



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
**Druskininkai, LITHUANIA 2025**



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

## COMPETITION OFFICIALS:

Mr. Leonid ZIMAREV (KAZ) UIPM Technical delegate

Mr. Ali ASSEM (EGY) UIPM Technical delegate

Mr. Dr Jamil BASSEL (SYR) UIPM Medical delegate



UIPM  
PENTATHLON U19  
World Championships  
Druskininkai, LITHUANIA 2025

## COMPETITION OFFICIALS:

Mr. Jerry Pichot (FRA) UIPM International Judge

Mr. Zsolt Farkas (HUN) UIPM International Judge



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

## COMPETITION OFFICIALS:

PENTATHLON DIRECTOR: MR. PAULIUS ALEKSANDRAVICIUS

FENCING DIRECTOR: MR. TOMAS MAKAROVAS

OBSTACLE DISCIPLINE DIRECTOR: MR. EDVINAS ANCUTA

SWIMMING DIRECTOR: MRS. VILMA JAŠINSKĖ

LASER RUN DIRECTOR: MR. LUKAS KONTRIMAVICIUS

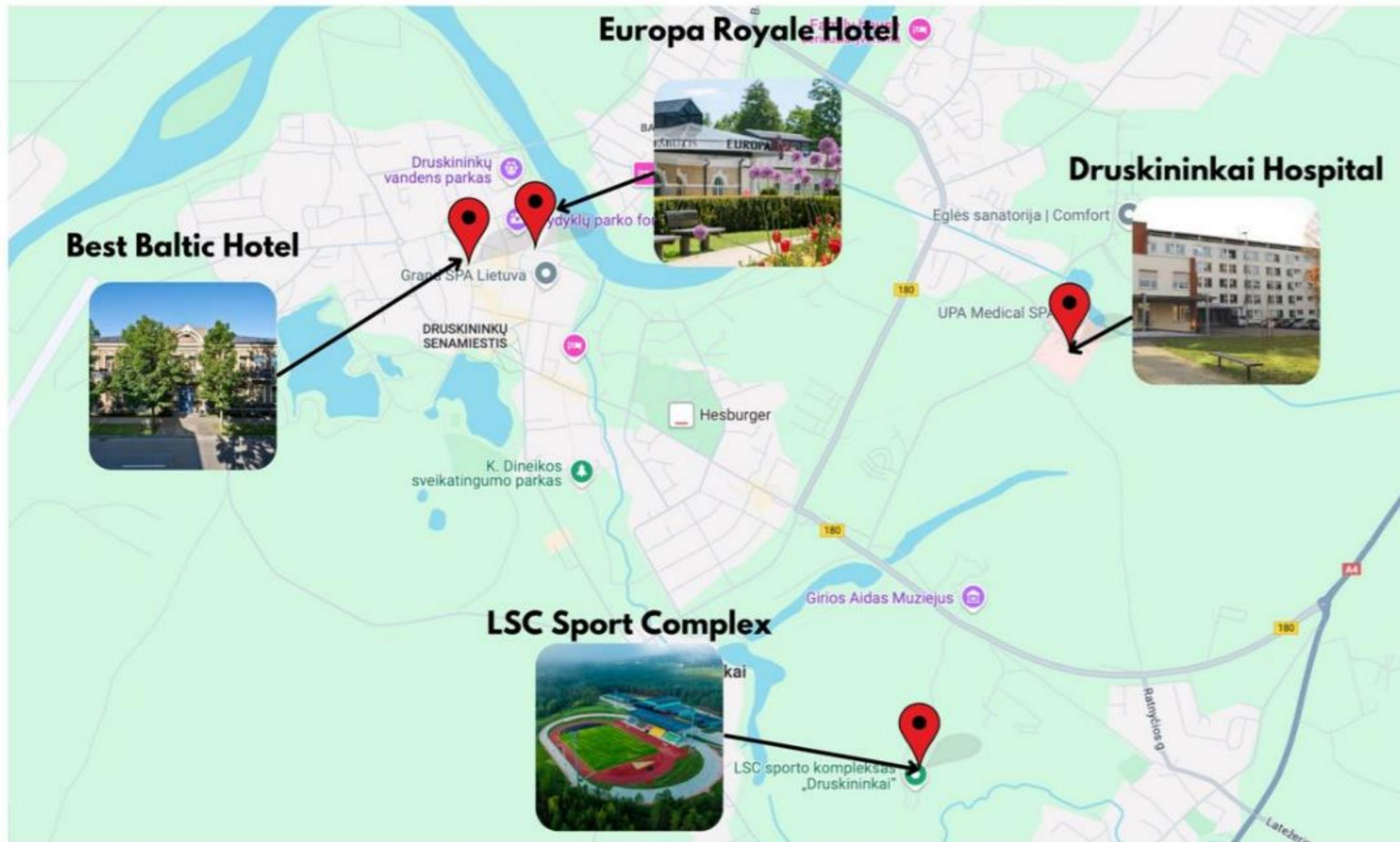


**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

# ROLL CALL



**UIPM  
PENTATHLON U19  
World Championships**  
Druskininkai, LITHUANIA 2025





UIPM  
PENTATHLON U19  
World Championships  
Druskininkai, LITHUANIA 2025

## FENCING

9 fencing pistes

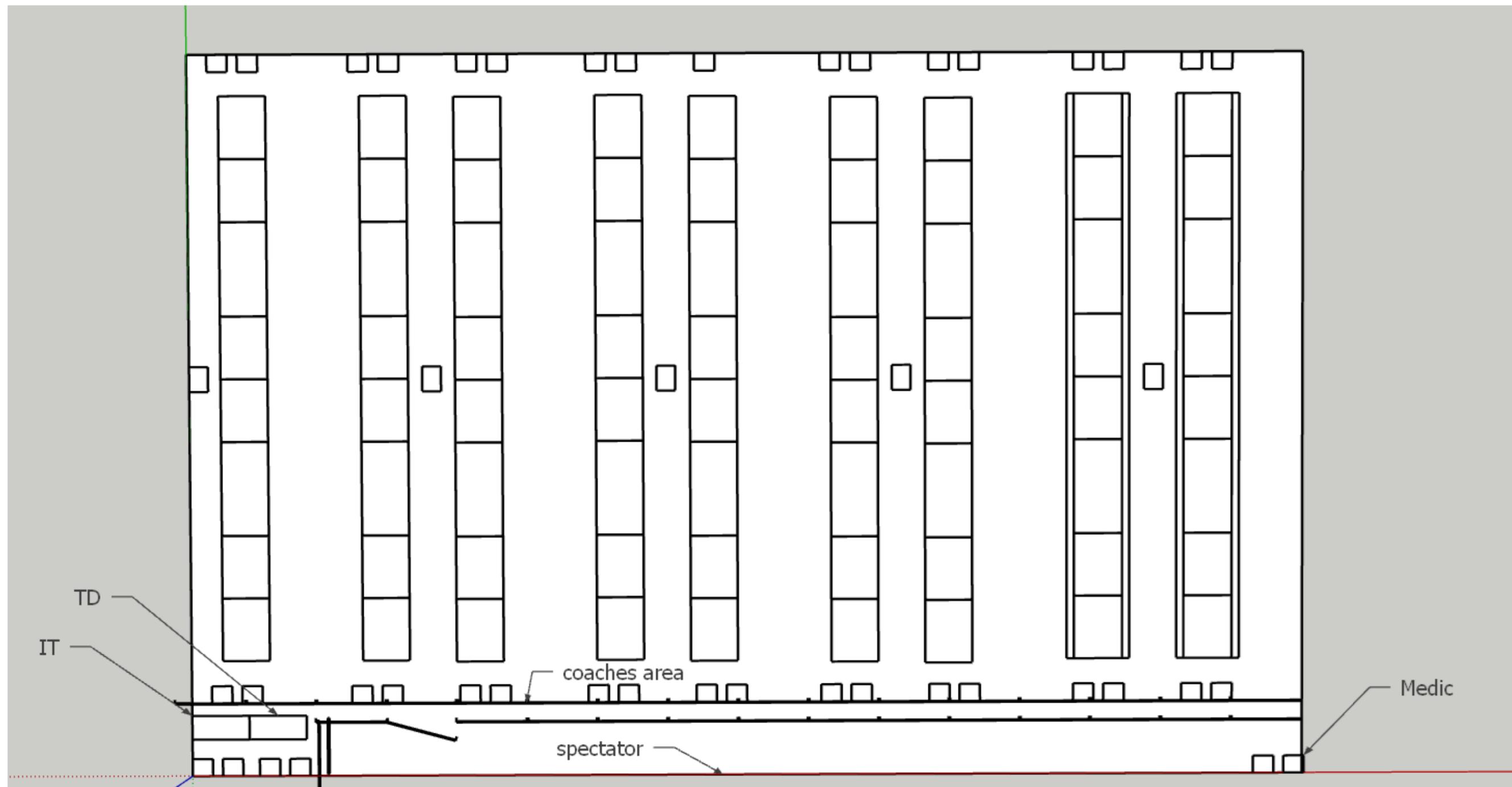
Weapon control before each bout on piste

No bags in fencing

Use changing room and transition zone in -1



**UIPM  
PENTATHLON U19  
World Championships**  
Druskininkai, LITHUANIA 2025





# FENCING

## Fencing equipment control

### Before FRR warm up

- Body wires up to 3 per athlete
- Epee up to 3 per athlete
- Mask
- Gloves
- All fencing uniform



