



UIPM BIATHLE TRIATHLE NATIONAL TOUR Hurghada , Egypt -03 Aug 2019 (Invitation letter)

Cairo 28. May.2019

Dear Sir/Madam,

Egyptian Modern Pentathlon federation has the pleasure to invite you to **the UIPM Biathle Triathle National Tour** that will be held in Hurghada, Sahl Hasheesh (Egypt) on 03.Aug 2019.

Hurghada; a city in the Red Sea and one of the Egypt's most touristic place with the beautiful and warm weather in the period mentioned, will warmly welcome you. We are very pleased to host and welcome you for the incredible competition and promise you a very memorable and pleasant stay in this beautiful city.

Competition Format/ Rules

The competition format will be according to the UIPM rules and new distance formats

	Biathle			Triathle		
	Distance		Ratio	Distance		Ratio
Age Group	Run	SWIM	Run x SW	Run	SWIM	Run x SW
U19	2 x 200	25	16	X	X	
U11	2 x 400	50	16	2 x 400	2 x 25	16
U13	2 x 400	50	16	2 x 400	2 x 25	16
U15	2 x 800	200	8	4 x 400	4 x 25	8
U17	2 x 800	200	8	4 x 400	4 x 25	8
U19	2 x 800	200	8	4 x 400	4 x 25	8
JUNIOR	2 x 800	200	8	4 x 400	4 x 25	8
SENIORS	2 x 800	200	8	4 x 400	4 x 25	8
M 40+	2 x 800	100	16	4 x 400	4 x 25	16
M 50+	2 x 800	100	16	4 x 400	4 x 25	16
M 60+	2 x 400	50	16	2 x 400	2 x 25	16
M 70+	2 x 400	50	16	X	X	

You could have a look to the official host city page for the activities and your enjoyable stay in the host city (<http://www.sahlhasheesh.com>).

Interested National Federations are kindly requested to contact us (empf@pentathlonegypt.org) as soon as possible for detailed information and registration procedure.

See you in Hurghada!

Warm regards,

Sharif El Erian

President

Egyptian Modern Pentathlon Federation