



60. OPEN NORDIC MILITARY PENTATHLON CHAMPIONSHIP

Helsinki Santahamina 26.-30.6.2023





Military Athletes, Ladies and Gentlemen!

Welcome to Finland to compete in the Nordic Open Military Championship in Military Pentathlon in the spirit of "Friendship through sport". This fine military sport requires all-round and versatile skills suitable for a soldier, as well as persistent stamina combined with explosive strength. High level motoric skills and nerves of steel are also essential. In other words; important basic qualities of an army soldier, along with military skills. I'm sure we've all been following the war in Ukraine and these individual soldier skills are still a very important part of the battlefield. We can certainly say that this Championship has gathered together quite a number of elite soldiers. In our competition and training activities, the Defense Forces strive to develop the soldiers' physical performance and military skills without forgetting mental capabilities, which also resonates with physical performance. Through international competitive sports, we maintain the expertise of training soldiers' physical fitness, organizing competitions and in teaching the skills needed in the different disciplines.

I warmly welcome you, competitors, coaches, supporters and other backers, as well as all those interested in military pentathlon to the Finnish Army and Guard Jaeger Regiment, the defenders of the capital. Guard Jaeger Regiment, and especially the skilled and experienced coordinating organization of its Sports School, will surely meet your expectations concerning a precise and fair competition. I am very pleased at the large number of participating countries. Good sportsmanship, successful and new experiences to all of you!

Enjoy Your stay in Finland!

FIN Army Chief of Operations

Patron of the Competition

Brigadier General Sami-Antti Takamaa



Open Nordic Military Pentathlon Championship 2023



Distinguished athletes, soldiers

On behalf of the Guard Jaeger Regiment I welcome you to Finland and to the garrison island of Santahamina. In addition to the Regiment, the National Defence University is located here.

Guard Jaeger Regiment trains conscripts and upholds readiness and security. The task to secure the capital is significant. In addition, the Regiment supports other authorities, the police for instance. The regiment has three battalions, the Guard Battalion, Uusimaa Jaeger Battalion and Finnish Defence Forces Sports School. Our unit also pertains the Army Guard of Honor and the oldest military band in the Finnish Defence Forces.

We are honoured to organize this Nordic Championship. It is gratifying to see the number of participants from other countries as well. We have done our best to make this competition a success.

I wish you all the best success in the competition

Commander of the Guard Jaeger Regiment

Chairman of the organizing committee

Colonel Asko Kopra



Open Nordic Military Pentathlon Championship 2023



Dear teams, athletes, soldiers

Welcome to the Open Nordic Military Pentathlon Championship at Santahamina. Although a less well-known sport, Military Pentathlon in its essence dates back to the very start of sports. This early heritage is easily forgotten when observing entertainment industry -like top-level sports at present, or while following public debate on the importance of physical activity and promoting public health initiatives.

The original purpose of sports that is all too often ignored is about exercising soldiers' skills. Practicing sports has involved honing the use of key combat kit and perfecting combatant characteristics: namely, stamina, strength, and speed. All these skills and characteristics are necessary on the contemporary battlefield as well.

The Guard Jaeger Regiment -arranged Military Pentathlon competitions finely allow traditional battling for superior performance in skills and characteristics relevant for combatants among allies and partners.

On behalf of the competition organisation, I welcome the athletes and team members at the Guard Jaeger Regiment to compete for excellence in military sports.

May the best soldier win!

Commandant Finnish Defence Forces Sports School

Chief of competition

Lieutenant Colonel Ville Halonen



Open Nordic Military Pentathlon Championship 2023



Competition organization

Chairman of the Organising Committee	COL Asko Kopra
Competition Chief	LTC Ville Halonen
Technical Chief	CAPT Hans-Christian Sundqvist
Chief of Competition Office	MAJ Juho Leppälä
Chief of Logistics	CAPT Joel Moilanen
Chief of Security	CAPT Henry Hoot
Chief of Media	Ms Lotta Laaksonen
Leader of Obstacle run	SFC Tommi Leinonen
Leader of Obstacle swim	SFC Arttu Hirsi
Leader of Throwing	1LT Jesse Martélius
Leader of Cross-country run	LT Miika Irtola
Leader of Shooting	SFC Juha Rutonen
Results Service	Mr Roope Koskinen
	Mr Franz Raudner

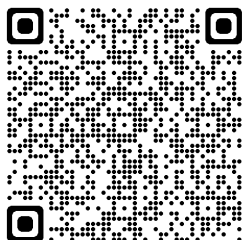
Contact information

+358 299 421 800 (Competition Chief, LTC Ville Halonen)

+358 299 421 410 (Technical Chief, CAPT Hans-Christian Sundqvist)

+358 299 421 801 (Chief of Competition Office, MAJ Juho Leppälä)

Address of Santahamina: Santahamina garrison, Santahaminantie 1, 00860 Helsinki



QR-code: information and results on the Finnish Army website. QR-codes to online scores and WhatsApp group on the website.