# OBSTACLE DISCIPLINE

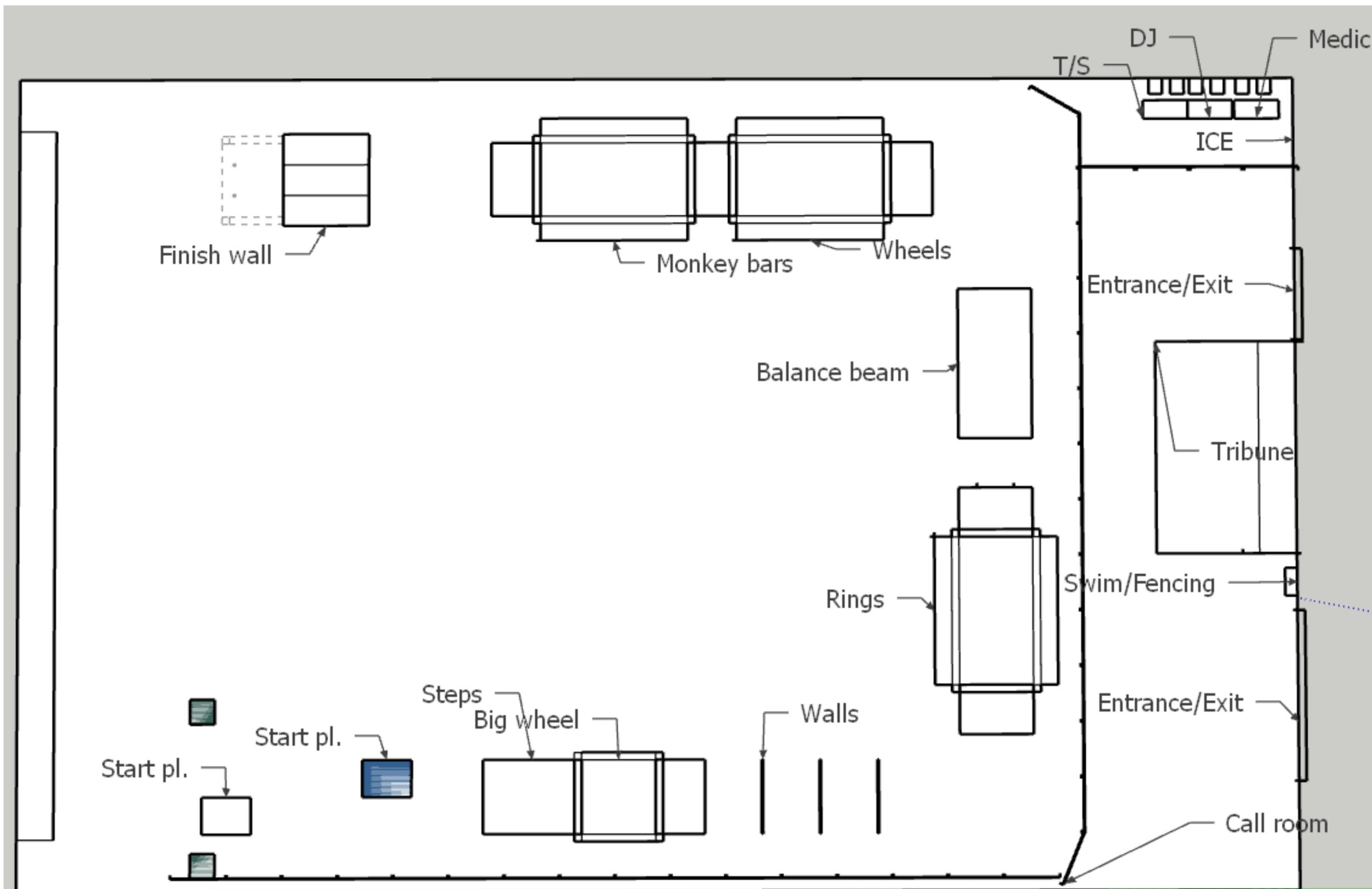
U shape indoor course:

- 1.Steps
- 2.Big wheel
- 3.Over under throw
- 4.Rings
- 5.Balance beam
- 6.Wheels
- 7.Monkey bars
- 8.Finish wall

