



Pentathlon Open 2023

Senior Men and Women

16 & 17 December 2023 French Open Championship

INSEP – GARDE REPUBLICAINE

Friday 15 December

14h Riding Test

20h Technical Meeting , INSEP / Allée des Champions (Corridor Fencing Building)

Saturday 16 December: Qualifications Women and Men

Men		Women	
7:45 AM	Fencing Hall Open + warm up	11:30 AM	Pool access + warm up
8:30 AM	Fencing competition	12:00 AM	1st swimming Hit
14:00 PM	Pool access + warm up	13:00 PM	Fencing warm up
14:30 PM	1st swimming Hit	13:30 PM	Fencing competition
15:30 PM	Warming up 1 st Heat Laser Run	17:45 PM	Warming up 1 st Heat Laser Run
16:00 PM	Laser Run 1st Heat	18:15 PM	Laser Run 1st Heat
16:15 PM	Warming up 2de heat Laser Run	18:30 PM	Warming up 2de heat Laser Run
16:45 PM	Laser Run 2de Heat	19:00 PM	Laser Run 2de Heat

19:30 PM: Technical Meeting for finals Women and Men, INSEP / Alley of Champions after the last laser run.

Sunday 17 December: Finals Women and Men at 18

MEN and WOMEN FEMMES (Riding)

8:30 AM Walking the course
9h30 1st Rider Men 1st Round
9h53 1st Rider Women 1st Round
10h16 1st Rider Men 2de Round
10h39 1st Rider Women 2de Round

Men

11:15 AM/ 12:00 PM General warm up

12:15 PM Bonus Round
12:45 PM Swimming (2 Hits)
13:05 PM Laser Run

Women

1:30 PM/2:15 PM General warm up

2:30 PM Bonus Round
3:00 PM Swimming (2 Hits)
3:20 PM Laser Run

4:00 PM: Award ceremony