

Lisa
20.07.2026 nr 3.1-3/26/21
juurde

Lisa 3. Estonian Defence Forces Championship in Military Pentathlon.

1. **Purpose:** to develop military pentathlon sport in Estonian Defence Forces and to find out the best athletes in different categories.
2. **Time and Place:** 26th to 27th of August 2026, Tapa, Tamsalu
 - 24.08.2026 11:00 Team captain meeting (VTC)
 - 26.08.2026
 - 07:50 Shooting (Tapa shooting range);
 - From 12:00 Obstacle course (Tapa Military camp, Loode 35);
 - From 15:00 Grenade throwing (Tapa Military camp, Loode 35);
 - 27.08.2026
 - 07:15 Obstacle swimming training (Tamsalu Swimming pool, Tehnika 2A).
 - 09:00 Obstacle swimming (Tamsalu Swimming pool, Tehnika 2A);
 - 12:00 Cross-country run (Tamsalu);
 - 15:00 Obstacle course relay (Tapa Military camp, Loode 35);
 - Approx 17:30 Award ceremony (Tapa Military camp, Loode 35).
3. **Registration:**
 - 3.1. Request to participate please inform Estonian unit POC or Estonian unit sport instructor before 18th of August 2026.
 - 3.2. Composition of the teams (names and age categories) please send to Estonian unit POC or Estonian unit sport instructor before 24th of August.
4. **Participants:** Estonian Defence Forces, Estonian Defence League and allied troops units.
 - 4.1. Each unit may register an unlimited number of athletes in individual and unlimited number of relay teams in team's categories.
5. **Competition categories and disciplines:**
 - 5.1. Age categories: H21, H25, H35, H45, D21, D30, D40
 - 5.2. *Shooting:* distance 200 meters, 10 shots in 5 minutes, and 10 shots in 1 minute, electronically target system.
 - 5.3. *Obstacle course:* 20 different obstacles, course length is 500 meters.
 - 5.4. *Obstacle swimming:* 4 different obstacles, course length is 50 meters.
 - 5.5. *Grenade throwing:* 16 grenades to the targets in 20, 25, 30 and 35 meters (four each). Three throws to the distance.
 - 5.6. *Cross-country:* distance for men H21 and H25 8 km and for ages categories H35, H45, D21, D30, D40 is 4 km.
 - 5.7. *Obstacle Course Relay.* Team consist 4 members, 1st exchange – obstacles no 1-4; 2nd exchange – obstacles 5-9; 3rd exchange – obstacles 10-15 and 4th exchange – obstacles 16-20.
 - 5.8. For additional information and competition disciplines ranking/scoring/rules please contact with Estonian unit POC or Estonian unit sport instructor.

- 6. Regulation of results:** the first 30 in overall and 20 best in the remaining categories will receive the points, respectively:

	1. place	2. place	3. place	4. place	5. place	6. place	7. place	8. place	9. place	10. place
H21	300p	290p	280p	270p	260p	250p	240p	230p	220p	210p
D21, D30, D40, H25, H35, H45	200p	190p	180p	170p	160p	150p	140p	130p	120p	110p
	11. place	12. place	13. place	14. place	15. place	16. place	17. place	18. place	19. place	20. place
H21	200p	190p	180p	170p	160p	150p	140p	130p	120p	110p
D21, D30, D40, H25, H35, H45	100p	90p	80p	70p	60p	50p	40p	30p	20p	10p
	21. place	22. place	23. place	24. place	25. place	26. place	27. place	28. place	29. place	30. place
H21	100p	90p	80p	70p	60p	50p	40p	30p	20p	10p

Obstacle Course relay competition respectively:

	1. place	2. place	3. place	4. place	5. place	6. place	7. place	8. place	9. place	10. place
Relay Competition	750p	700p	650p	600p	550p	500p	450p	400p	350p	300p
	11. place	12. place	13. place	14. place	15. place					
Relay Competition	250p	200p	150p	100p	50p					

- 6.1 In case the participants are less than 5 in different categories (H25, H35, H45, D21, D30, D40) the place points are divided by two.

7. Prize Distribution:

- 7.1. Competitors who recorded the 1st, the 2nd and the 3rd place in different categories will be awarded by medals.
- 7.2. Individual winner in Estonian Defence Forces category (EDF units) will be awarded with t-shirt of Defence Forces Master.
- 7.3. Overall winner unit will be awarded with trophy and diplomas.

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