# OBSTACLE DISCIPLINE



UIPM  
PENTATHLON U19  
World Championships  
Druskininkai, LITHUANIA 2025





**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

# SWIMMING

INDOOR SWIMMING POOL

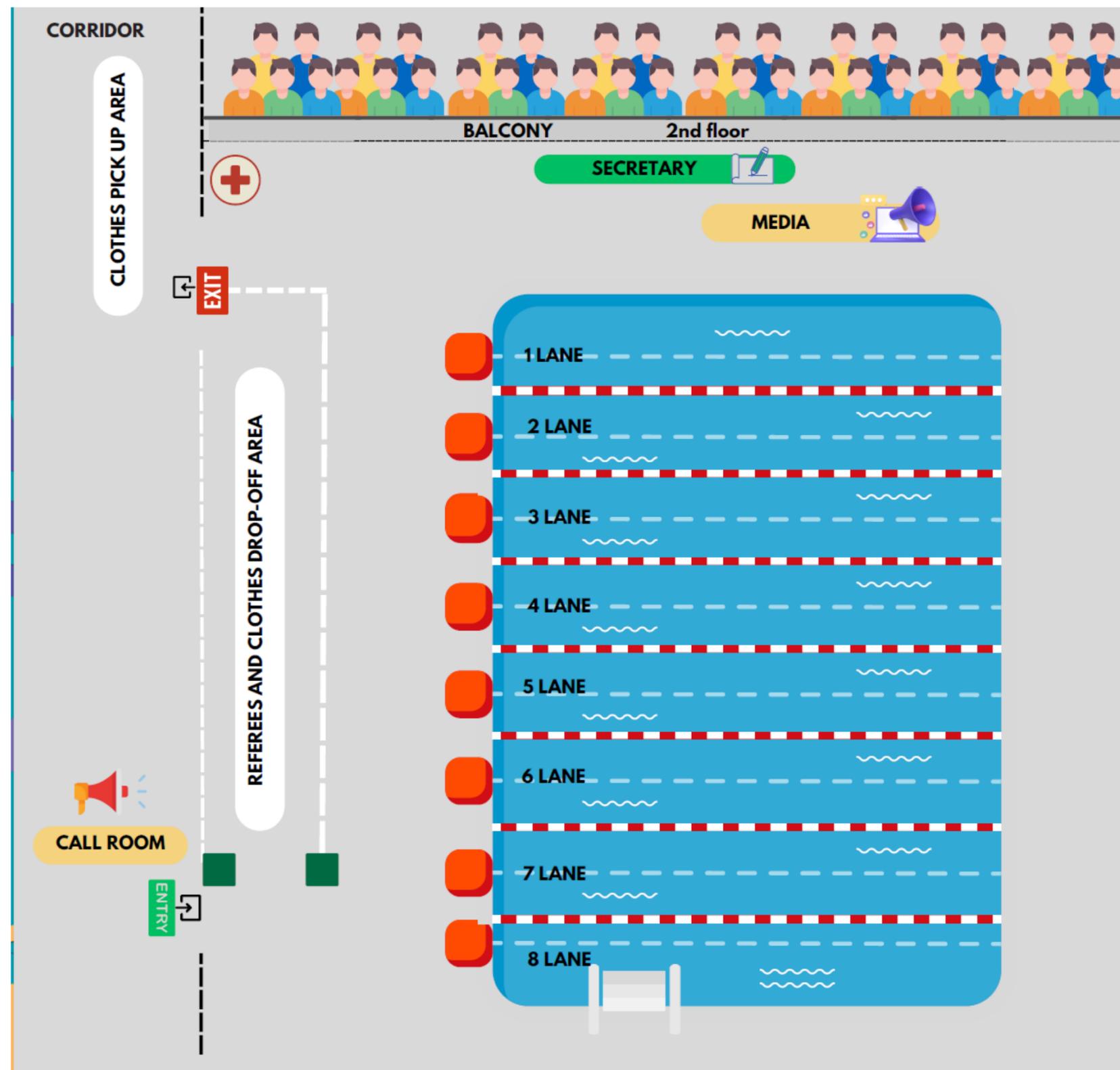
25 M. 8 LANES

ELGE TIME KEEPING SYSTEM

# SWIMMING



UIPM  
PENTATHLON U19  
World Championships  
Druskininkai, LITHUANIA 2025





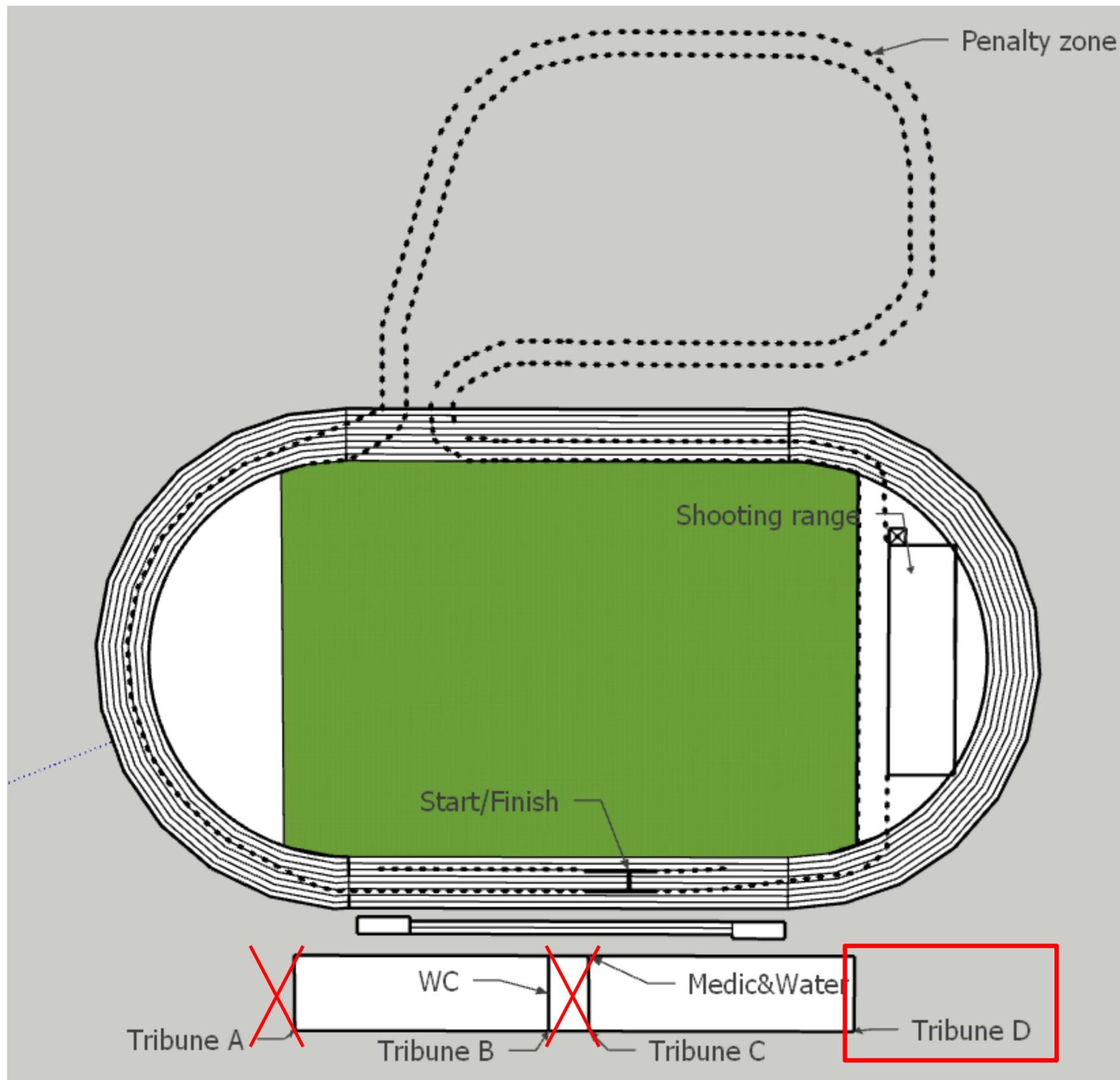
**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

# LASER RUN

OUTDOOR RUNNING COURSE: TARTAN, GRASS,  
CONCRETE (600 M.)

SPIKES ARE ALLOWED

36+2 ALS LPT TARGETS



LASER RUN –  
ONE COACH  
PER ATHLETE



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
**Druskininkai, LITHUANIA 2025**

# WEATHER FORECAST 2025 08 22



UIPM  
PENTATHLON U19  
World Championships  
Druskininkai, LITHUANIA 2025

09		15°	1 (2) ↖	Light air from south east with gusts at 2 m/s
10		17°	1 (3) ↗	Light air from south west with gusts at 3 m/s
11		19°	1 (3) ↘	Light air from north west with gusts at 3 m/s
12		21°	1 (4) ↘	Light air from north west with gusts at 4 m/s
13		21°	1 (4) ↘	Light air from north west with gusts at 4 m/s
14		22°	2 (6) →	Light breeze from west with gusts at 6 m/s
15		22°	2 (6) →	Light breeze from west with gusts at 6 m/s
16		22°	3 (7) →	Light breeze from west with gusts at 7 m/s
17		22°	3 (7) →	Light breeze from west with gusts at 7 m/s