Open Nordic Military Pentathlon Championship 2023



Competition Office

The Competition Office will be open as follows:

Mon 26 June	0830—2030
Tue 27 June	0830—2030
Wed 28 June	0830—2030
Thu 29 June	0830—1800
Fri 30 June	on call

Every team should contact Competition Office NLT 0900 every competition day.

Every team has its own mailbox, where teams can pick up distributed material every day.

In all matters concerning the competition, please contact the Competition Office personnel or any urgent inquiries, please contact via telephone +358 299421801.

Handling of weapons

The weapon bags must be named!

Weapons will be stored in the armoury. To receive a weapon, the number on the accreditation card must correspond with the name on the weapon bag (or equivalent). Weapons can be checked in or out during armoury opening hours.

The armoury will be open as follows

Mon 26 June	0730—1600
Tue 27 June	0630—1600
Fri 30 June	0600—1430



Logistics and Dining

See the map on the last page for the accommodation location. Athletes and Team Leaders have accommodation in different buildings.

Teams receive their keys from the Competition Office during the registration/ accreditation. All the keys are together. Returning of the keys same way as receiving them. Team leaders are responsible of the receiving and returning of the keys.

Dining Information

There is an evening snack for the early arrivals (on Sunday 25.6.).
Other dinings are in the Dining Hall, Ignatius.

Mon 26.6.

Breakfast for early arrivals	Dining Hall, Ignatius
Lunch, Dinner, Evening Snack	Dining Hall, Ignatius

Tue 27.6.

Breakfast	Dining Hall, Ignatius
Lunch	Lunch bag (received at breakfast)
Dinner and Evening Snack	Dining Hall, Ignatius

Wed 28.6.

Breakfast, Lunch, Dinner and, Evening snack	Dining Hall, Ignatius
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Thu 29.6.

Breakfast and Lunch	Dining Hall, Ignatius
Closing Ceremony Dinner	Dining Hall, Ignatius (after Medal Ceremony)

Fri 30.6.

Breakfast	Dining Hall, Ignatius
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Logistics and Dining

Dining Hall timetables

Breakfast	0600 - 0800
Lunch	1030 - 1300
Dinner	1600 - 1800

Soldiers' Home Canteen (Guard Jaeger Regiment) is open as follows:

Mon 26 June	0830—2030
Tue 27 June	0830—2030
Wed 28 June	0830—2030
Thu 29 June	0830—2030
Fri 30 June	0830—1930

The Soldiers' Home Canteen has internet connections available for the teams.

WLAN: SOTILASKOTI

Password: HSSKY2021



Accreditation

Accreditation card

Each person involved in the Championship will be given an accreditation card.

Card will entitle the person to move around in the garrison area and in the competition sites. If the card is lost, report to the Competition Office immediately.

Competition sites

Competitors' identity will be verified based on their accreditation card at the equipment checks and prestarts of the competition events.

Military area and security

Accreditation card shall be worn **visibly at all times** when moving around in the military area and if requested be presented to the military police. The military police are responsible for guarding and safety of the areas. Military police can be identified by the black and white SP (sotilaspoliisi/military police) band on their arm. Any instruction or order given by the military police must absolutely be observed. It is forbidden to bring outsiders into the military area.

If you are moving outside the Santahamina, military area, you have to carry your passport with you.

Moving around in the military area

Team members are entitled to enter only the following places:

The team's accommodation building

The Competition Office

The Catering centre (Leijona Catering, Dining Hall Ignatius)

Soldiers' Home Canteen

Training / Sports facilities

Entry into other buildings is forbidden.



Program

Sunday 25.6.

Early arrival 1000—0000

Monday 26.6.

