

TMPT introduction

Introduction

To qualify for the KNVRO TMPT Cross or - in case a qualification was made before - for a silver figure on the ribbon of the medal, a team must fulfill following requirements:

- On first day, the requirements of loop A and loop B must be completed within 10 hours.
- On second day, the requirements of loop C and loop D must be completed within 10 hours.
- Sequence of the different assignments in each loop on first or second day varies per team.

In case of force majeure, the TMPT Committee reserves the right to change the content of the assignments.

- [A1 - Bicycle course](#)
- [A2 - Map reading by kayak](#)
- [A3 - Survival course \(movie\)](#)
- [A4 - National obstacle course \(movie\)](#)
- [A5 - Speed march](#)
- [B6 - Orientation course](#)
- [C7 - Map reading by bicycle](#)
- [C8 - Handgrenade throwing](#)
- [C9 - Distance estimation](#)
- [C10 - Speed march](#)
- [D11 - March](#)
- [D12 - Shooting test](#)

Bicycle course

You will travel by bicycle over a distance of approximately 85 / 75 km (resp. S and V category) where you will have to complete various tasks along the way.

Map reading by kayak

Map-reading by two-person kayak over a lake and/or ditches over a distance of about 1,5 - 2 km. During the course, an assignment is carried out.

Missing a checkpoint means an additional 20 minutes.

Safety instructions from the LO/s - supervisory personnel must be followed regarding the route to be taken / avoided. If you do not follow this instruction you risk 15 minutes of additional charge.

Survival course

Movie: <https://www.youtube.com/watch?v=eJGb75Aj5pY>

Completing a survival course, which includes rope-related obstacles. The survival course consists of several obstacles including:

- Catcrawl
- Load carry
- Belly busters
- Swing over
- Indian bridge

The obstacles must be taken in the prescribed manner in accordance with the instructions accompanying the description of the parts and any instructions from supervisory personnel. The performances can be seen on the video.

Requirement for Seniors course: covering the entire course within 4 minutes 30 seconds

A time score between 4.30 and 5.30 minutes requires a bonus run of 1 km.

A time score between 5.30 and 6.30 minutes requires a bonus run of 2 km.

A time score above 6.30 minutes requires a bonus run of 3 km.

Requirement for Veteran course: to cover the entire course within 5 minutes 30 seconds

Requirement for the V+ course: equal to that of the veteran course.

A time score between 5.30 and 6.30 minutes, a bonus run of 1 km must be completed.

A time score between 6.30 and 7.30 minutes, a bonus run of 2 km must be completed.

A time score above 7.30 minutes, a bonus run of 3 km must be completed.

Please note that a serious attempt must have been made in the judgment of the supervisory personnel. If, in the judgment of the supervisory staff, no serious attempt has been made, a waiting period of 15 minutes will be built in by this staff before you may leave for the next section. You must make 3 serious attempts; should the obstacle not be overcome after 3 attempts, you must leave the course and complete the 3 km bonus run.

Execution parts

Catcrawl

You walk up using ceiling chains, lie down on the rope and pull/push yourself forward until your feet are past the orange pawn.

There you can leave the rope.

If your feet touch the ground before you have passed the orange cone, you have to do the obstacle again.

Load carry

Run together the marked route with hexagonal plate (or heavy car tire for V and V+).

Belly busters

Go over the beams; you may help each other.

Swing over

Go over the beam using the rope; you may not help each other. Indian bridge
Go over the ropes to the other side.

Indian Bridge

Walk across the ropes to the other side.

Obstacle course

movie: <https://www.youtube.com/watch?v=06ePNw9ggIY>

The obstacle course consists of:

- chain ladders** (up to max 2.5 meters in height)
- running wires
- crawling
- wires balance
- beams wall with windows
- horizontal beams
- Irish table
- crawlways
- sloping and horizontal rack
- jumping board with ditch*
- Climbing frame**
- low wall

- fordable place
- jump pit jumping ditches

The requirement is to complete the obstacle course within 5 minutes, according to KL regulations, except for a number of obstacles determined by category. Each team must carry a standard ammunition box of 16 kg from start to finish (women's teams 13 kg, V+ team 10 kg) The box must follow the same path as the participants and may not be thrown.

