 0800	1130 - 1330	1900 - 2200
Fri	0545 - 0800	1130 - 1330	1815 -
Sat	0700 - 0930	+ Lunch package	

b. All participants, competitors and officials must use the special area in the dinninghall in building no 22. This area is special made for the participants in the Nordic Military Pentathlon championship and European Cup.

8. Telephone and Internet

Official use of telephone can take place at the INFO-office. Other calls must be made on the pay phones around the barracks.

Internet can be used at the Internet café inside building no 22.

9. Website address (programme, results and pictures)

www.milpent.dk/nmc2008.

10. Barring

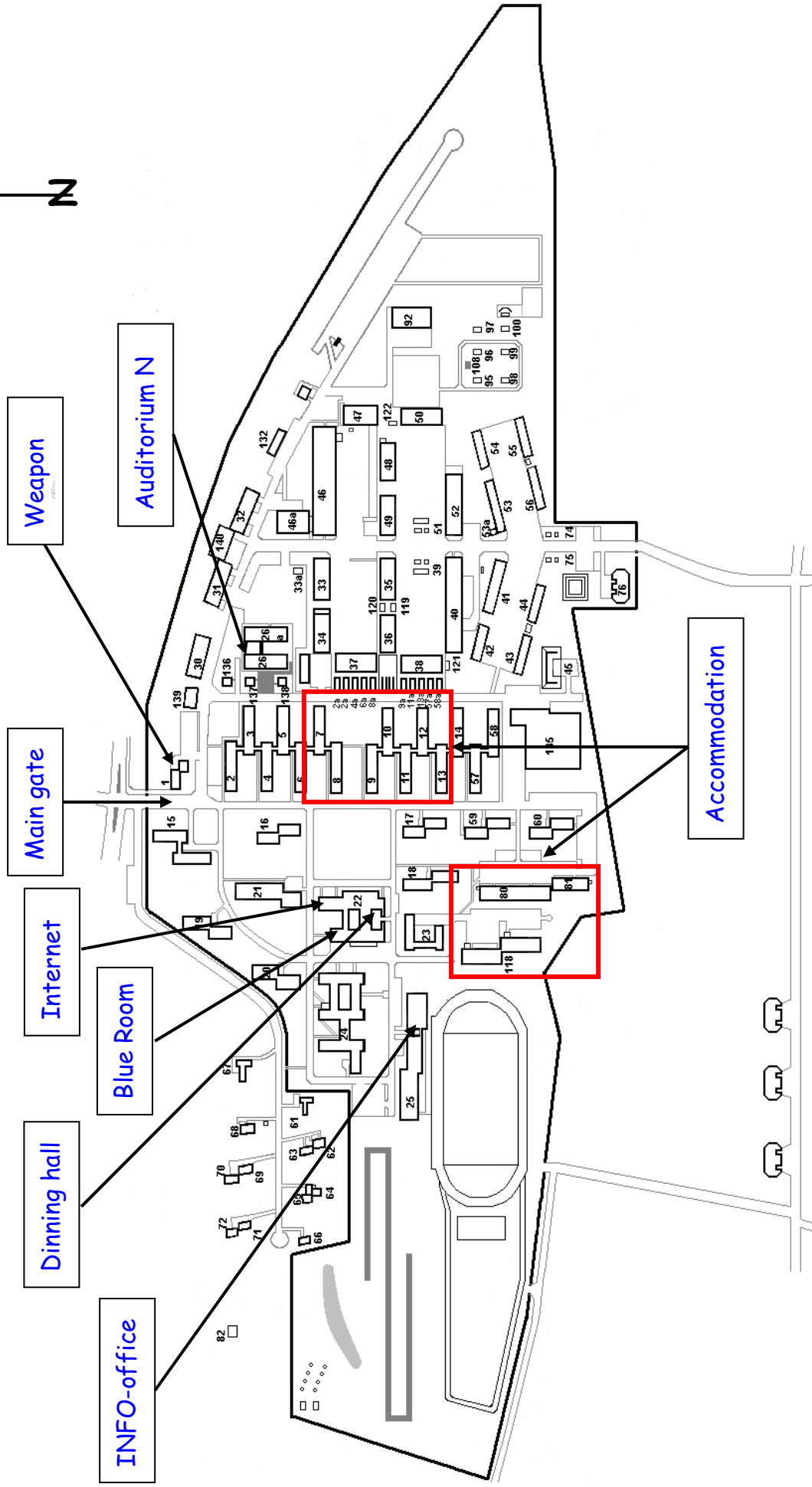
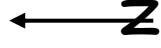
The places for the competitions will be bared with plast-rope. Entrance will only be permitted for:

- Officials.
- Technical jury.
- Participants.