18		21°	3 (8) ↘	Light breeze from west with gusts at 8 m/s
19		20°	2 (8) →	Light breeze from west with gusts at 8 m/s
20		19°	2 (5) ↘	Light breeze from west with gusts at 5 m/s

# WEATHER FORECAST 2025 08 23



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

09		13°		2 (5) →	Light breeze from west with gusts at 5 m/s
10		15°		2 (5) ↗	Light breeze from south west with gusts at 5 m/s
11		16°		2 (7) →	Light breeze from west with gusts at 7 m/s
12		17°		3 (8) →	Light breeze from south west with gusts at 8 m/s
13		18°		3 (8) →	Light breeze from west with gusts at 8 m/s
14		18°		3 (9) →	Light breeze from west with gusts at 9 m/s
15		18°	0-0.2	3 (9) →	Light breeze from west with gusts at 9 m/s
16		18°	0-0.3	3 (9) →	Light breeze from west with gusts at 9 m/s
17		17°	0-0.9	3 (8) →	Light breeze from west with gusts at 8 m/s
18		17°	0-5.8	3 (8) ↗	Light breeze from south west with gusts at 8 m/s
19		14°	0-0.6	1 (15) ↘	Light air from north west with gusts at 15 m/s
20		13°	0-0.3	1 (4) ↑	Light air from south with gusts at 4 m/s



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

# Time schedule for 2025 08 22

<b>Start</b>	<b>Description</b>
<b>9:30</b>	Women's final fencing competition
<b>13:15</b>	Women's Final general warm up
<b>14:20</b>	Women's Final obstacle discipline competition
<b>16:10</b>	Women's Final awarding ceremony