- Category S: 12 obstacles (*not: sloping and horizontal rack, jumping board with ditch and ford)
- Category V: 10 obstacles (* / **not: sloping and horizontal rack, jumping board with ditch and ford, chain ladders and climbing frame)

The requirement for the S course maximum of 5 minutes.

- A time score between 5 and 6 minutes, a bonus run of 1 km must be completed;
- A time score between 6 and 7 minutes, a bonus run of 2 km must be completed;
- A time score above 7 minutes, a bonus run of 3 km must be completed.

A serious attempt must have been made in the judgment of the supervisory personnel. If, in the judgment of the supervisory personnel, no serious attempt has been made, a 15-minute waiting period will be built in by these personnel before being allowed to leave for the next section.

Speedmarch

A fast march of 3 km in 19 minutes followed by 10 minutes of mandatory rest.

- Requirement for the S course; 19 minutes
- Requirement for the V course; 21 minutes
- Requirement for the V+ team; 23 minutes

If the requirement is not met, a bonus run of 1 km must be completed.

Orientation course

Covering an orientation course on foot through rough terrain for approximately 9 km via marked points on an orientation map scale 1:10,000. A self-brought compass may be used. GPS devices or other electronic aids are prohibited. 15 minutes will be added per missed post.

Note: task B6 is included in route A1.

Map reading task by bicycle

Performing a map reading task by bicycle using a coordinate list and a staff map on which teams must very accurately mark the coordinates themselves and plan their cycle route. Teams provide their own map angle meter. 1: 50,000

Tip : If the question seems strange, you may not be at the exact coordinate.

Participants must answer a question at each coordinate.

For each wrong answer 15 minutes will be added, for a missed post 20 minutes of penalty time will be added.

Each answer must be entered on the coordinate directly in the correct box. If verification shows that the answers belonging to the series of affected posts have not been completed then the corresponding questions will be marked as wrong. Changing a submitted answer makes that answer invalid and therefore wrong.

Distance for S categorie: approximately 60 km

Distance for V categorie: approximately 50 km

Hand grenade throwing

During the map reading task by bicycle (C7), correctness throws with throwing weights are performed. The five throwing weights (550 grams, also for women, for V+ team 350 gr) per participant are to be thrown in standard rings at 15 and 20 meters distance.

- The inner ring has a diameter of 2 meters.
- The outer ring, surrounding it, has a diameter of 4 meters.
- The spot that touches the weight first takes precedence.

Prior to the execution of the task, there is an opportunity to practice.

valuation	outer ring	inner ring
15 meter	1 points	2 points
20 meter	2 points	3 points

A minimum of 18 points per team is required.

With 16 or 17 points a bonusrun of 1 km must be completed.

With 14 or 15 points a bonusrun of 2 km must be completed.

With 13 points or less abonusrun of 3 km must be completed.

Distance estimation

During the map reading task by bicycle (C7), the distance to a certain object must be estimated at a checkpoint. A margin of error of 20% is allowed. For an answer outside the 20% margin, 20 minutes will be added. The use of maps and/or other (electronic) aids is not allowed.

Speedmarch

A fast march of 3 km in 19 minutes followed by 10 minutes of mandatory rest.

- Requirement for the S course; 19 minutes
- Requirement for the V course; 21 minutes
- Requirement for the V+ team; 23 minutes

If the requirement is not met, a bonus run of 1 km must be completed.

Marche

Route according to inscribed staff map 1:50,000. The distance for category S is approximately 25 km. The distance for category V is approximately 20 km. Missing a checkpoint means a penalty time of 45 minutes.

Shooting

A shooting test is completed during the march. The contestant can choose from :

- Colt C7 with SRIM, 10 shots in 25 seconds at a breastplate at 200 meters; posture: lying imposed/prone. Disc does not fall. A shooting series with 3 patterns precedes the shooting test. Here the discs do fall.
- Glock 17, 10 shots in 25 seconds on a torso disc at 25 meters; posture: standing; ambidextrous. A familiarisation series with 3 patterns precedes the shooting test.
- The total score of both shooters of the team together is assessed. The requirement for the team score is 16 hits.
- A team score of 11 to 15 hits, a bonus run of 2 km follows.
- A team score of 10 or fewer hits, a bonus run of 4 km follows.