Opening of the Competition office 0830
Registration/Accreditation 0830—1200
Official training 1200—1800
Technical Jury gathering
(Competition Office) 1200—1800
Preliminary meeting 1830—1930
(Auditorium Itälinnake)
Opening Ceremony/
Photographing of the teams 2000—2030
(Auditorium Itälinnake)

Tuesday 27.6.

Picking up the weapons and ammunition 0645—0845
(Armory)
Transportation to Hälvälä 0715 and 0845
(Bus leaving from Armory)
Shooting 0930—1230
(Hälvälä)
Transportation back to Santahamina 1115 and 1230
Obstacle run 1600—2000



Program

Wednesday 28.6.

Transportation to swimming center (Bus leaving from Santahamina building, see the map)	every half hour starting at 0715
Swimming warm up (Swimming center of Itäkeskus)	0820—0855
Obstacle swim (Swimming center of Itäkeskus)	0900—1100
Transportation back to Santahamina	every half hour starting 0745
Nordic technical meeting	1200—1300
Throwing	1400—2000

Thursday 29.6.

Cross-country run	0900—1100
Helsinki City Tour	1230—1600
Medal- and Closing Ceremony	1700—2300

Friday 30.6.

Picking up weapons and ammunitions	0600—
Departure of the teams	national schedule



Training Schedule

AUT											
CZ											
DEN											
FIN											
GER											
LV											
NOR											
SWE											
	BREAKFAST 06.00-08.00			LUNCH 10.30-13.00	BUS to SWIMMING 11.45 BUS to SWIMMING 13.45 THROWING 14.00-14.30 THROWING 12.00-12.30 BUS to SWIMMING 12.15 BUS to SWIMMING 11.15 OBSTACLE RUN 12.00-12.30	OBSTACLE SWIMMING 12.30-13.00 OBSTACLE SWIMMING 14.30-15.00 OBSTACLE SWIMMING 12.00-12.30 THROWING 12.30-13.00	BUS to BARRACS 13.15 BUS to BARRACS 15.15 BUS to SWIMMING 15.15 BUS to SWIMMING 14.45 BUS to BARRACS 13.45 BUS to BARRACS 12.45 BUS to SWIMMING 15.15 BUS to BARRACS 15.45	OBSTACLE SWIMMING 12.30-13.00 OBSTACLE SWIMMING 14.30-15.00 OBSTACLE RUN 14.30-15.00 THROWING SWIMMING 16.00-16.30 BUS to SWIMMING 15.15 BUS to BARRACS 16.45 THROWING SWIMMING 16.00-16.30 OBSTACLE RUN 17.00-17.30	THROWING 15.00-15.30 THROWING 16.30-17.00 OBSTACLE SWIMMING 16.00-16.30 OBSTACLE SWIMMING 15.30-16.00 THROWING 14.30-15.00 OBSTACLE RUN 14.30-15.00 OBSTACLE SWIMMING 16.00-16.30 THROWING SWIMMING 16.45 THROWING 17.30-18.00	OBSTACLE RUN 15.30-16.00 OBSTACLE RUN 17.30-18.00 BUS to BARRACS 16.45 BUS to BARRACS 16.15 OBSTACLE RUN 15.00-15.30 THROWING 15.00-15.30 BUS to BARRACS 16.45 THROWING 17.30-18.00	CROSS- COUNTRY FREE TRAINING DINNER 16.00-18.00



Opening Ceremony

Date	Mon 26 June at 1955
Place	Auditorium Itälinnake
Dress code	Uniform
1955	Teams must be in place
2000	Arrival of the Guard Jaeger Regiment flag Welcome speech, chairman of the organizing committee Opening of the 60. ONMPC 2023
2030	Team photos

Medal Ceremony and Closing Ceremony

Date	Thu 29 June at 1700
Place	Dining Hall
Dress code	Uniform
1655	Teams must be in place
1700	Military music Welcome speech Medal Ceremony
1800	Closing Ceremony Dinner
Mess will be open till 2300	



Shooting, Hälvälä

Tuesday 27 June

Shooting distance: 300 metres

Bus to Shooting range:

0715 Shooting heat 1-2

0845 Shooting heat 3-4

Bus to Santahamina:

1115 Shooting heat 1-2

1230 Shooting heat 3-4

Prestart 5 minutes before start of heat

Buses depart from the armoury (see map).