# Time schedule for 2025 08 23



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

<b>Start</b>	<b>Description</b>
<b>9:30</b>	Men's final fencing competition
<b>13:15</b>	Men's Final general warm up
<b>14:20</b>	Men's Final obstacle discipline competition
<b>16:10</b>	Men's Final awarding ceremony

# TRANSPORTATION FOR 2025 08 22



**UIPM  
PENTATHLON U19  
World Championships**  
Druskininkai, LITHUANIA 2025

		2025. 08. 22				2025. 08. 22			
		Išvykimas	Atvykimas	Išvykimo laikas	Atvykimo laikas	Išvykimas	Atvykimas	Išvykimo laikas	Atvykimo laikas
		Departure from	Arrival at	Departure Time	Ariving time	Departure from	Arrival at	Departure Time	Ariving time
		Hotel Europa Royal	Hotel Best Baltic	<b>07:40</b>	07:45	Hotel Europa Royal	Hotel Best Baltic	<b>14:20</b>	14:25
		Hotel Best Baltic	LSC Sport complex	07:47	<b>07:55</b>	Hotel Best Baltic	LSC Sport complex	14:27	<b>14:35</b>
		LSC Sport complex	Hotel Best Baltic	<b>08:00</b>	08:05	LSC Sport complex	Hotel Best Baltic	<b>15:15</b>	15:20
		Hotel Best Baltic	Hotel Europa Royal	08:10	<b>08:15</b>	Hotel Best Baltic	Hotel Europa Royal	15:25	<b>15:30</b>
		Hotel Europa Royal	Hotel Best Baltic	<b>08:20</b>	08:25	Hotel Europa Royal	Hotel Best Baltic	<b>15:35</b>	15:40
		Hotel Best Baltic	LSC Sport complex	08:27	<b>08:35</b>	Hotel Best Baltic	LSC Sport complex	15:42	<b>15:50</b>
		LSC Sport complex	Hotel Best Baltic	<b>08:40</b>	08:45	LSC Sport complex	Hotel Best Baltic	<b>16:00</b>	16:05
		Hotel Best Baltic	Hotel Europa Royal	08:50	<b>08:55</b>	Hotel Best Baltic	Hotel Europa Royal	16:10	<b>16:15</b>
		Hotel Europa Royal	Hotel Best Baltic	<b>09:00</b>	09:05	Hotel Europa Royal	Hotel Best Baltic	<b>16:25</b>	16:30
		Hotel Best Baltic	LSC Sport complex	09:07	<b>09:15</b>	Hotel Best Baltic	LSC Sport complex	16:32	<b>16:40</b>
		LSC Sport complex	Hotel Best Baltic	<b>09:40</b>	09:45	LSC Sport complex	Hotel Best Baltic	<b>16:45</b>	16:50
		Hotel Best Baltic	Hotel Europa Royal	09:50	<b>09:55</b>	Hotel Best Baltic	Hotel Europa Royal	16:55	<b>17:00</b>
		Hotel Europa Royal	Hotel Best Baltic	<b>10:00</b>	10:05	Hotel Europa Royal	Hotel Best Baltic	<b>17:00</b>	17:05
		Hotel Best Baltic	LSC Sport complex	10:07	<b>10:15</b>	Hotel Best Baltic	LSC Sport complex	17:07	<b>17:15</b>
		LSC Sport complex	Hotel Best Baltic	<b>10:40</b>	10:45	LSC Sport complex	Hotel Best Baltic	<b>17:20</b>	17:25
		Hotel Best Baltic	Hotel Europa Royal	10:50	<b>10:55</b>	Hotel Best Baltic	Hotel Europa Royal	17:30	<b>17:35</b>
		Hotel Europa Royal	Hotel Best Baltic	<b>11:00</b>	11:05	Hotel Europa Royal	Hotel Best Baltic	<b>17:40</b>	17:45
		Hotel Best Baltic	LSC Sport complex	11:07	<b>11:15</b>	Hotel Best Baltic	LSC Sport complex	17:47	<b>17:55</b>
		LSC Sport complex	Hotel Best Baltic	<b>11:40</b>	11:45	LSC Sport complex	Hotel Best Baltic	<b>18:15</b>	18:20
		Hotel Best Baltic	Hotel Europa Royal	11:50	<b>11:55</b>	Hotel Best Baltic	Hotel Europa Royal	18:25	<b>18:30</b>
		Hotel Europa Royal	Hotel Best Baltic	<b>12:00</b>	12:05	Hotel Europa Royal	Hotel Best Baltic	<b>18:35</b>	18:40
		Hotel Best Baltic	LSC Sport complex	12:07	<b>12:15</b>	Hotel Best Baltic	LSC Sport complex	18:42	<b>18:50</b>
		LSC Sport complex	Hotel Best Baltic	<b>12:50</b>	12:55	LSC Sport complex	Hotel Best Baltic	<b>19:05</b>	19:10
		Hotel Best Baltic	Hotel Europa Royal	13:00	<b>13:05</b>	Hotel Best Baltic	Hotel Europa Royal	19:15	<b>19:20</b>
		Hotel Europa Royal	Hotel Best Baltic	<b>13:05</b>	13:10	LSC Sport complex	Hotel Best Baltic	<b>19:30</b>	19:35
		Hotel Best Baltic	LSC Sport complex	13:12	<b>13:20</b>	Hotel Best Baltic	Hotel Europa Royal	19:40	<b>19:45</b>
		LSC Sport complex	Hotel Best Baltic	<b>14:00</b>	14:05	LSC Sport complex	Hotel Best Baltic	<b>19:55</b>	20:00
		Hotel Best Baltic	Hotel Europa Royal	14:10	<b>14:15</b>	Hotel Best Baltic	Hotel Europa Royal	20:05	<b>20:10</b>

