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UIPM 2026 PENTATHLON WORLD CUP CAIRO: ALL YOU NEED TO KNOW



- **Olympic champion Gulyas (HUN) the woman to beat in absence of Khalil (EGY)**
- **Local hopes led by Mohamed (EGY) as new talents continue to emerge**
- **Enhanced Laser Run and reduced Swimming distance create more viewer-friendly Pentathlon**

Almost 200 pentathletes from 33 nations are ready to compete in the most dynamic and viewer-friendly Modern Pentathlon ever devised, as the 2026 season gets under way in the capital of Egypt.

A series of evolutions across three decades culminated in the introduction of Obstacle racing as one of Pentathlon's five disciplines last year. Now, a new format for 2026 sees Swimming cut in half and Laser Run enhanced with a fifth round of shooting, intensifying the dramatic climax of the world's most challenging multisport.



Paris 2024 Olympic champion **Michelle Gulyas** of **Hungary** comes with a weight of expectation on her shoulders. Her absence for much of last season with an arm injury meant she could do nothing to prevent 15-year-old sensation **Farida Khalil** of **Egypt** from enjoying unprecedented dominance. However, Khalil (EGY) is absent from the start list this week.

- Take Five: read the key talking points

Moutaz Mohamed (EGY) was almost as prolific as his teenage team-mate last year and starts as a hot favourite in the Men's event. Many emerging athletes who showed a mastery of the new discipline last year are snapping at the heels of the world No.1, while several heroes from the previous cycle continue to close the gap.



Two women and two men from **Sri Lanka** will become their country's first World Cup pentathletes at the American University in Cairo sport complex, underlining the globalisation of the sport facilitated by the evolution.

Other newcomers from countries such as **Afghanistan**, **Burkina Faso** and **Venezuela** add to the developing nations contingent, while the presence of an **Australia** team ensures all six continents are represented.

How it works

Five days of individual competition in the now established sequence of Fencing, Obstacle, Swimming and Laser Run begin on April 8 with Women's Qualification (see full schedule below).

Fencing features a quickfire direct elimination format where athletes must win 1min bouts to remain in the competition. Prior to the Semi-finals there is a Seeding Round that dictates where athletes are placed in the knockout draw. The results of the Seeding Round remain applicable in the Final for those who qualify.

Fencing is followed by **Obstacle**, where two athletes race head-to-head over a 70m course featuring eight obstacles.

There is a format change in **Swimming**, which comes next, with a reduction from 200 to 100 metres freestyle. A time of 1min 10sec results in a score of 250 points, with each 0.2sec quicker or slower resulting in one point more or less.

The total points accumulated in the first three disciplines is used to calculate the starting positions

in **Laser Run**, which has also been subject to a change in format. Athletes now visit the shooting range five times rather than four, meaning the Laser Run begins with a shoot rather than a formation lap. The running distance remains the same (5 x 600m), and the first athlete to cross the line wins. A time of 13min 20sec results in 500 points, with each second faster or slower resulting in one point more or less.

President's statement

UIPM President Rob Stull OLY said: "We are all so excited to be starting off the 2026 season in Cairo, the perfect location and the perfect organisers to debut our newly-adjusted Pentathlon format.

"The 100m freestyle Swimming and 5th shooting series in Laser Run are designed to add excitement and drama as well as further tightening the sport to ensure a 90-minute broadcast showcase. If you're not in Cairo this week, tune in via YouTube and check out this incredible multisport!"

Watch and follow

UIPM 2026 Pentathlon World Cup Cairo takes place from April 8-12, with live stream of the Semi-finals and Finals available free on UIPM's YouTube streaming service.

Daily schedule with stream start times (Central European Summer Time) as follows:

- **Wednesday April 8:** Women's Qualification
- **Thursday April 9:** Men's Qualification | Women's Fencing Seeding Round
- **Friday April 10:** Women's Semi-final A (11:00); Women's Semi-final B (15:00) | Men's Fencing Seeding Round
- **Saturday April 11:** Men's Semi-final A (11:00); Men's Semi-final B (15:00)
- **Sunday April 12:** Women's Final (10:00), Men's Final (15:00).

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