



LII MILITARY NORDIC
CHAMPIONSHIP PENTATHLON
RENA 2013

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Welcome

As your arrangement President of this fifty-second Military Nordic Championship and Norwegian Championship in Pentathlon 2013 I wish to greet you all welcome.

Rena Camp is looking forward to host the championship, and to show you the good facilities and competition possibilities we have in the camp.

I hope that all participants and leaders will enjoy the facilities and the positive atmosphere at Rena camp.

In my opinion, military pentathlon is the most superb competition within the military sports. Shooting, overcoming obstacles, swimming, throw grenades and running, reflects real military skills. The pentathlete must be able to carry out all the skills, and the winner will be regarded as the most complete athlete. In order to finish as the winner of the competition, it is necessary to be amongst the best in all five disciplines.

I wish all the participants from the Nordic countries good luck at the competition, and may it be in a spirit of fair sportsmanship.

Best regards

Jørn Erik Berntsen

Rena Camp

Welcome to Østerdal Garrison.

Due to the development of Oslo Airport Gardermoen, the Armoured Regiment of Southern Norway (Søndenfjeldske Dragonregiment) and the Norwegian Special Forces was assigned a new area. The selected area was Rena in Hedmark County. Rena camp was designed and constructed from scratch. Construction was commenced the fall of 1994, and the base was opened by his majesty King Harald V, 8th October 1997.

Units:

- Parts of armed forces command
- The Telemark Battalion (Mechanized High Readiness Force Infantry Battalion)
 - High Readiness Force Units from
- Military Police
- Artillery battalion
- Engineer battalion
- Medical battalion
- Combat service support battalion
- The Officer Candidate School
- The armed forces educational centre.
- The Norwegian Army Special Forces
- Camp and defence support facilities

Reorganizations in the Army structure have made the development of the camp a continuous process. Rena camp consists today of camp site, field exercise area, live firing range and the regional training area. On January 1st 2004 Rena camp and Terningmoen camp became Østerdal Garrison.

Terningmoen is an old Infantry Camp from 1879. Today it hosts units like National Guard, War Academy, Norwegian Army Land Warfare Centre, H.M. Kings Guard, Administrative Guardian Unit for International Operations, Logistics Organisation and Main Staff of National Guard. Østerdal Garrison is probably one of the most modern and functional garrisons in Europe.



Organization committee

Chief of the Organizing Committee:	Captain Tone Groven
Chief of the Competition:	Captain Magne Almås
Secretariat:	Ragnhild Bolstad
Adm/support:	Captain Tone Melhuus and Lt Vegard Røksland
Ceremony and culture:	Gren Maja Dysvik

Daily schedule:

24. June

All day Arrival and registration
0900-1530 Training according to separate program
1530-1700 Dinner
(self-service during dinner, make your own evening meal bag)
1900-2000 Preliminary meeting/Technical meeting

25. June

0630-0800 Breakfast
0815-1630 Training according to separate program
1045-1300 Lunch
1530-1700 Dinner
(self-service during dinner, make your own evening meal bag)
1900-1930 Opening ceremony (Football field)
1930-2100 BBQ and entertainment (Artillerisalen)
2100-2200 All disciplines - free training (except shooting)

26. June

0600-0800 Breakfast (optional: lunch meal bag/self-service during lunch)
0800-1100 Shooting at Terningmoen (Females first)
1100-1300 Lunch
1315-1355 Obstacle run (Females, 8 heats/4 min interval)
1400-1530 Obstacle run (Male, 21 heat/4 min interval)
1530-1700 Dinner
(self-service during dinner, make your own evening meal bag)
1715- VIP event for Chief of missions and TC members (casual outdoor clothing)

27. June

0630-0800 Breakfast
0900-0920 Obstacle swim (Female, 8 heat/2 min interval)
0930-1010 Obstacle swim (Male, 21 heat/2 min interval)
1100-1300 Lunch
1200-1600 Grenade throw (female and male, 15 heats/15 min interval)
1530-1700 Dinner
(self-service during dinner, make your own evening meal bag)
1730-1830 Nordic meeting

