



PENTATHLON PENNOIS



CHRISTOPHE RUER INTERNATIONAL TROPHY

Les Pennes Mirabeau 28, 29, 30 March 2025



COMPETITION VENUES

Technical Meeting & Fencing

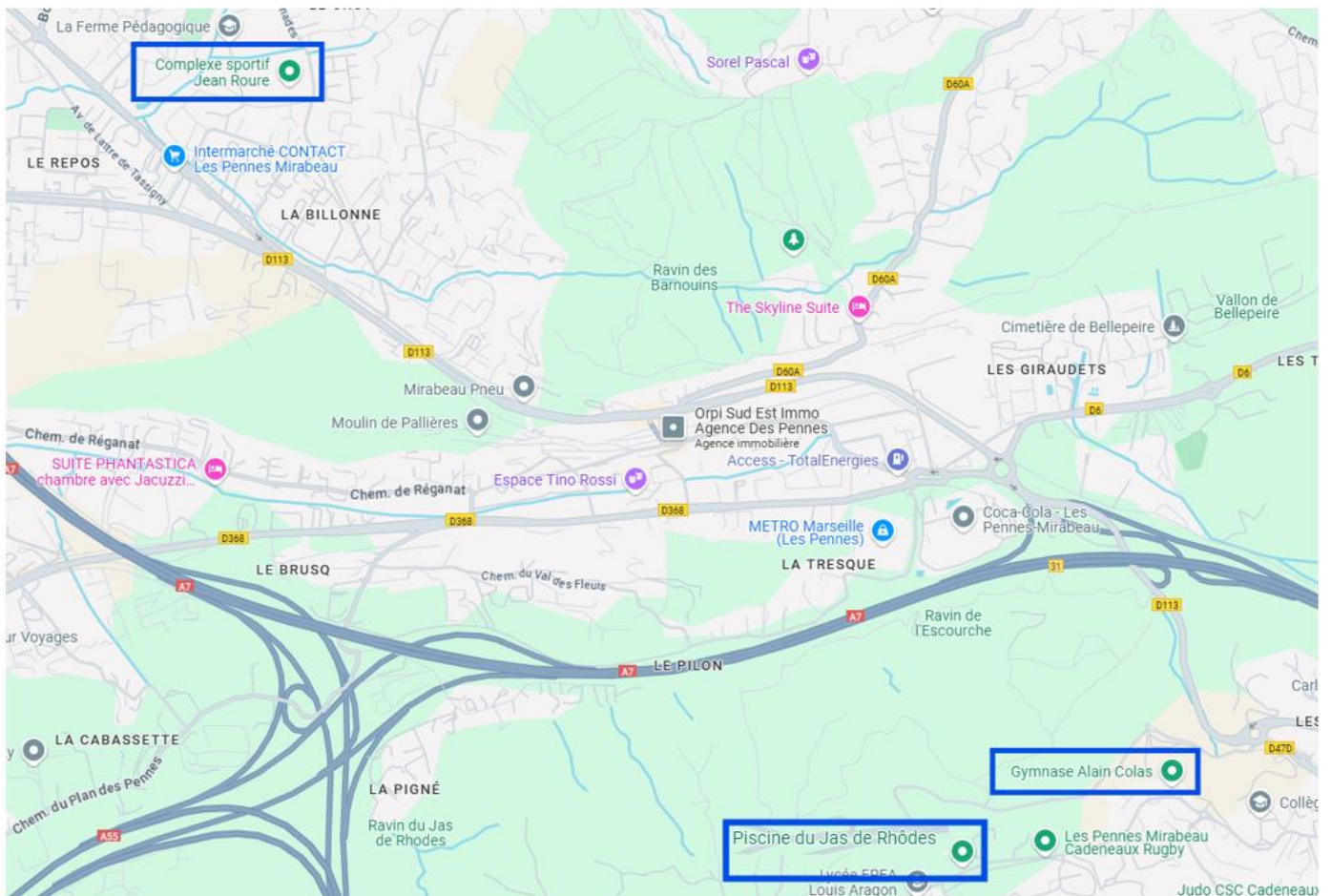
Gymnase Alain Colas- Av. du Capitaine de Corvette Paul Brutus, 13170 Les Pennes-Mirabeau

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 28th, 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 29th, 2025

MEN'S SEMI-FINAL

- 08:00 am – Fencing – Opening of the gym for a free warm-up
- 08:30 am – Fencing – Table Semi-final 1 and 2 – Competition debut
- 09:00 am – Swimming – Opening of the pool for free warm-up
- 09:45 am – Swimming – 1st heat, semi-final 1 then semi-final 2
- 10:15 am – Obstacles – Opening of the course and shooting range for free warm-up
- 11:30 am – Obstacles – 1st course Semi-final 1 followed by semi-final 2
- The shooting range will be open for free warm-up once the obstacle course of the semi-final 1 is over
- 12:15 pm – Laser Run Semi-Final 1
- 12:45 pm – Laser Run Semi-Final 2

WOMEN'S SEMI-FINAL

- 01:30 pm – Fencing – Opening of the gym for a free warm-up
- 02:00 pm – Fencing – Semi-final Table 1 and 2 – Competition debut
- 02:30 pm – Swimming – Opening of the pool for free warm-up
- 03:15 pm – Swimming – 1st heat semi-final 1 then semi-final 2
- 03:45 pm – Obstacles – Opening of the course and shooting range for free warm-up
- 05:00 pm – Obstacles – 1st course Semi-final 1 followed by semi-final 2
- The shooting range will be open once the obstacle course of the semi-final 1 is completed
- 05:45 pm – Laser Run Semi-Final 1
- 06:15 pm – Laser-Run semi-final 2

- 07:30 pm – Champions gala evening

SUNDAY, MARCH 30th, 2025

MEN'S & WOMEN'S FINAL

- 08:30 am – Fencing – Opening of the arms room for free warm-up
- 09:15 am – Fencing – Final Table, start of the men's and women's assaults
- 09:45 am – Swimming – Opening of the pool for free warm-up
- 10:30 am – Swimming – 1st heat Men then Women
- 11:00 am – Obstacles – Opening of the course and shooting range for free warm-up
- 12:00 pm – Obstacles – 1st men's course followed by women's course
- 12:45 pm – Men's Laser-Run Start
- 01:15 pm – Women's Laser-Run Start

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 pentathloncsud@gmail.com and copy to 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 29th and Sunday 30th 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 1ère Classe Vitrolles Anjoly - Zi des Estroublans 3 rue de Madrid - 13127 Vitrolles
 - o Phone: 04 42 89 37 99 – Specify that you are coming for sports, 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
- Hôtel Ibis Style Marseille Provence Aéroport – ZI les Estroublans – 24 Rue de Madrid, 13127 Vitrolles.
 - o Phone : 04 42 89 90 44

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	Guichet	N° compte	Clé	Devise	Domiciliation	
10278	07987	00021772501	24	EUR	CCM LES PENNES MIRABEAU	
Identifiant international de compte bancaire						
IBAN (International Bank Account Number)						
FR76	1027	8079	8700	0217	7250	124
BIC (Bank Identifier Code)						
CMCIFR2A						
Domiciliation CCM LES PENNES MIRABEAU LIEU DIT DERRIERE LE TUNNEL ROUTE NATIONALE 113 13170 LES PENNES MIRABEAU ☎ 04 42 87 75 26				Titulaire du compte (Account Owner) 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



