

Naval Pentathlon



www.cism-milsport.org



Naval Pentathlon

A military sport, fit to the needs of the armed forces in terms of physical performance of soldiers.

Naval Pentathlon is a polyathletic competition sport which embodies appropriate basic physical education and training methods for soldiers. It is a tool to bring together soldiers from various countries in the framework of CISM. The five disciplines are:

- Obstacle race (305 meters) with 10 obstacles
- Lifesaving swimming race (75 meters)
5 separate features with working dress
- Utility swimming race (125 meters)
6 separate features with swim-fins
- Seamanship race (270 meters) 7 separate features with land work and slalom rowing around buoys.
- Amphibious cross-country race (2500 meters)
5 separate features with 50 meters shooting, 100 meters water passage paddling, 25 meters grenade throwing

Naval Pentathlon was created in 1949 by the Italian Navy. At that time, its creator conceived the idea of organising a sport competition for the Navy to train and test the physical fitness and improve the general condition of the naval recruits. Presuming that the basic call of the Navy is the ships crew, this sport was established to develop physical, mental and emotional qualities, but also nautical skills as swimming and rowing. Each competitor has to compete in 5 disciplines and is classified in the overall individual classification of Naval Pentathlon. To date, Naval Pentathlon is still considered in many countries as the ultimate fitness test for their seamen.

The universe of Naval Pentathlon is truly international and is opened equally to men and women athletes. This discipline is practised by armed forces on all four continents and each edition of the military world championship attracts huge participation. The authorities of Naval Pentathlon are investing a lot of efforts into promoting their sport with the civilian world, and the echoes and welcome are excellent.

During the last decade Naval Pentathlon has expanded remarkably. The number of participating nations at World Championships has increased to about 20.

You are cordially invited to visit the CISM Homepage to discover this fantastic sport.

www.cism-milsport.org

