



POLISH OPEN MODERN PENTATHLON CHAMPIONSHIPS

- SENIOR

WOMEN & MEN

29-31 August 2022 - ZIELONA GÓRA-DRZONKÓW / POLAND

SUNDAY 28.08.2022

SEMI-FINAL TECHNICAL MEETING 21:00 - fencing hall

MONDAY 29.08.2022 - SEMI-FINAL

WOMEN'S SEMI-FINAL	MEN'S SEMIFINAL
FENCING - RANKING & BONUS ROUND 08:00 warm up 08:30 start	FENCING - RANKING & BONUS ROUND 12:00 warm up 12:30 start
SWIMMING 14:00 warm up semi-final group A 14:25 start 1 heat 14:45 warm up semi-final group B 15:10 start 1 heat	SWIMMING 16:30 warm up semi-final group A 16:55 start 1 heat 17:10 warm up semi-final group B 17:30 start 1 heat
LASER RUN 18:20 start I semi-final group A 19:00 start III semi-final group B	LASER RUN 19:40 start I semi-final group A 20:20 start III semi-final group B

FINAL TECHNICAL MEETING 21:00 - fencing hall

TUESDAY 30.08.2022 - FINAL

WOMEN'S FINAL	MEN'S FINAL
8:10 - 9:10 warm up	14:40 - 15:40 warm up
RIDING 8:00 - drawing 8:50 - mounting 9:10 - start 1 athlete	RIDING 14:30 - drawing 15:20 - mounting 15:40 - start 1 athlete
FENCING - BONUS ROUND 10:20 start	FENCING - BONUS ROUND 16:50 start
SWIMMING 11:00 start 1 heat	SWIMMING 17:30 start 1 heat
LASER RUN 11:30 start	LASER RUN 18:00 start



WEDNESDAY 31.08.2022 - MIXED RELAY

FENCING - RANKING & BONUS ROUND

09:00 warm up

09:30 start

RIDING

- drawing - after fencing bonus round

12:10 - mounting

12:30 - start 1 relay

SWIMMING

14:00 warm up

14:30 start 1 heat

LASER RUN

15:00 warm up

15:30 start

LUB:

FENCING - RANKING & BONUS ROUND

09:00 warm up

09:30 start

SWIMMING

12:00 warm up

12:30 start 1 heat

LASER RUN

13:00 warm up

13:30 start

RIDING

- drawing - after laser run

14:40 - mounting

15:00 - start 1 relay