



# CHRISTOPHE RUER INTERNATIONAL TROPHY

Les Pennes Mirabeau 28, 29, 30 March 2025



# COMPETITION VENUES

## Technical Meeting & Fencing

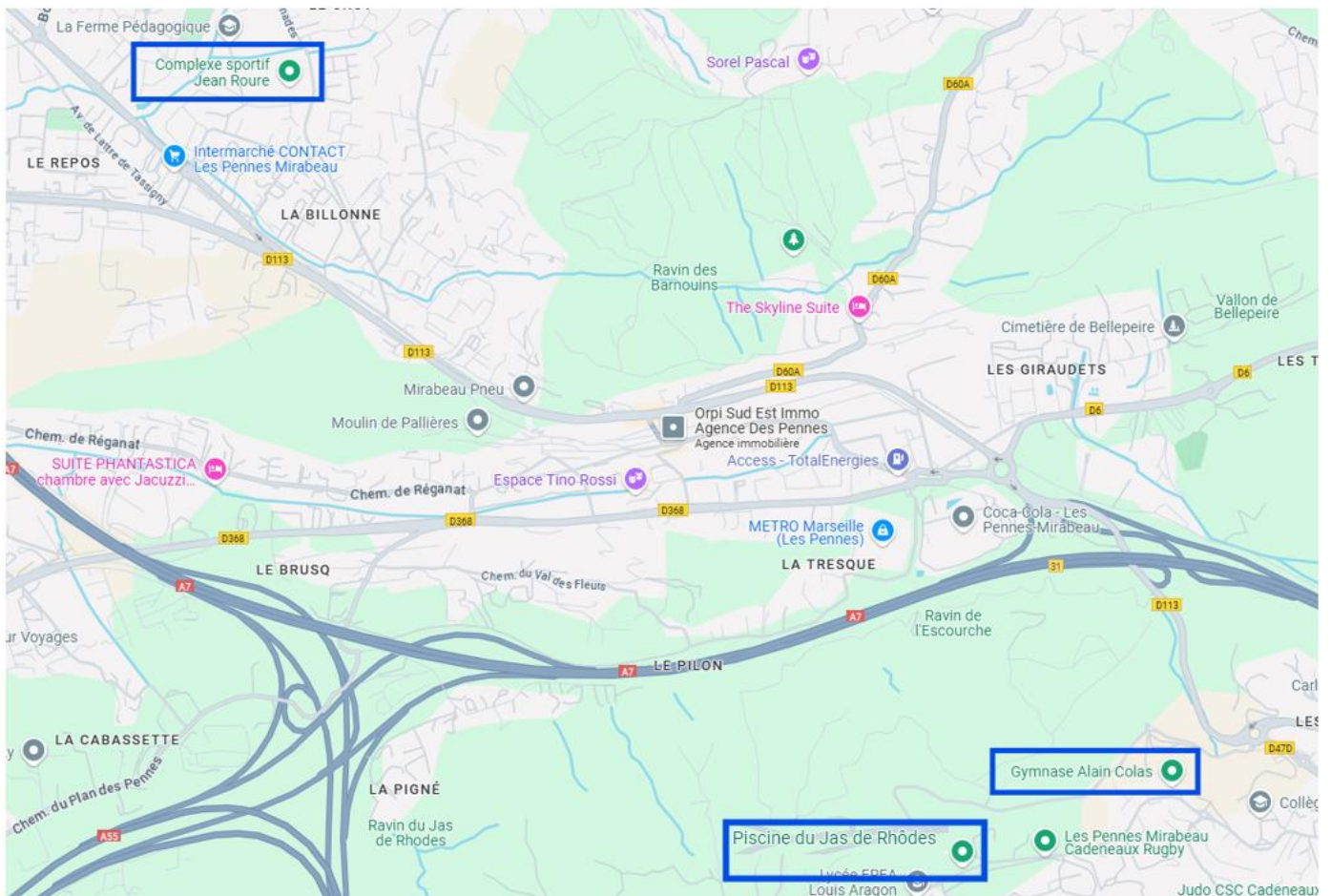
Gymnase Alain Colas - Av. du Capitaine de Corvette Paul Brutus, 13170 Les Pennes-Mirabeau