NOTE:

As of 2018, the general conditions for participation in the shooting test have changed:

The participant must be at least a basic shooter on the weapon with which he/she will take the shooting test.

The foreign participants are required to participate in a weapon familiarization program on the attendance day.

If in the opinion of the HSI the shooter is insufficiently proficient on the weapon with which he/she will take the shooting test, this shooter will be excluded from further participation and will be disqualified from the TMPT.

General and Internal Regulations TMPT

About TMPT

The TMPT committee of the KVNRO and the Sports organisation of the Ministry of Defence annually organizes the Two-Day Military Performance Tour (in dutch: Tweedaagse Militaire Prestatie Tocht or abbreviated TMPT).

The TMPT is a team effort.

The purpose of the TMPT is to give participants the opportunity to show as a team their ability to cover fairly significant distances on foot and bicycle on two consecutive days and that they have sufficiently mastered a variety of military skills. It is not the intention that the courses on both days are completed in the shortest possible time. So the TMPT is definitely not a competition!

Reporting participants

Day before the first day of the TMPT, participants have to report between **15.00** and **20.00** hrs. at the secretariat of the TMPT in **building 127 (Trefpunt)** at **Army Base Harskamp**. Here participants will receive further necessary information.

Reporting date: Monday, May 06, 2024

Location: building 127 (Trefpunt - behind the restaurant), Legerplaats Harskamp, Otterloseweg 5, 6732 BR Harskamp. Telephone: **+31 (0)6 45 89 48 32**.

Report on tuesday and wednesday:

building 127

Time: see the list published in building 107.

Briefing

On Monday evening there will be an opportunity to attend a general briefing and to ask questions. This briefing will take place in building 126 around 20:30 pm.

TMPT Secretariat

The secretariat will be located in building 107 (Trefpunt) from **06 May 15:00 until 08 May 20:00**. Phone: +31 (0)6 45 89 48 32.

Parking

Private vehicles of TMPT participants must be parked in the designated parking areas only. Illegal parking (i.e. along the roads) will be fined by the Military Police!

Bicycles must be parked within the designated area marked with red and white tape opposite the large parking lot on the lawn near the restaurant during both TMPT days. It is strictly forbidden to park bikes elsewhere than mentioned here, including in or against buildings (your bike will be removed).

Accommodation

After reporting, participants will receive their location for overnight stay. Due to several circumstances most sleeping barracks on the army camp Harskamp are occupied. Alternatively overnight staying will be in sports buildings etc., or you have to stay overnight in the barracks of army camp Stroe (ca. 20 km from Harskamp). Please take this into account.

Please provide your own:

- **Sleeping bag and sleeping mattress/stretcher**
- **Padlock;**

Under no circumstances should you change from your assigned overnight sleeping location; think e.g. of tracing participants in case of urgent presence at home!

On Wednesday your sleeping location must be empty and clean as soon as possible, but certainly before 19.00 hrs.

Participants who stay overnight until thursday, move - after consultation with the secretariat - before 19:00 hrs to a designated building. On Thursday there is no opportunity for breakfast.

Food and beverage

Meals are served in the restaurant building (building 127).

Lunch packs must be prepared by participants during breakfast, including fruit.

The TMPT organization can not guarantee water supply at some checkpoints. Bring your own canteen and/or camelbag to be filled before departure. A mobile salespoint for coffee, tea, snacks etc is stationed near the shooting range.

Cost for food (breakfast, lunch and dinner) is paid at registration. Upon reporting on monday, participants will receive a waterproof wristband with team number. This must be worn during execution of the TMPT and gives access to the restaurant.

Participants are free to provide their own food elsewhere and at their own expense. E.g. a "soldiers home" Echos Home (ECHOS Home 'Baan Zulu') just outside the Army Base Harskamp.

Further details regarding food and beverage will be given upon reporting on May 6.

Please do not litter trash, including during the execution of the TMPT!

