



ADMIN DETAILS

General Information

- ▶ ALL ROUNDER is an international summer military sports competition consisting of 6 disciplines / military skills related events (obstacle course, Hand-grenade throwing, swimming relay in field uniform, SMG and Pistol shooting, cross-country run and rafting) - **NO ENTRY FEE.**
- ▶ Military educational institution or military unit can send 1 team consisting of 6 members (competitors) and 1 team-leader.
- ▶ Team-leader will join the team-leader meeting and competition draw on the day of arrival as well as short team-leader briefings before each competition.
- ▶ There is a limited capacity of maximum 12 teams so registrations will be dealt with on first come first serve basis.

Registration

- ▶ Institutions are requested to **confirm their interest to participate** in competition **no later than July 31, 2024.**
- ▶ Participants are kindly requested to register by **sending the filled in “Registration Form”** to the All Rounder POC: Martina HYKLOVÁ: martina.hyklova@aos.sk and put
Mgr. Peter ŽIŠKA, PhD.: peter.ziska@aos.sk to Cc of your e-mail.
- ▶ **Deadline for team registration: September 03, 2024**
- ▶ ***Please send ONE Registration form per institution / team***
- ▶ The Registration Form can be downloaded at <https://weblm.aos.sk/en/article/281-allrounder> or at the EMILYO website

Transportation

- ▶ **CAR** - Participants are requested to make their own travel arrangements to and from Liptovský Mikuláš
Please remember to specify details about the car AND driver in the Registration Form
Arrival - Delegations should arrive to the Armed Forces Academy of General Milan Rastislav Štefánik (AFA) on Tuesday, 24th September 2024 by 16:00hrs.
Departure – Departure of delegations is scheduled on Friday, 27th September 2024 after breakfast.
- ▶ **PLANE** –teams flying in to the airports in Vienna, Bratislava, Košice or Krakow, it might be possible to arrange transport from airport to Liptovský Mikuláš and back by the AFA **upon request at least 3 weeks before competition.**
Arrival – it is recommended that teams flying in arrive on Monday 23rd September 2024 as the

journey from the airport to Liptovský Mikuláš takes 3-5 hours depending on the airport they are flying in to.

Departure – Departure of delegations is scheduled on Friday, 27th September 2024 after breakfast.

Accommodation

- ▶ Based on the request from past participants, accommodation will be pre-arranged at the **Penzi3n Bowling** (33,00 EUR per person/per night/ including local tax– NO breakfast) Breakfast can be arranged at nearby Penzi3n Lodenica at the price of 7,00 EUR per person per day <http://www.penzionbowling.sk/> The accommodation will be booked on the “first come first serve” basis (capacity max 24 people).
- ▶ Once the capacity of the Penzi3n Bowling is full, the organizers will arrange other accommodation nearby
- ▶ **Penzi3n Squash** (25,00 EUR per person/per night/ including local tax – NO breakfast) Breakfast can be arranged at nearby Penzi3n Lodenica at the price of 7,00 EUR per person per day.(capacity max. 21 people) <https://www.squash-liptov.sk/>
- ▶ **Penzi3n Lodenica** (from 20,00 EUR per person/per night/ including local tax – NO breakfast) or from 27,00 EUR including breakfast (current capacity 48 people) – AFA does not have an agreed price with this facility. <https://www.lodenicalm.sk/>
- ▶ **Flying in teams are offered to stay at the AFA accommodation facilities free of charge.**

NOTE: accommodation at the AFA is limited, therefore in 2024 it will be offered only to 3 flying in teams in 2024 on the first come first serve basis.

- ▶ In case the participants decide to book accommodation elsewhere on their own, please inform the All Rounder POC.

Meals

- ▶ AFA will provide lunch on Wednesday and Thursday (days of competition) free of charge and for those staying at the AFA, there will be lunch on Tuesday too.
- ▶ AFA will provide hosted dinner – Banquet on Thursday evening free of charge.
- ▶ Participants staying in the pensions in town are responsible for their dinner arrangements on Tuesday and Wednesday, although the organizer may recommend some restaurants upon your arrival at Team-leaders´ meeting.
- ▶ Participants staying at AFA are offered a free breakfast in the AFA mess hall (at a specified time).
It is also possible to provide a free dinner at 17:00 in the AFA mess hall. If this option does not suit the participants, the POC can recommend nearby restaurants. The cost of dinner on Monday, Tuesday and Wednesday will thus be the responsibility of the participants.

Dress code

- ▶ Arrival & Team-leaders´ Meeting: Civilian clothes
- ▶ Practice at the obstacle course: sports clothes
- ▶ **Opening Ceremony / Closing Ceremony: ALLROUNDER 2023 T-shirt** (team-leaders will receive T-shirts upon arrival to Teamleaders´ meeting) and field uniform or sports trousers
- ▶ Event 1: Battledress (Field uniform) – *cap and gloves are allowed*

- ▶ Event 2: Battledress (Field uniform) – *cap is allowed / glasses are forbidden*
- ▶ Event 3: Battledress (Field uniform) and belt (bandage) are provided by the organizer – *swimming cap and glasses are allowed*
- ▶ Event 4: Battledress (Field uniform)
- ▶ Event 5: Battledress (Field uniform) and athletic shoes (use of sports clothes might be the subject of discussion / voting at Team-leaders´ Meeting on the day of arrival (Tuesday)
- ▶ Event 6: Neoprene or wet suit is recommended but not compulsory
AFA can provide neoprene suits for flying in teams accommodated at the AFA facilities
Organizer provides rafts, life jackets and helmets.
- ▶ Hosted Dinner: Civilian clothes

Health

- ▶ Insurance – Insurance is the responsibility of the sending country. We recommend to bring with you an insurance certificate in case of medical care in a civilian health care facility.
- ▶ Throughout the competition the AFA medical service staff as well as rescue service during rafting will be on standby at venue.
- ▶ COVID-19 Restrictions
Please, review the following article to stay updated on COVID-19 regulation on entering Slovakia: <https://www.mzv.sk/web/en/covid-19>

Useful links

- ▶ <https://weblm.aos.sk/en/article/allrounder> - information about the competition as well as past videos
- ▶ <https://www.youtube.com/watch?v=kXteT1qZwL8> – video ALLROUNDER 2022
- ▶ <https://weblm.aos.sk/fotogalerie/galeria/80/all-rounder-2022-27-09-30-09-2022> - photos 2022
- ▶ <http://www.emilyo.eu/node/878>