

# EUROPEAN CHAMPIONSHIPS

## BIATLHE, TRIATLHE, LASER RUN AND PARAS

MACHICO – 22 TO 28 JUNE 2026

### Framework

Pentatlo Madeira, the Portuguese Modern Pentathlon Federation, and the Municipality of Machico are pleased to present these regulations/invitation to participate in the European Championships of Biathlon, Triathlon, Laser Run and associated events – Machico 2026, an event open to all categories, which will take place from 22 to 28 June 2026 at the Machico City.

### General Information

**Technical Delegate:** To be defined

**Competition Director:** To be defined

**Competition Venue:** Machico City (32°43'00.3"N 16°45'54.1"W)

### Regulatory Standards

The rules and regulations set out in the National and International Regulations will be followed.

#### Additional Notes:

- Only athletes from the corresponding heat may remain inside the competition area, after authorization from the Competition Director.
- Rankings/results will not be posted.
- By participating in the event, participants authorize photographic recording and the sharing of photographs on our social media channels.

Pentatlo Madeira  
Edifício da Escola Básica do Caramanchão – Rua de Carlos Cristóvão, N.º1, 9200-073 Machico  
NIFC – 511284020  
Tlm. 962 516 971  
E-mail: pentatlomadeira@gmail.com / secretariadopentatlomadeira@gmail.com  
Website: <https://www.fppm.pt/madeira/index.php>

## Schedules and Venues

# FULL AGENDA (PROVISIONAL)

PROGRAMME (all times to be confirmed)			
SUNDAY 21 <sup>st</sup> JUNE	9:30	OPEN WATER SWIMMING EXPERIENCE	
	Arrival of Delegations		
	16:00-18:00	Accreditation at the LOC Office	FORTE N.SR. AMPARO
MONDAY 22 <sup>nd</sup> JUNE	Arrival of Delegations		
	10:00-18:00	Accreditation at the LOC Office	FORTE N.SR. AMPARO
	15:00-18:00	Training at the competition venue	RACE VENUE
	17:00	Welcome Drink Team Leaders	FORTE N.SR. AMPARO
	18:30	Technical Meeting	FORUM MACHICO
TUESDAY 23 <sup>rd</sup> JUNE	Biathle Individual Competition Day Semifinals + Finals & Para Biathle Competition		
	09:00	OPENING CEREMONY – CELEBRATING OLYMPIC DAY	RACE VENUE
	10:00	Start of the 1 <sup>st</sup> Race	RACE VENUE
WEDNESDAY 24 <sup>th</sup> JUNE	Biathle Mixed Relay Competition Day & Para Triathle Competition		
	09:00	Start of the 1st race	RACE VENUE
	18:30	Technical Meeting	FORUM MACHICO
THURSDAY 25 <sup>th</sup> JUNE	Triathle Individual Competition Day Semifinals + Finals & Para Laser Run Competition		
	09:00	Start of the 1 <sup>st</sup> Race	RACE VENUE
FRIDAY 26 <sup>th</sup> JUNE	Triathle Mixed Relay Competition Day		
	09:00	Start of the 1st Race	RACE VENUE
	18:30	Technical Meeting	FORUM MACHICO
SATURDAY 27 <sup>th</sup> JUNE	Laser Run Individual Competition Day Semifinals + Finals & PARA TRAINING CAMP		
	09:00	Start of the 1 <sup>st</sup> Race	RACE VENUE
	21:00	MUSIC FESTIVAL (TBC)	FORUM MACHICO
SUNDAY 28 <sup>th</sup> JUNE	Laser Run Mixed/ Gender Relay Competition Day & PARA TRAINING CAMP		
	09:00	Start of the 1 <sup>st</sup> Race	RACE VENUE
	20:00	CLOSING DINNER - PARTY	TO BE CONFIRMED
MONDAY 29 <sup>th</sup> JUNE	DEPARTURE OF DELEGATIONS		