28. June

0630-0800 Breakfast
0900-1000 Cross country run (Female)
1000-1100 Cross country run (Male)
1100-1300 Lunch
1630-1715 Gift exchanges (Birkebeinersalongen)
1730-1830 Closing and award ceremony (Artillerisalen)
1830- Banquet (Artillerisalen)

29. June

0700-1200 Baguette (secretariat)
All day Departure

General information

Secretariat

The secretariat is placed in the Welfare building (building 0005).

Opening hours

Monday – Friday: 0700 – 2200

Saturday: 0700 – 1200

Safety

- When not in use for training or competition, always have your weapons locked in your wardrobe.
- Open flames (including smoking) are not allowed in any of the buildings at Rena camp.
- Cooking is only allowed in dedicated areas (Tea kitchen).
- If any sign of fire is spotted, call the Duty officer at phone nr: 99 22 20 07, or alert the guards.

Injuries or illnesses

If illness or an injury occurs contact the medical centre in the camp (phone 6240 2023). It's open to 1530. After this we have to use the emergency in Rena (phone 62 43 41 40).

Emergency numbers:

FIRE: 110

POLICE: 112

MEDICAL EMERGENCY: 113

In case of emergency, use the emergency numbers to alert. Please inform duty officer (99 22 20 07) after alerting the emergency services.

Distribution of rooms

All participants and officials are accommodated in the barrack "Setermoen", according to CISM regulations. An outline room plan is made; however, feel free to redistribute rooms and beds within your team.

Rom keys

Your room key is signed out to your team captain; one key pr room with a few exceptions.

Between 07.30 AM and 05.00 PM Monday to Thursday:

A guard at the entrance on the ground floor is available for looking after the keys, if you wish. Keep track on your key; your team will be charged 250 NOK (35 euro) if you loose the key.

Cleaning

Athletes will have to clean their own rooms. Equipment is to be found in the room directly inside the main entrance of the barrack.

Shower and lavatory

In addition to the showers and lavatories assigned to your room, you'll also find these facilities in the basement of your barrack and in the building where the secretary is located.

Catering

The dining hall:

We have adapted the menu and opening hours this week, trying to meet your needs as athletes. However, this does not include the entire dining hall, only the tables at the southern part. We will be pleased if you can use the southern entrance when you enter the dining hall. Remember to bring your food-card; you will not be let into the dining area without your card!

Dress code: uniform, civilian clothes or national representation sports outfit with long legs. For further specifications, please read the description outside the dining hall.

Opening hours - Dining hall

Monday to Friday:

Breakfast	0630 – 0800
Lunch	1100 – 1300
Dinner	1530 – 1700

Opening hours - Cafeteria

(Located in the same building as the CISM-club)