Accidents/emergencies not in a barrack

Emergency: call 112

No emergency: 0800 88 44 (Police)

Accidents/emergencies in a barrack

call Central Reporting Room: **(0889) 51 13 13**

Military Police: (0800) 1814.

In all cases report to the TMPT secretariat as soon as possible, +31 (0)6 45 89 48 32.

In case a team has to give up, whatever reason, the TMPT secretariat must be informed.

Medical care

In case a doctor is needed, being outside a military camp, site or barrack, call the helpdesk of the local hospital "Gelderse Vallei" +31 (0)318 - 200860

Location and times for sports massage will be announced via the TMPT secretariat.

Dress code

Participants wear their standard battle dress.

Only the

- Obstacle course (A4)
- Survival course (A3)
- Speed march (A5)
- Orientation course (B6)

may be performed without a jacket. On the barracks grounds, and military camp/area the beret must be worn! All gear (e.g. backpacks, camel bags, footwear, etc.) must be exclusively military. Correct attire will be monitored.

All TMPT participants must wear their military uniform correctly and in accordance with the instructions. In case noticed that a participant deviates from the dresscode the TMPT committee can exclude him or her from further participation.

For your own safety, it is very important to wear your reflective sign strap!

[Some examples of dutch soldiers.](#)

TMPT cross and certification ceremony

The certification ceremony will take place on May 08 at 20.00 hrs in building 126. Those eligible should appear in **service dress**.

[See here some examples.](#)

Bicycles

Participants must provide their own bicycles. By "bicycle" is meant a city bicycle with gears if necessary. A rear derailleur is allowed. A front derailleur is NOT permitted. Recumbent bikes tandems, road bikes and bikes with electric pedal assistance ("E-bikes") are not allowed. It is also not allowed to provide a bike with racing wheels and or racing tires. Minimum tire thickness is 37 mm. This will be

checked. If upon inspection appears that the tire size deviates from the minimum thickness, the TMPT committee may exclude the participant from further participation.

In case of doubt, you can present your bike for inspection at the secretariat on Monday evening.

There are very limited possibilities to rent a bike in the surrounding.

Start - and arrival times

Participants will start on both days between 06:30 am and 07:30 am unless otherwise noticed by the secretariat.

Each team will have a fixed starttime, linked to their start number. The departure time will be recorded on a chip. In case a team decides to start after 07.30 am, their starting time stays at 07:30 am.

Teams should record their own departure time, so they are able to calculate their own latest arrival time. Latest arrival, without waiting time correction and penalty correction, will thus be between 16:30 pm and 17:30 pm.

Short waiting times can take place and will not be compensated. Waiting time before starting the speedmarch and before the shooting test are considered as warming up. No correction will be made. It is up to the organisation to decide for a waitingtime compensation if necessary.

Checkpoints

The TMPT has following checks and checkpoints:

- Unmanned checkpoint with a registration box. At this checkpoint the team must insert the key (with chip) into the control box;
- Unmanned checkpoint with a "punch". At this checkpoint the team has to make a punch in the marked area on the registration card;
- Manned checkpoint with registration box or "punch". The supervisor inserts the key (with chip) or makes a punch in the marked area on the registration card;
- Check by answering questions;
- Check of the registered shooting results.

At most assignments the team has to report at the control station. Here the assignment starts. It is the responsibility of the team to observe a correct registration. In case a key (with chip) is needed for executing the assignment, the team is responsible for returning the key (with chip) to the control station.

A control station can be identified by an orange flag with black letters "TMPT".

An unmanned checkpoint with registration box gives a visual and acoustic signal to confirm the registration. If the team does not observe either signal, this must be reported at the next control station!

Unmanned checkpoints with a "punch" can be encountered during the execution of an assignment and during the execution of a bonus run (= penalty run). Before starting the assignment where unmanned checkpoints can be encountered the team will receive at the control station a registration card with marked area to be placed into the "punch".

Sanctions

The TMPT can impose following sanctions:

- Bonus run
- Time penalty
- Disqualification/exclusion
- Cash penalty

In the description of each assignment, requirements and sanction in case of failing are described.

Missing a checkpoint may result in the following sanctions and consequences:

- Disqualification in the event the team is not able to prove that it performed the assignment.
- Any waiting time incurred will not be deducted, even if the team can prove that it performed the assignment.