**TRANSFER FOR THE FINALS**

# TRANSPORTATION FOR 2025 08 23



**UIPM  
PENTATHLON U19  
World Championships**  
Druskininkai, LITHUANIA 2025

2025. 08. 23				2025. 08. 23			
Išvykimas	Atvykimas	Išvykimo laikas	Atvykimo laikas	Išvykimas	Atvykimas	Išvykimo laikas	Atvykimo laikas
Departure from	Arrival at	Departure Time	Ariving time	Departure from	Arrival at	Departure Time	Ariving time
Hotel Europa Royal	Hotel Best Baltic	<b>07:40</b>	07:45	Hotel Europa Royal	Hotel Best Baltic	<b>14:20</b>	14:25
Hotel Best Baltic	LSC Sport complex	07:47	<b>07:55</b>	Hotel Best Baltic	LSC Sport complex	14:27	<b>14:35</b>
LSC Sport complex	Hotel Best Baltic	<b>08:00</b>	08:05	LSC Sport complex	Hotel Best Baltic	<b>15:15</b>	15:20
Hotel Best Baltic	Hotel Europa Royal	08:10	<b>08:15</b>	Hotel Best Baltic	Hotel Europa Royal	15:25	<b>15:30</b>
Hotel Europa Royal	Hotel Best Baltic	<b>08:20</b>	08:25	Hotel Europa Royal	Hotel Best Baltic	<b>15:35</b>	15:40
Hotel Best Baltic	LSC Sport complex	08:27	<b>08:35</b>	Hotel Best Baltic	LSC Sport complex	15:42	<b>15:50</b>
LSC Sport complex	Hotel Best Baltic	<b>08:40</b>	08:45	LSC Sport complex	Hotel Best Baltic	<b>16:00</b>	16:05
Hotel Best Baltic	Hotel Europa Royal	08:50	<b>08:55</b>	Hotel Best Baltic	Hotel Europa Royal	16:10	<b>16:15</b>
Hotel Europa Royal	Hotel Best Baltic	<b>09:00</b>	09:05	Hotel Europa Royal	Hotel Best Baltic	<b>16:25</b>	16:30
Hotel Best Baltic	LSC Sport complex	09:07	<b>09:15</b>	Hotel Best Baltic	LSC Sport complex	16:32	<b>16:40</b>
LSC Sport complex	Hotel Best Baltic	<b>09:40</b>	09:45	LSC Sport complex	Hotel Best Baltic	<b>16:45</b>	16:50
Hotel Best Baltic	Hotel Europa Royal	09:50	<b>09:55</b>	Hotel Best Baltic	Hotel Europa Royal	16:55	<b>17:00</b>
Hotel Europa Royal	Hotel Best Baltic	<b>10:00</b>	10:05	Hotel Europa Royal	Hotel Best Baltic	<b>17:00</b>	17:05
Hotel Best Baltic	LSC Sport complex	10:07	<b>10:15</b>	Hotel Best Baltic	LSC Sport complex	17:07	<b>17:15</b>
LSC Sport complex	Hotel Best Baltic	<b>10:40</b>	10:45	LSC Sport complex	Hotel Best Baltic	<b>17:20</b>	17:25
Hotel Best Baltic	Hotel Europa Royal	10:50	<b>10:55</b>	Hotel Best Baltic	Hotel Europa Royal	17:30	<b>17:35</b>
Hotel Europa Royal	Hotel Best Baltic	<b>11:00</b>	11:05	Hotel Europa Royal	Hotel Best Baltic	<b>17:40</b>	17:45
Hotel Best Baltic	LSC Sport complex	11:07	<b>11:15</b>	Hotel Best Baltic	LSC Sport complex	17:47	<b>17:55</b>
LSC Sport complex	Hotel Best Baltic	<b>11:40</b>	11:45	LSC Sport complex	Hotel Best Baltic	<b>18:15</b>	18:20
Hotel Best Baltic	Hotel Europa Royal	11:50	<b>11:55</b>	Hotel Best Baltic	Hotel Europa Royal	18:25	<b>18:30</b>
Hotel Europa Royal	Hotel Best Baltic	<b>12:00</b>	12:05	Hotel Europa Royal	Hotel Best Baltic	<b>18:35</b>	18:40
Hotel Best Baltic	LSC Sport complex	12:07	<b>12:15</b>	Hotel Best Baltic	LSC Sport complex	18:42	<b>18:50</b>
LSC Sport complex	Hotel Best Baltic	<b>12:50</b>	12:55	LSC Sport complex	Hotel Best Baltic	<b>19:05</b>	19:10
Hotel Best Baltic	Hotel Europa Royal	13:00	<b>13:05</b>	Hotel Best Baltic	Hotel Europa Royal	19:15	<b>19:20</b>
Hotel Europa Royal	Hotel Best Baltic	<b>13:05</b>	13:10	LSC Sport complex	Hotel Best Baltic	<b>19:30</b>	19:35
Hotel Best Baltic	LSC Sport complex	13:12	<b>13:20</b>	Hotel Best Baltic	Hotel Europa Royal	19:40	<b>19:45</b>
LSC Sport complex	Hotel Best Baltic	<b>14:00</b>	14:05	LSC Sport complex	Hotel Best Baltic	<b>19:55</b>	20:00
Hotel Best Baltic	Hotel Europa Royal	14:10	<b>14:15</b>	Hotel Best Baltic	Hotel Europa Royal	20:05	<b>20:10</b>

