

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 2024 no change)
- 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

Categories

The TMPT has a Seniors (S) and Veterans (V) course, with the requirements of course V being lighter. In course V may participate:

- Two gentlemen aged 45 years or older;
- One gentleman aged 45 years or older together with a lady;
- Two ladies.

In case a registration is made of two ladies aged 45 or older, a third category will be added; V+.

All other combinations will automatically follow the S-course. A 'V and V+ team' is allowed to participate in the S-course. A formal notice has to be made to the organization.

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.

Speedmarche

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

PLEASE NOTE: your bike must meet [certain requirements](#); there will be a check along the way!

Hand grenade trowing

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
15 meter	1 points
20 meter	2 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 a bonusrun 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.

Speedmarche

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.

The time available for the shooting test is 25 minutes, including any waiting time. Waiting time does not include the bonus run.

NOTE:

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.