Leader: SFC Juha Rutonen

Obstacle run, Santahamina

Tuesday 27 June

Obstacle course with 20 obstacles for men, 16 for women

Number of lanes: 2

Prestart 5 minutes before start of heat

Leader: SFC Tommi Leinonen



Obstacle swim, Itäkeskus

Wednesday 28 June

Course length 50 metres with 4 obstacles. Heat 2 competitors.

Starting interval 2 minutes

Prestart 5 minutes before start of heat

0800—0850 Warming up (lanes 1-3)

0900—0930 Women

0930—0950 Break / Warm-up (lanes 1-3)

0950—1020 Men 1

1020—1040 Break / Warmup (lanes 1-3)

1040—1110 Men 2

Warm-up: Indoor gym is open during the competition 0800—1130. Lanes 1-3 (without obstacles) can be used for warm up during the breaks and before the womens competition.

Bus to Obstacle swim, Itäkeskus:

0715

0745

0815

0845

0915

Buses depart from the Santahamina building (see map).

Leader: SFC Arttu Hirsi

Bus to Santahamina:

0900 Non-stop, every half-hour

1045 Final start



Throwing, Santahamina

Wednesday 28 June

Competition 1400—2000

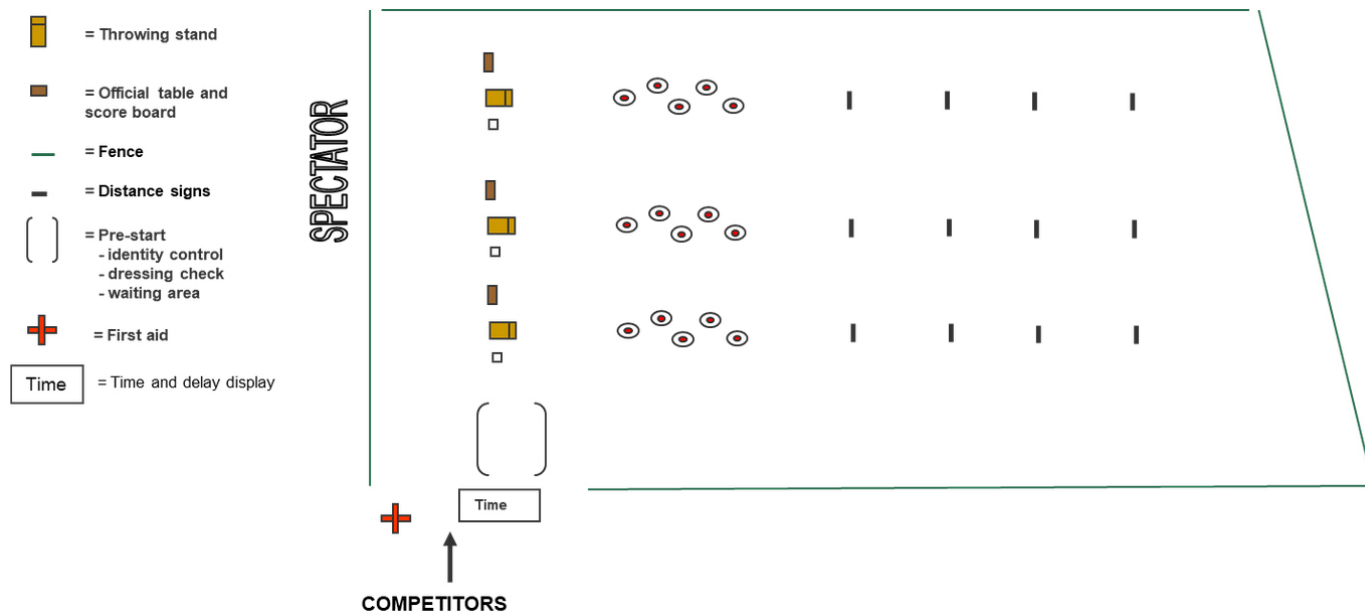
Heat: 3 competitors

Starting interval: 12 minutes (TPC)