## Swimming

Piscine du Jas de Rhodes - Av. du Capitaine de Corvette Paul Brutus, 13170 Les Pennes-Mirabeau

## Obstacles and Laser Run

Jean Roure Sports Complex – Chemin de la Capelane, 13170 Les Pennes-Mirabeau



# PROGRAM

## FRIDAY, MARCH 28<sup>th</sup>, 2025

01:00 pm – Technical meeting  
02:00 pm – Fencing – Men Seeding start of competition  
05:30 pm – Fencing – Women Seeding start of competition

## SATURDAY, MARCH 29<sup>th</sup>, 2025

### **MEN'S SEMI-FINAL**

07:45 am – Fencing – Opening of the gym for free warm-up  
08:30 am – Fencing – Semi-final A – Start of the competition  
09:00 am – Fencing – Semi-final B – Start of the competition  
09:15 am – Swimming – Opening of the pool for free warm-up  
10:15 am – Swimming – 1st heat, semi-final A then semi-final B  
11:00 am – Obstacles – Opening of the course and shooting range for free warm-up  
11:45 am – Obstacles – 1st course Semi-final A followed by semi-final B  
20 minutes after the last course Semi-final B – Start Laser-Run Semi-final A  
15 minutes after the start Laser-Run semi-final B

### **WOMEN'S SEMI-FINAL**

01:45 pm – Fencing – Opening of the gym for free warm-up  
02:30 pm – Fencing – Semi-final – Start of competition  
03:15 pm – Swimming – Opening of the pool for free warm-up  
03:35 pm – Swimming – 1st semi-final heat  
04:15 pm – Obstacles – Opening of the course and shooting range for free warm-up  
05:00 pm – Obstacles – 1st course Semi-final  
15 minutes after the last course – Laser Run semi-final start

07:30 pm – Evening of Champions

## SUNDAY, MARCH 30, 2025

### **MEN'S & WOMEN'S FINAL**

08:15 am – Fencing – Opening of the weapons room for free warm-up  
09:00 am – Fencing – Men's Final Draw – Start of Competition  
09:30 am – Fencing – Women's Final Draw – Start of competition  
10:00 am – Swimming – Opening of the pool for free warm-up  
10:40 am – Swimming – 1st heat Men then Women  
11:15 am – Obstacles – Opening of the course and shooting range for free warm-up  
12:00 am – Obstacles – 1st men's course followed by women's course  
20 minutes after the last women's course – Laser-Run Start Men  
15 minutes after the LR Men start Laser-Run Women

### **AWARDS DELIVERY**

02:00 pm – Podium

# CHAMPIONS GALA EVENING

At the end of the day on Saturday 29 March, the Champions gala evening of the 2023-2024 season will be organised



This evening will take place at the Ibis Style Marseille Provence Aéroport – ZI les Estroublans hotel – 24 Rue de Madrid, 13127 Vitrolles.

Price: **30.00 €** Please book via the annex sheet at the end of the program

Meeting point: 7:30 pm for welcome

Ceremony and meal 8:00 p.m.

# REGULATION

## **PARTICIPATION**

Competition open in priority to all Senior and U22 athletes.

Double-upgraded U19 athletes will be accepted according to the number of places available, with priority given to athletes who had a national selection last season

- French athletes licensed by the FFPM for the 2024-2025 season
- Foreign athletes under cover of an international license for the 2024-2025 season

Please send your registrations with the attached reservation form no later than **Thursday, March 6, 2025** at [pentathloncrsud@gmail.com](mailto:pentathloncrsud@gmail.com) and copy to [communication.ffpm@gmail.com](mailto:communication.ffpm@gmail.com) while registering your athletes on the federal website.

*Any registration after this date will be subject to the decision of the National Technical Direction and according to the number of registered athletes for the competition (max 44 athletes per gender). In this case, the registration fee will be charged 50€ (see national regulations)*

## **RIGHTS OF ENGAGEMENT**

€20 per athlete, to be paid at the latest at the technical meeting or by bank transfer to the regional comitee (see bank details)

## **REGULATION**

Fencing:

Competition organized with the new fencing formula.