11. Social event (North Sea)

Relaxation, bathing and have a nice time before the award ceremony/BBQ-party.

Holstebro Barracks



Overview participants

Country	Men	Women	COM	Team Cap	Coach	Ad libitum
Austria	6	0	1	1	1	0
Belarus	6	0	1	1	1	1
Belgium	6	0	1	1	1	0
Czech Rep	6	4	1	0	1+1	2
Denmark	11	4	1	1	2	0
Estonia	4	1	1	0	1	0
Finland	10	3	1	0	2	1
Germany	6	0	1	1	1	0
Italy	1	4	1	1	1	0
Latvia	6	4	1	0	0	2
Netherlands	3	3	1	1	2	0
Norway	6	6	1	0+1	1	0
Polan	5	2	1	1	0	0
Slovenia	6	0	1	0	1	0
Switzerland	2	0	1	0	1	0
Sweden	10	2	1	1	1+1	1
In all	94	33	16	10	19	7

Time schedule Training

Time	Shooting	Throwing	Obstacle run	Obstacle swimming	Cross country
0800 - 0845	1	7	6	4	Free
0900 - 0945	2	8	7	5	
1000 - 1045	3	1	8	6	
1100 - 1145	4	2	1	7	
1200 - 1245	5		2	8	
1300 - 1345	6	3			
1400 - 1445	7	4	3	1	
1500 - 1545	8	5	4	2	
1600 - 1645		6	5	3	

1 = Denmark (15)

2 = Sweden (12)

3 = Czech Republic (10) + Estonia (5) + Switzerland (2)

4 = Norway (12) + the Netherlands (6)

5 = Italy (5) + Slovenia (6) + Poland (7)

6 = Austria (6) + Belarus (6) + Germany (6)

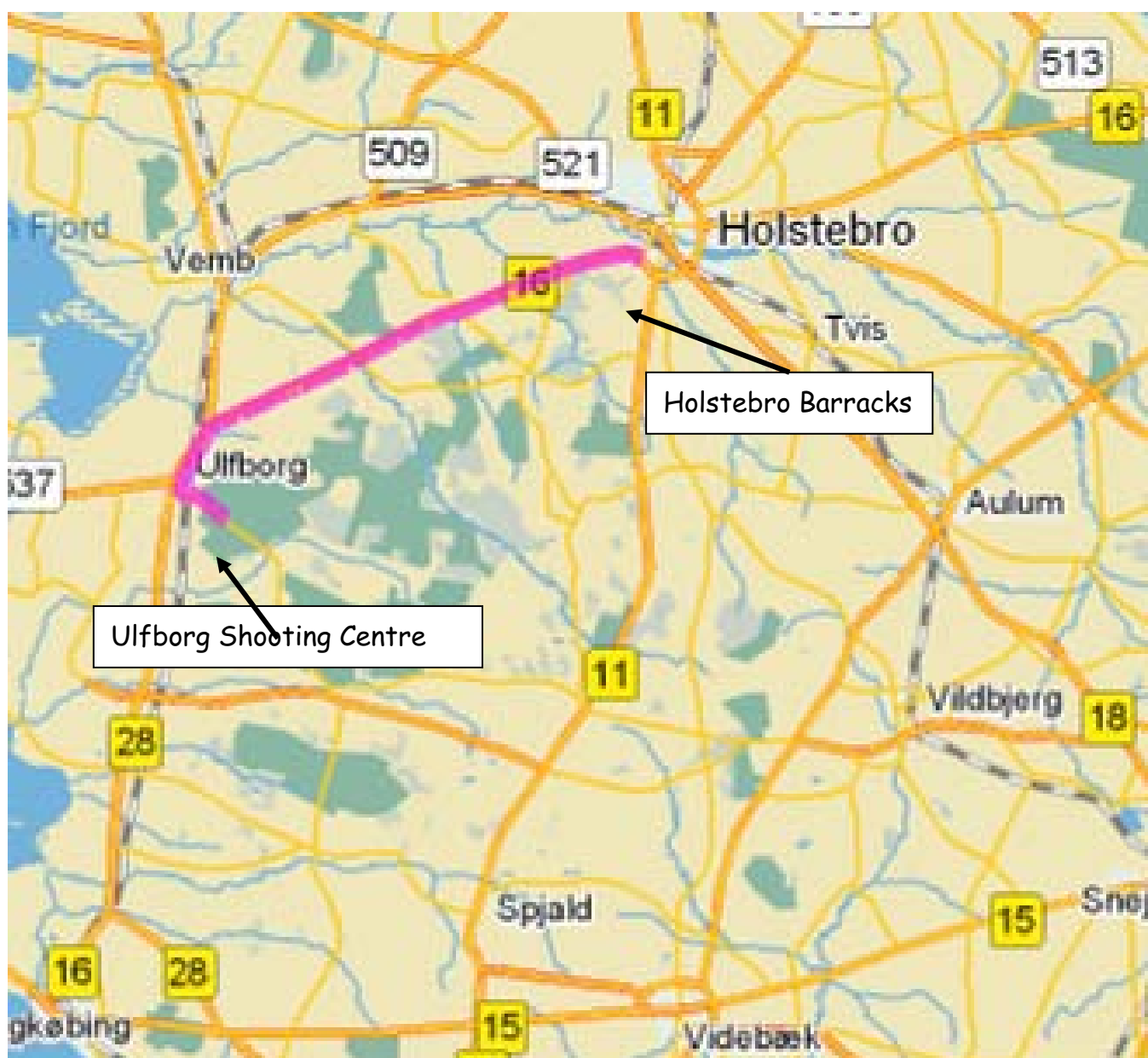
7 = Finland (13)