Monday – Thursday:	0930 – 2200
Friday:	0930 – 1200
Saturday:	closed

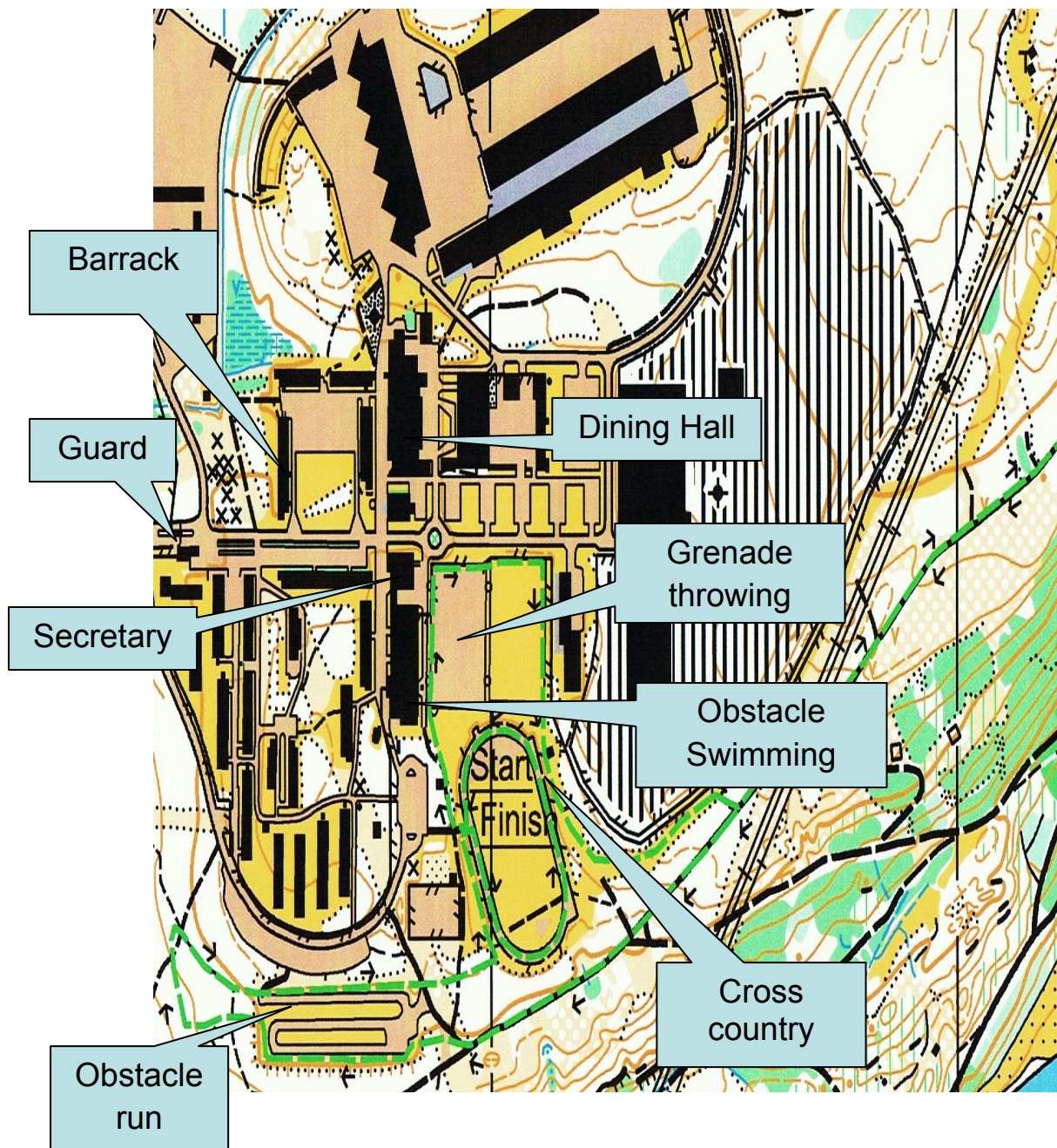
Internet

Internet can be found at the CISM-club.

The link for result:

www.milpent.dk/nmc2013/

Map Rena Camp



Participants

Country	Men	Women	Officials
Denmark	10	3	5
Finland	5	1	3
Norway	8	4	4
Sweden	8	4	3
Norwegian C	10	4	
In all	41	16	15

Training Matrix 25. June

Country	Obstacle course	Swimming	Shooting	Throwing
FIN	0815-0900	0930-1015	1115-1400	1430-1515
DEN	1445-1530	0815-0900	0945-1230	1330-1415
NOR	1315-1400	1415-1530	0815-1100	1200-1245
SWE	0930-1015	1045-1130	1245-1530	0815-0900
NM	1015-1100	1215-1300	1345-1630	0900-0945

Bus 25. June

Barrack Rena → Shooting range Terningmoen	Country	Shooting time	Shooting range Terningmoen → Barrack Rena
08:15	NOR	0915-1000	10:15
09:45	DEN	1045-1130	11:45
11:15	FIN	1215-1300	13:15
12:45	SWE	1315-1400	14:15
13:45	NM	1445-1530	15:45

