



PROGRAMME

Date	ACTIVITY
September 21, 2026 – September 30, 2026 (exact days and times will be specified)	Virtual Component (online lectures and workshops on sports strategy)
Sunday October 4, 2026	Arrival day
Monday October 5, 2026 (programme will be adjusted according to the weather conditions)	Welcoming participants, specifying the agenda, instructions. Measurement of somato-metric parameters of competitors. Rafting, military-practical swimming practice, hand-grenade throwing, shooting and clearing obstacle course – practice. Regeneration SPA (sauna) at the Academy. Icebreaker
Tuesday October 6, 2026	Sightseeing in Tatra mountains – activities at Štrbské pleso (mountain lake) Military practical climbing and demonstration of the basics of close combat – practice Team-leaders’ meeting, competition draw
Wednesday October 7, 2026 1 st day of competition	Allrounder 2026 competition - according to the programme. - Opening ceremony - 4 disciplines (hand-grenade throw at target, obstacle course, swimming, shooting)
Thursday October 8, 2026 2 nd day of competition	Allrounder 2026 competition - according to the programme. - 2 disciplines (6 km cross-country run, rafting). - Evaluation of the competition - Closing ceremony – Competition award ceremony Visit to thermal springs – Kelemeny – optional
Friday October 9, 2026 (programme will be adjusted according to the weather conditions)	Optional activities: a) trip to Jánska valley - Military - practical climbing on snote wall (military boots and field uniform / thermal nature SPA (22°C) Optional activities at Demänová valley: b) walk around the Vrbické pleso c)) walk up to / taking a lift up to Chopok mountain d) visit to Demänovská Cave of Liberty - Handing out the BIP Certificates - Farewell dinner / Hosted dinner
October 9, 2026	Virtual Component (feedback on online lectures and workshops on sports strategy)
Saturday October 10, 2026	Departure day



COMPETITION AND DISCIPLINES

1. Obstacle Course
Compete in field uniform in Joint Control Exercise No.1 at the land forces obstacle course. Each member of the team runs. The team result will be determined by total of the individual times.
2. Hand-grenade imitation throw at the target
Each team member throws 10 grenades weighing 350 g at a target 3 x 6 m, 30 m away. The sum of the hits of all team members will determine the result in the discipline.
3. Swimming relay 6 x 50 m in military clothing
Swimming in open water or in a pool (to be specified / voted for at the Team-leaders' Meeting). The team swims a 6 x 50 m relay in military clothing (provided by the organiser). The order in the discipline is determined by the time achieved.
4. Shooting - the short and long weapon
Each team member shoots standing up: Round 1 - pistol - 5 test shots and then 10 shots at 15 m on an uncovered dummy with a target with circles in a time limit of 2 minutes / shooter. Round 2 - submachine gun - 5 test shots and then 10 competition shots at 25 m on an uncovered dummy with a target with circles in a time limit of 2 minutes / shooter. In the event of a tie between teams, the greater number of hits of the higher value will be decisive. The result of the team is determined by the sum of the points achieved by its members when shooting both long and short guns. Allowed equipment - military clothing (trousers, blouse).
5. 6 km cross-country run
It is a two times 3 km circuit in forested terrain on a mostly clay and grass surface with rocky sections. The elevation of the circuit is about 100m. The result of the team is determined by the total of the times of its members. The team with the fastest overall time is the winner of the discipline. Sportswear.
6. Rafting
Competition on a 6-seater raft on the water slalom canal in Liptovský Mikuláš. Each team completes 2 timed trials. The length of the course is about 400 m with an elevation of 7.5 m, difficulty WW 3. The total of the times of both rounds is the final time of the team. The organizer provides rafting boats, life jackets, helmets and rescue service. The water temperature is expected to be around 16 °C, so a light neoprene suit is recommended.

Order of disciplines depends on the weather conditions and will be determined at the first Team-leader's meeting.