8 = Belgium (6) + Latvia (10)

Shooting

1. **Leader:**
Warrant Officer II K. Mosgaard
2. **Time for activity:**
Training: Tue 24th of June 0800 - 1700 (spec. plan)
Competition: Wed 25th of June 0800 - 1400
3. **Place of activity:**
Ulfborg Shooting centre approximately 20 km W of Holstebro.
(Look at the map next page).
4. **Description of the shooting range:**
200 meter self marking shooting lane with a shooting house.
There are 20 shooting lanes of which 18 will be used.
Electronic marking is shown on a monitor.
5. **Rules of the competition:**
The shooting discipline is carried out in accordance to the CISM regulations for Military Pentathlon, part B.
6. **Special rules:**
 - a. The participants are responsible to get all equipment and weapon inspected and approved on the training day according to the time schedule for the training day.
 - b. Check in for the competition is 30 minutes before shooting time.
 - c. The participants must bring their own ammunition to the shooting range.

Map route to Ulfborg Shooting Centre



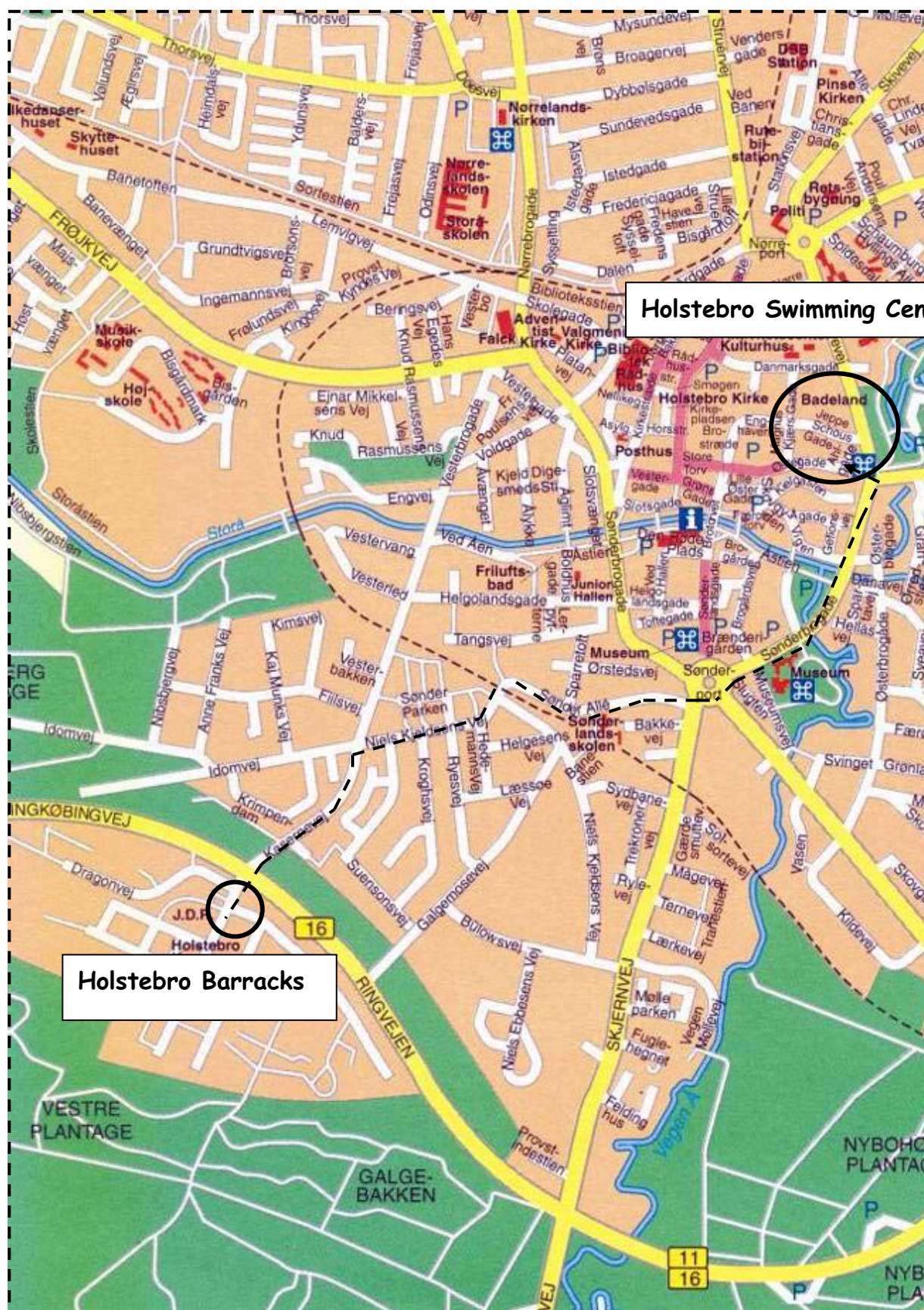
Obstacle run

1. **Leader:**
First Lieutenant U.R. Fink
2. **Time for activity:**
Training: Tue 24th of June 0800 - 1700 (spec. plan)
Wed 25th of June until 1430
Competition: Wed 25th of June 1600 - 2030
3. **Place for the activity:**
The obstacle course is placed in the western part of the barracks.
4. **Description of the obstacle course:**
The obstacle course has two lanes. It is the normal international S- alike with asphalt surface.
5. **Competition rules:**
The obstacle run discipline is carried out in accordance to the CISM regulations for Military Pentathlon, part B.
6. **Special rules:**
 - a. Starting interval 4 minutes.
 - b. The participants have to be at the equipment control beside the starting point 2 minutes before start in accordance to the starting list.
 - c. Real Time Championship (Ultimate).

Obstacle swimming

1. **Leader:**
Civilian Henrik S. Larsen
2. **Time for activity:**
Training: Tue 24th JUN 0800 - 1700 (spec. plan)
Competition: Thu 26th JUN 0800 - 1130
3. **Place for the activity:**
Holstebro Swimming Centre is approximately 1 km North East of the barracks.
4. **Description of the obstacle swimming course:**
In-door 50 meters with 2 lanes.
5. **Competition rules:**
The obstacle swimming competition is carried out in accordance to the CISM regulations for Military Pentathlon, part B.