Bus 26. June

Barrack Rena → Shooting range Terningmoen	Shooting time	Shooting range Terningmoen → Barrack Rena
06:45	08:00	08:45
07:25	08:40	09:25
08:05	09:20	10:05
08:45	10:00	10:45

Shooting

Leader

Maj Jo Ivar Løvseth

Time for activity

Training 25th of June 0900 – 1530 acc to program

Competition 26th of June 0800 – 1200 acc to program

Place of activity

Terningmoen Camp Shooting range 3 (transportation by bus from Rena).

Description of the shooting range

200 meter electronic shooting range. There are 20 shooting lanes. Electronic marking is shown on a monitor at each lane.

Rules of the competition

The shooting discipline is carried out in accordance to the CISM regulations for Military Pentathlon, part B Contest regulations edt 2013.

Special rules

- a. The participants are responsible to get all equipment and weapon inspected and approved on the training day.
- b. Check in for the competition is 30 minutes before shooting time
- c. The participants must bring all their own clothing, ammunition and weapon to the shooting range

Obstacle run

Leader

Lt Kristin R. Nerberg

Time for activity

Training 25th of June 0815 - 1600

Competition 26^h of June 1300 - 1530

Place of activity

Rena Camp Obstacle course

Description of the obstacle course

The obstacle course has two lanes. The course is the normal international S-alike with asphalt surface.

Rules of the competition

The obstacle run discipline is carried out in accordance to the CISM regulations for Military Pentathlon, part B and "Reglement for militaert Nordisk Mesterskap I Militaer Femkamp"

Special rules

- a. Starting interval is 4 minutes
- b. The participants have to be at the equipment control beside the starting point 4 minutes before start in accordance to the starting list.

Obstacle swimming

Leader

Captain Magne Almås

Time for activity

Training 25th of June 0815 - 1600

Competition 27th of June 0900 - 1100

Description of the obstacle swimming course Place of activity

Rena Camp Swimming pool.

In-door 25 meters swimming pool with 2 lanes (Nordic/Dutch layout).

Rules of the competition

The obstacle swimming competition is carried out in accordance to the CISM regulations for Military Pentathlon, part G and "Reglement for militaert Nordisk Mesterskap I Militaer Femkamp"

Special rules

- a. Starting interval is 2 minutes
- b. The participants have to be ready in the wardrobe 5 minutes before start in accordance to the starting list.
- c. Clothing control is carried out just before start.

Grenade throwing

Leader

Lt Henrik Østerman

Time for activity

Training	25 th of June 0815 - 1545
Competition	27 th of June 1200 - 1600

Place of activity

Throwing lanes at the football field in Rena Camp

Description of the throwing lanes

Four throwing lanes.

Rules of the competition

The throwing discipline is carried out in accordance to the CISM regulations for Military Pentathlon, part B and "Reglement for Militaert Nordisk Mesterskap I Militaer Femkamp".

Special rules

- a. Heat interval 15 minutes
- b. The participants must be ready at the clothing control 5 minutes before start in accordance to the starting list.
- c. Projectiles are at the throwing stands.
- d. The participants own projectiles/grenades are only to be used in the warm up.

Cross country run

Leader

Lt Henrik Østerman

Time for activity

Competition 28th of June 0900 – 1100

Place of activity

The track is located around the sport field.

Description of the route

The route is 4 km. The track is 2 x 4km for male and 1 x 4 km for female. It is marked every 1000m.

Rules of the competition

The Cross country discipline is carried out in accordance to the CISM regulations for Military Pentathlon, part B and “Reglement for Militaert Nordisk Mesterskap I Militaer Femkamp”

Special rules

- a. The participants must be ready at the prestart 10 minutes before start in accordance to the starting list.
- b. No warming up in the track between 0830 and 1100 on the race day.