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## Categories and Distances

Biatle Individual			
Under 9 (2018 - 2019)	Run 200m	Swim 50m	Run 200m
Under 11 (2016 - 2017)	Run 400m	Swim 50m	Run 400m
Under 13 (2014 - 2015)	Run 400m	Swim 100m	Run 400m
Under 15 (2012 - 2013)	Run 800m	Swim 100m	Run 800m
Under 17 (2010 - 2011)	Run 800m	Swim 200m	Run 800m
Under 19 (2008 - 2009)	Run 800m	Swim 200m	Run 800m
Juniors (2005 - 2007)	Run 800m	Swim 200m	Run 800m
Seniors (1987 - 2004)	Run 800m	Swim 200m	Run 800m
Masters 40+ (1977 - 1986)	Run 800m	Swim 100m	Run 800m
Masters 50+ (1967 - 1976)	Run 800m	Swim 100m	Run 800m
Masters 60+ (1957 - 1966)	Run 800m	Swim 50m	Run 800m
Masters 70+ (1947 - 1956)	Run 400m	Swim 50m	Run 400m

Biatle Mixed Relay (distâncias por pessoa)			
Under 9 (2018 - 2019)	Run 200m	Swim 50m	Run 200m
Under 11 (2016 - 2017)	Run 400m	Swim 50m	Run 400m
Under 13 (2014 - 2015)	Run 400m	Swim 100m	Run 400m
Under 15 (2012 - 2013)	Run 800m	Swim 100m	Run 800m
Under 17 (2010 - 2011)	Run 800m	Swim 100m	Run 800m
Under 19 (2008 - 2009)	Run 800m	Swim 100m	Run 800m
Juniors (2005 - 2007)	Run 800m	Swim 100m	Run 800m
Seniors (1987 - 2004)	Run 800m	Swim 100m	Run 800m
Masters 40+ (1977 - 1986)	Run 400m	Swim 100m	Run 400m
Masters 50+ (1967 - 1976)	Run 400m	Swim 100m	Run 400m
Masters 60+ (1957 - 1966)	Run 400m	Swim 50m	Run 400m
Masters 70+ (1947 - 1956)	Run 400m	Swim 50m	Run 400m

ParaBiatle Individual (categoria A e B)			
PMP 1	Push 400m	Swim 100m	Push 400m
PMP 2	Run 400m	Swim 100m	Run 400m
PMP 3	Run 400m	Swim 100m	Run 400m
PMP 4	Run 400m	Swim 100m	Run 400m
PMP 5	Run 400m	Swim 100m	Run 400m
PMP 6*	Run 400m	Swim 100m	Run 400m
PMP 7	Run 400m	Swim 100m	Run 400m

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### Triatle Individual

Under 9 (2018 - 2019)	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m					
Under 11 (2016 - 2017)	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m					
Under 13 (2014 - 2015)	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 100m	Run 300m			
Under 15 (2012 - 2013)	Shoot 5m	Run 600m	Shoot 5m	Run 600m	Shoot 5m	Swim 100m	Run 600m			
Under 17 (2010 - 2011)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m	
Under 19 (2008 - 2009)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Juniors (2005 - 2007)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Seniors (1987 - 2004)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 200m	Run 600m
Masters 40+ (1977 - 1986)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m			
Masters 50+ (1967 - 1976)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m			
Masters 60+ (1957 - 1966)	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m			
Masters 70+ (1947 - 1956)	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m					