6. **Special rules:**
 - a. Starting interval is 2 minutes.
 - b. The participants have to be ready at the start 2 minutes before start in accordance to the starting list.
 - c. Clothing control is carried out just before start.
 - d. It will be possible to warm-up from:
 - 0735 - 0755 (heat 1 - 22)
 - 0845 - 0905 (heat 23 - 43)
 - 0950 - 1010 (heat 44 - 65)

Map route to Holstebro Swimming Centre



Throwing

1. **Leader:**
Sergeant J.B. Rasmussen
2. **Time for activity:**
Training: Tue 24th of June 0800 - 1700 (spec. plan)
Wed 25th of June all the day
Thu 26th of June until 1230
Competition: Thu 26th of June 1400 - 2030
3. **Place of activity:**
Throwing lanes at the sports area placed in the western part of the barracks.
4. **Description of the throwing lanes:**
The competition will be held at 4 throwing lanes.
The participants are throwing towards North.
There will be two combined-lanes for warming up.
5. **Competition rules:**
The throwing discipline is carried out in accordance to the CISM regulations for Military Pentathlon, part B.
6. **Special rules:**
 - a. Heat interval is 12 minutes.
 - b. The participants must be ready at the clothing control 5 minutes before start in accordance to the starting list.
 - c. Projectiles are at the throwing stands.
 - d. The participants own projectiles/granates are only to be used in the warm up.

Cross country

1. **Leader:**

2. Sergeant H.K. Schmidt

2. **Time for activity:**

Training: Every day from 0800 - 2100

Competition: Fri 27th of June 0930 - 1130

3. **Place of activity:**

The course is inside the barracks. Start and finish according to the map on page 19.

4. **Description of the route:**

The route is 4 km of distance. The surface changes between gravel, grass and soil.

5. **Competition rules:**

The Cross country discipline is carried out in accordance to the CISM regulations for Military Pentathlon, part B.

6. **Special rules:**

- a. The participants must be ready in the starting area 2 minutes before start in accordance to the starting list.
- b. Starting list and number are handed out as soon as possible after the throwing discipline.
- c. The first participant is starting at Fri 27th of June 0930 hours (female).
- d. Real Time Championship (Ultimate).

Map the Cross Country route

Vestre Forrest

Holstebro Barracks



Map showing Denmark