Friday will be reserved for the Seeding Round to define a ranking, no points will be awarded after this event, this ranking will be used to define the matches of the semi-final tables.

The distribution of the semi-finals will be made according to:

- 1 – UIPM Seniors Ranking
- 2 – National Ranking

Saturday morning men's semi-finals – Saturday afternoon women's semi-finals

Sunday men's and women's final

The venues will be open before the events and available for a free warm-up

## **RANKING**

Only one ranking Men's and Women's Pentathlon

## **MEAL**

Saturday 29<sup>th</sup> and Sunday 30<sup>th</sup> noon: Packed lunch 15€ on reservation

Saturday Champions gala evening: €30 on reservation

During the competition, bring water bottles. Water points will be available.




## ACCOMMODATION

List of hotels near the competition venues:

- Hôtel Ibis Style Marseille Provence Aéroport (**Lieu de la soirée des champions**) – ZI les Estroublans – 24 Rue de Madrid, 13127 Vitrolles.
  - o phone : 04 42 89 90 44
  - o Mail : h0442@accor.com
  - o Ibis sport rates on presentation of a sports license
    - Single room + breakfast: € 75
    - Twin room + breakfast: € 86
- Hôtel 1<sup>ère</sup> Classe Vitrolles Anjoly - Zi Des Estroublans 3 Rue De Madrid - 13127 Vitrolles
  - o Phone : 04 42 89 37 99
  - o Specify that you are coming for sport, they make offers
- Hôtel Ibis Budget Vitrolles – 81 Bd de l'Europe ZAC Anjoly, 13127 Vitrolles
  - o Phone : 0 892 68 09 71
- Brit Hôtel Marseille Aéroport - RN 113 ZAC L'agavon, 13170 Les-Pennes-Mirabeau
  - o Phone : 04 42 46 65 65

## Bank account details

In order to pay for your reservation and commitment, you'll find below the bank account details of the Pentathlon Pennois Association

 RELEVÉ D'IDENTITÉ BANCAIRE						
Identifiant national de compte bancaire - RIB						
Banque <b>10278</b>	Guichet <b>07987</b>	N° compte <b>00021772501</b>	Clé <b>24</b>	Devise <b>EUR</b>	Domiciliation <b>CCM LES PENNES MIRABEAU</b>	
Identifiant international de compte bancaire						
IBAN (International Bank Account Number)						
<b>FR76</b>	<b>1027</b>	<b>8079</b>	<b>8700</b>	<b>0217</b>	<b>7250</b>	<b>124</b>
<b>Domiciliation</b> CCM LES PENNES MIRABEAU LIEU DIT DERRIERE LE TUNNEL ROUTE NATIONALE 113 13170 LES PENNES MIRABEAU ☎ 04 42 87 75 26				<b>BIC (Bank Identifier Code)</b> <b>CMCIFR2A</b>		
<b>Titulaire du compte (Account Owner)</b> ASSOCIATION LE PENTATHLON PENNOIS CHEZ MME MADEC 56 LOTISSEMENT LES ROCHES BLANCHES 13170 LES PENNES MIRABEAU						
Remettez ce relevé à tout autre organisme ayant besoin de connaître vos références bancaires pour la domiciliation de vos virements ou de prélèvements à votre compte. Vous éviterez ainsi des erreurs ou des retards d'exécution.				PARTIE RESERVEE AU DESTINATAIRE DU RELEVÉ		

Looking forward to the pleasure of receiving you,

Jean-Christophe Perrier  
President of the Provence Alpes Côte d'Azur Regional Committee  
President of the Pennois Pentathlon



## ANNEX - MEAL RESERVATION

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Reservation	Price	Number	Total
Cold packed lunch Saturday 29 <sup>th</sup> noon	15.00€		
Cold packed lunch Sunday 30 <sup>th</sup> noon	15.00€		
Champions gala evening	30.00€		

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