Missing a checkpoint at an assignment or bonus run will result in an additional time penalty as follows:

- Bicycle course (A1): 45 minutes
- Map reading by kayak (A2): 20 minutes
- Orientation course (B6): 15 minutes
- Map reading by bicycle (C7): 15 minutes
- March (D11): 45 minutes
- Bonus run: run again until that task is completed correctly.

More than two bonus runs counted during executing the TMPT will automatically result in disqualification.

In case of not following the safety instructions about the route to be taken, and to avoid the restricted area when kayaking, a time penalty of 15 minutes will be rewarded.

Using an irregular bike will lead to disqualification. Irregular tires will lead to a time penalty or disqualification.

By failing to return the shooting registration card at the control station of the shooting test (D12) will result in disqualification.

Using GPS or other electronic devices will result in disqualification.

Loss of a timeregistration key (with chip) will cost the team 40 Euro.

Team allocation and loops

Assignments are distributed over four loops. These are loop A, loop B, loop C and loop D.

Each day either loop A+B or loop C+D must be executed.

- Assignments A2, A3, A4, B6 are on the bicycle course
- Assignment C9 is on the map reading bicycle route

The team numbering determines with which loop to start and whether the route runs counterclockwise or clockwise.

Team starting numbers will be issued at registration.

The order in which the assignments are to be carried out the “ASSIGNMENT SCHEDULE” must be followed. A paper copy will be issued at registration.

Loops with assignments and sanctions

Loop A + B	sanction	Loop C + D	sanction
A1: Bicycle course	time penalty	C7: Map reading bicycle	time penalty
A2: Map reading by kayak	time penalty	C8: Handgrenade throwing	bonus run
A3: Survival course	bonus run	C9: Distance estimation	time penalty
A4: Obstacle course	bonus run	C10: Speed march	bonus run
A5: Speed march	bonus run	D11: March	time penalty
B6: Orientation course	time penalty	D12: Shooting test	bonus run

Shooting test

A pistol Glock-17 (caliber 9 mm) or a Colt rifle (C7 with SRIM, caliber 5.56 mm) with ammunition will be provided for the shooting test. Shooting with your own weapon is not permitted.

Please note that the shooting is after physical exertion. With a short rest before shooting, better results are usually achieved.

Maps and map protractor

Maps are provided for execution of assignments:

- Bicycle course (A1)
- Kayak course (A2)

- Orientation course (B6)
- Map reading (C7)*
- March (D11)

A map can be a map with route drawn in advance or a map on which the team has to draw a route based on given coordinates.

During the bike course (A1), the orientation course (B6) and the march (D11), several tasks must be completed.

* Participants must bring their own mapprotractor with scale 1:50.000

Note: it is useful to bring a plastic folder (A4) to protect the map in case of bad weather conditions.

Obstacle course and survival course training

The obstacle course and survival course can be practiced as a team, only with admittance from the sports office at the Kootkazerne (Koot barracks) in Stroe.

The obstacle course and survival course can be viewwd, click [here](#)and [here](#). (svp link koppelen)

Exclusion

The TMPT organization may exclude participants from further participation due to:

- Non-compliance with the army regulations;
- Non-compliance with the TMPT regulations;
- Failing to follow up instructions from the organization;
- Non-compliance with the applicable dress code;
- Unsportsmanlike behaviour.

TMPT Cross

Teams successfully complete the TMPT will receive the silver cross. The cross, established by the Royal Association of Dutch Reserve Officers, is a silver-plated eight-armed lily cross with crown on a red blue striped ribbon. This award is officially approved, as set forth in Army Order 1952-112. Those who have previously passed the TMPT will receive, according to the number of times, a silver 2, 3, etc. On 10th successful completion, the arms of the cross have a blue enameled version and at 25th and subsequent successful participation a red enameled version.

Complaint/Objection

If a complaint cannot be dealt with verbally immediately, a written objection may be submitted to the secretariat. This is possible not later than 2 hours after return. The complaints committee will - after hearing the team and after internal deliberation - give a binding decision.

Aythority TMPT organization

In cases not covered by these regulations, the chairman of the TMPT committee shall decide.