Prestart: 5 minutes before start of heat

Warm-up: 2 lanes, thrown to different direction than in the competition

Leader: 1LT Jesse Martélius





Cross-country run, Santahamina

Thursday 27 June

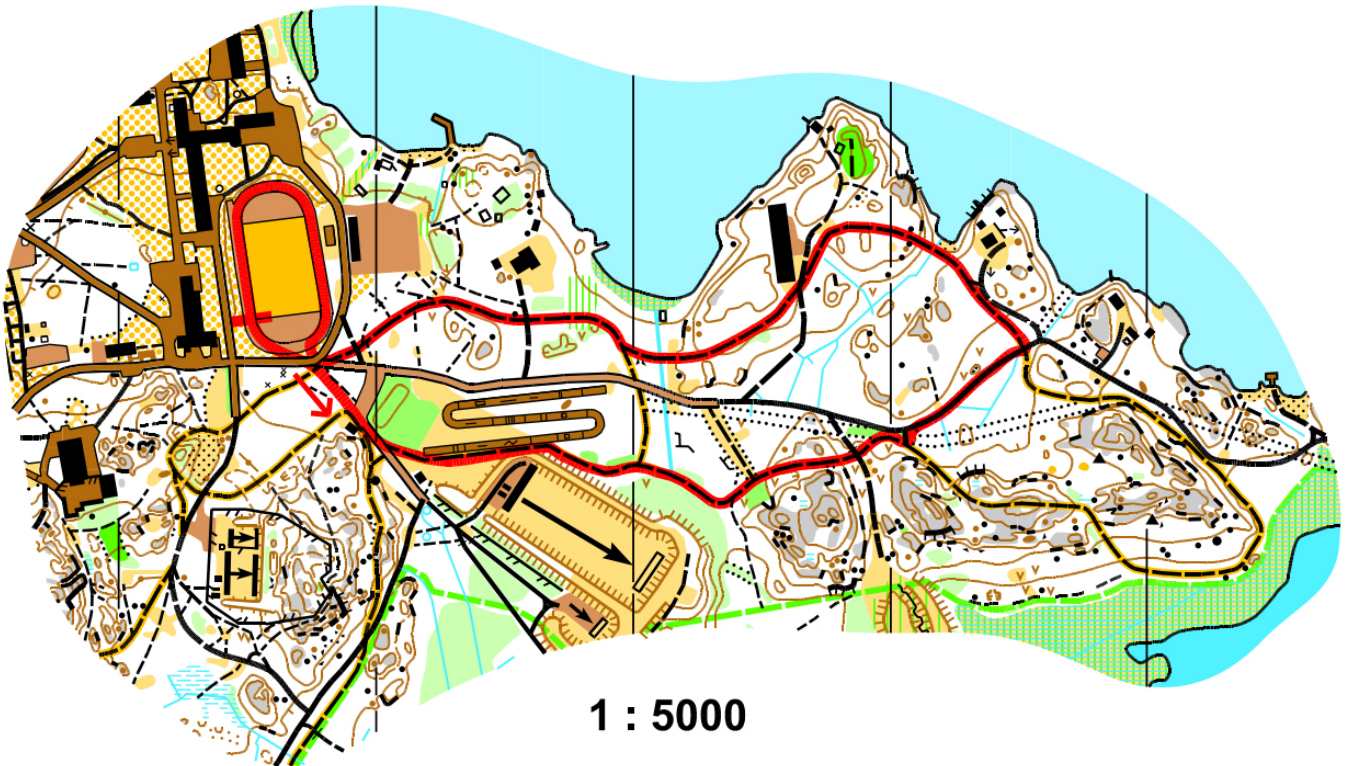
The length of the track is 2 km

0900 Women 4 km

0945 Men 8 km

Prestart: 5 minutes before start

Leader: Leader: LT Miika Irtola





Safety instructions

Safety instructions and what to do in case of emergency:

- warn others without delay
- try rescue any persons who have been injured and move them out of dangerzone if necessary
- give first aid and start first aid firefighting if necessary
- call 112 as soon as possible and report the emergency
- call +358299 421 800 (LTC Ville Halonen, Chief of Competition) and report the emergency

NATIONAL EMERGENCY NUMBER: 112

Address of Santahamina: Santahamina garrison, Santahaminantie 1, 00860 Helsinki



- x Bus Stop
- 1. Accommodation Building (Athletes)
- 2. Accommodation Building (Team leaders)
- 3. Competition Office
- 4. Soldiers' Home Canteen
- 5. Sports Field
- 6. Dining Hall Ignatius
- 7. Entrance to Indoor Sports Facilities
- 8. Armoury
- 8. Bus to Shooting Range (Hälväia)
- 9. Obstacle Run
- 10. Bus to Obstacle Swim (Itäkeskus)
- 11. Grenade Throw
- 12. Grenade Throw Warm up
- 13. Cross-Country Running

Open Nordic Military Pentathlon Championship
Santahamina Island Map