### Triatle Mixed Relay (distâncias por pessoa)

Under 9 (2018 - 2019)	Shoot 5m (2 mãos)	Run 300m	Shoot 5m (2 mãos)	Swim 50m	Run 300m	
Under 11 (2016 - 2017)	Shoot 5m (2 mãos)	Run 300m	Shoot 5m (2 mãos)	Swim 50m	Run 300m	
Under 13 (2014 - 2015)	Shoot 5m	Run 300m	Shoot 5m	Swim 100m	Run 300m	
Under 15 (2012 - 2013)	Shoot 5m	Run 600m	Shoot 5m	Swim 100m	Run 600m	
Under 17 (2010 - 2011)	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Under 19 (2008 - 2009)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Juniors (2005 - 2007)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Seniors (1987 - 2004)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m
Masters 40+ (1977 - 1986)	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Masters 50+ (1967 - 1976)	Shoot 10m	Run 600m	Shoot 10m	Swim 100m	Run 600m	
Masters 60+ (1957 - 1966)	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m	
Masters 70+ (1947 - 1956)	Shoot 5m	Run 300m	Shoot 5m	Swim 50m	Run 300m	

### ParaTriatle Individual (categoria A e B)

PMP 1	Swim 100m	3' Pause	Shoot 5m	Push 300m	Shoot 5m	Push 300m	Shoot 5m	Push 300m
PMP 2	Swim 100m	3' Pause	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 3	Swim 100m	3' Pause	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 4	Swim 100m	3' Pause	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 5	Swim 100m	3' Pause	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 6*	Swim 100m	3' Pause	Shoot 3m	Run 300m	Shoot 3m	Run 300m	Shoot 3m	Run 300m
PMP 7	Swim 100m	3' Pause	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m

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### Laser Run Individual

Under 9 (2018 - 2019)	Shoot 5m (2 Hands)	Run 300m	Shoot 5m (2 Hands)	Run 300m					
Under 11 (2016 - 2017)	Shoot 5m (2 Hands)	Run 300m	Shoot 5m (2 Hands)	Run 300m					
Under 13 (2014 - 2015)	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Under 15 (2012 - 2013)	Shoot 5m	Run 600m	Shoot 5m	Run 600m	Shoot 5m	Run 600m			
Under 17 (2010 - 2011)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Under 19 (2008 - 2009)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Juniors (2005 - 2007)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Seniors (1987 - 2004)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Masters 40+ (1977 - 1986)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m			
Masters 50+ (1967 - 1976)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m			
Masters 60+ (1957 - 1966)	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m			
Masters 70+ (1947 - 1956)	Shoot 5m	Run 300m	Shoot 5m	Run 300m					

### Laser Run Mixed Relay ou por género (distâncias por pessoa)

Under 9 (2018 - 2019)	Shoot 5m (2 Hands)	Run 300m	Shoot 5m (2 Hands)	Run 300m	
Under 11 (2016 - 2017)	Shoot 5m (2 Hands)	Run 300m	Shoot 5m (2 Hands)	Run 300m	
Under 13 (2014 - 2015)	Shoot 5m	Run 300m	Shoot 5m	Run 300m	
Under 15 (2012 - 2013)	Shoot 5m	Run 600m	Shoot 5m	Run 600m	
Under 17 (2010 - 2011)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Under 19 (2008 - 2009)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Juniors (2005 - 2007)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Seniors (1987 - 2004)	Run 600m	Shoot 10m	Run 600m	Shoot 10m	Run 600m
Masters 40+ (1977 - 1986)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Masters 50+ (1967 - 1976)	Shoot 10m	Run 600m	Shoot 10m	Run 600m	
Masters 60+ (1957 - 1966)	Shoot 5m	Run 300m	Shoot 5m	Run 300m	
Masters 70+ (1947 - 1956)	Shoot 5m	Run 300m	Shoot 5m	Run 300m	

### ParaLaser Run Individual

PMP 1	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 2	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 3	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 4	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 5	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m
PMP 6	Shoot 3m	Run 300m	Shoot 3m	Run 300m	Shoot 3m	Run 300m	Shoot 3m	Run 300m
PMP 7	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m	Shoot 5m	Run 300m

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## Courses

Race Venue will take place next to Forum Machico (32°43'00.3"N 16°45'54.1"W)

## Biathle Competition



## Triathlon Competition



## Laser Run Competition



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