



Modern Pentathlon Events (2)

Men's

Women's

Photo via The New York Times



Invented By the Inventor

Pierre de Coubertin, the founder of the modern olympics, also created the Modern Pentathlon. The five skills were selected since they loosely resemble important abilities of a soldier in the early 20th century.

How Olympic Modern Pentathlon Works

Olympic Modern Pentathlon is a competition made up of five skills: fencing, swimming, horse jumping, running, and shooting.

An athlete competes in each skill and earns points based on how they finish each event.

The competition begins with quick épée fencing bouts, 200-meter freestyle swimming, and equestrian jumping. A points system quantifies each event and the scores from the first three disciplines are added together.

The athletes then prepare for the **laser run**. The laser race is an event that combines cross-country running with 10-meter pistol shooting. There are four rounds of shooting followed by an 800-meter run. Each athlete must hit five targets (or until 50 seconds elapse) before they are allowed to move on to the next leg of the run.

In the laser run, athletes start with a delay according to the number of points they have from the first three events compared to the leader. So, the first person to cross the finish line in the laser run wins the gold medal.

All four events are held in one day with the exception of fencing, which has a “ranking round” the day or two prior to the modern pentathlon competition. The results of the ranking round determine the seeding for the “bonus round” of fencing which utilizes a knock-out system to determine the winner.

Modern Pentathlon Schedule

Events in ET, medal events in **bold**

Date	Time	Event
Thu, Aug 8	5:00 AM	Men's Fencing Ranking Round
Thu, Aug 8	8:30 AM	Women's Fencing Ranking Round
Fri, Aug 9	7:00 AM	Men's Semifinals Session 1
Fri, Aug 9	11:00 AM	Men's Semifinals Session 2
Sat, Aug 10	3:30 AM	Women's Semifinals Session 1
Sat, Aug 10	7:30 AM	Women's Semifinals Session 2
Sat, Aug 10	11:30 AM	Men's Final
Sun, Aug 11	5:00 AM	Women's Final



Five Skills, Two Golds

In the Tokyo Games, Great Britain swept the modern pentathlon competition with Joe Choong and Kate French each winning gold. Both athletes qualified for the 2024 Olympics over a year ago.