**TRANSFER FOR THE FINALS**



# MEALS FOR 2025 08 22 and 23:

<b>Start</b>	<b>End</b>	
<b>7:30</b>	<b>9:00</b>	Breakfast in Hotels
<b>7:30</b>	<b>9:00</b>	Breakfast in LSC sport complex
<b>12:00</b>	<b>15:00</b>	Lunch in LSC sport complex
<b>18:30</b>	<b>21:00</b>	Dinner in Hotels
<b>18:30</b>	<b>20:00</b>	Dinner in LSC sport Complex
<b>16:00</b>	<b>18:00</b>	Fencing Equipment control



**UIPM  
PENTATHLON U19  
World Championships**  
Druskininkai, LITHUANIA 2025



## JURY OF APPEAL

Mr. Leonid ZIMAREV (KAZ)

Mr. Ali ASSEM (EGY)

Mr. Paulius ALEKSANDRAVICIUS (LTU)

Mr. George HARROP-ALLIN (RSA)

Mr. Kakha GOTSIRIDZE (GEO)

Mr. Simon CASSE (FRA)

Mr. Jeongmin JEON (KOR)



# TRAINING SCHEDULE FOR 2025 08 22

OCR:

15:00-16:00

19:00-20:00

Laser Run:

From lane 7 to 36 12:15 - 15:00

From lane 22 to 36 16:45 - 19:00

Swimming:

All lanes 11:00 - 11:30

From lane 1 to 6 lane 10:30- 11:00

From lane 4 to 8 lane 16:15-19:00



# TRAINING SCHEDULE FOR 2025 08 23



UIPM  
PENTATHLON U19  
World Championships  
Druskininkai, LITHUANIA 2025

OCR: 11:30-12:30

Laser Run: all lanes 12:15- 15:00

Swimming: all lanes 10:30 - 11:30

Lane from 1 to 6 13:15-14:15

Lane from 4 to 8 16:15-19:00



## MEDIC

LOC Medical 24/7 Joana Lescevskaja +370 (645) 83 667

Emergency phone 112

Druskininkai Emergency Department

Address: Sveikatos g. 30, Druskininkai, 66251

Druskininkų sav.

In case of emergency, documents needed:

- Passport,
- EU Health card or Insurance



22nd August

Sport Complex

12.30-14.00 From field to feed: How athletes can use AI to boost their personal brand - practical workshop

16.30-18.00 IOC Athlete365 Career+ Self-Discovery workshop

Best Baltic

19.30-21.00 IOC Athlete365 Career+ Self-Discovery workshop

23rd August

Sport Complex

12.40-14.00 IOC Athlete365 Career+ Self-Discovery workshop

16.30-18.30 From field to feed: How athletes can use AI to boost their personal brand - practical workshops (there will be bus after)

All participants of Athlete365 workshops will receive IOC Certificates

Workshops will be delivered by UIPM Education and Project Manager Ms. Anfisa Kasyanova

Note 1: Athletes attending training camp are also welcome too participate in any of workshops.

Note 2: You can also book a workshop for small group on request from 10am to 12pm on any of 22-23 August. Contact Anfisa directly (WhatsApp [+306986932395](https://wa.me/306986932395))



# MEDIA



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
**Druskininkai, LITHUANIA 2025**



**WhatsApp**

UIPM 2025 PENTATHLON U19  
WORLD CHAMPIONSHIPS



**Instagram**

Lithuanian\_modern\_pentathlon



**Facebook**

Modern Pentathlon Lithuania





**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

QUESTIONS?



**UIPM**  
**PENTATHLON U19**  
**World Championships**  
Druskininkai, LITHUANIA 2025

THANK YOU AND GOOD LUCK TOMORROW!!!