

preliminary schedule - all times to be confirmed					
29.06.2023 - Biathlon Individual					
Race #		Start Time	Age	Distance	Cut-Off
		09:00		OPENING CEREMONY	
		09:30	FOP Open	FINISHES AT 09:45	
1	Final	10:00	U9M & U9F	200m Run - 50m Swim - 200m Run	no
2	Final	10:10	U11F	400m Run - 50m Swim - 400m Run	no
3	Final	10:20	U11M	400m Run - 50m Swim - 400m Run	no
4	Final	10:30	U13 F	400m Run - 50m Swim - 400m Run	no
5	Final	10:40	U13M	400m Run - 50m Swim - 400m Run	no
		11:00		AWARD CEREMONIES U9 & U11 & U13	
6	Final	11:20	M60/70 & F60/70	400/800m Run - 100m Swim - 400/800m Run	no
7	Final	11:40	U15F	800m Run - 100m Swim - 800m Run	no
8	Final	12:00	U15M	800m Run - 100m Swim - 800m Run	no
		12:20		AWARD CEREMONIES U15 & 60+ & 70+	
9	Final	13:00	M+F40	1200m Run - 100m Swim - 1200m Run	15min
11	Final	13:40	M+F50	1200m Run - 100m Swim - 1200m Run	15min
10	Final	13:20	U17F	1200m Run - 200m Swim - 1200m Run	15min
12	Final	14:00	U17M	1200m Run - 200m Swim - 1200m Run	15min
		14:30		AWARD CEREMONIES U17 & 40+ & 50+	
13	Final	15:00	U19M & U19F	1600m Run - 200m Swim - 1600m Run	25min
14	Final	15:30	JM & JF	1600m Run - 200m Swim - 1600m Run	25min
15	Final	16:00	SF & F30	1600m Run - 200m Swim - 1600m Run	25min
16	Final	16:30	SM & M30	1600m Run - 200m Swim - 1600m Run	25min
		17:00		AWARD CEREMONIES U17 & U19 & J & S & 30+	
01.07.2023 - Triathlon Individual					
Race #		Start Time	Age	Distance	Cut-Off
		06:30	FOP Open	FINISHES AT 06:55	
1	Semi1	07:00	U15F	3x600 run + 2x50 Swim + 3x5 Hits (5M)	17min
2	Semi2	07:20	U15F	3x600 run + 2x50 Swim + 3x5 Hits (5M)	17min
3	Semi1	07:40	U15M	3x600 run + 2x50 Swim + 3x5 Hits (5M)	17min
4	Semi2	08:00	U15M	3x600 run + 2x50 Swim + 3x5 Hits (5M)	17min
5	Final	08:20	U9M & U9F & M+F70	2x300 run + 2x25 Swim + 2x5 Hits ( 5M - U9 both hands )	no
6	Final	08:35	U11F	2x300 run + 2x25 Swim + 2x5 Hits ( 5M both hands )	no
7	Final	08:50	U11M	2x300 run + 2x25 Swim + 2x5 Hits ( 5M both hands )	no
8	Final	09:05	U13F	3x300 run + 2x50 Swim + 3x5 Hits (5M)	15min
9	Final	09:25	U13M	3x300 run + 2x50 Swim + 3x5 Hits (5M)	15min
10	Final	09:55	U15F	3x600 run + 2x50 Swim + 3x5 Hits (5M)	17min
11	Final	10:15	U15M	3x600 run + 2x50 Swim + 3x5 Hits (5M)	17min
12	Final	10:30	M+F60	2x600 run + 2x50 Swim + 2x5 Hits (5M)	15min
		11:00		AWARD CEREMONIES U11 & U13 & U15 & 60+ & 70+	
13	Final	11:45	U17M	4x600 run + 4x50 Swim + 4x5 Hits (10M)	23min
14	Final	12:10	U17M	4x600 run + 4x50 Swim + 4x5 Hits (10M)	23min
15	Final	12:35	F40 & F50	3x600 run + 2x50 Swim + 3x5 Hits (10M)	18min
16	Final	13:00	M40	3x600 run + 2x50 Swim + 3x5 Hits (10M)	18min
17	Final	13:25	M50	3x600 run + 2x50 Swim + 3x5 Hits (10M)	18min
18	Final	13:50	U17F	4x600 run + 4x50 Swim + 4x5 Hits (10M)	23min
19	Final	14:20	U17M	4x600 run + 4x50 Swim + 4x5 Hits (10M)	23min
20	Final	14:50	U19M	5x600 run + 4x50 Swim + 4x5 Hits (10M)	27min
21	Final	15:20	U19F & M+F30	5x600 run + 4x50 Swim + 4x5 Hits (10M)	27min
22	Final	15:50	JM & JF	5x600 run + 4x50 Swim + 4x5 Hits (10M)	27min
23	Final	16:20	SF	5x600 run + 4x50 Swim + 4x5 Hits (10M)	27min
24	Final	16:50	SM	5x600 run + 4x50 Swim + 4x5 Hits (10M)	27min
		17:20		AWARD CEREMONIES U17 & U19 & J & S & 30+ & 40+ & 50+	
02.07.2023 - LaserRun Individual					
Race #		Start Time	Age	Distance	Cut-Off
		06:30	FOP Open	FINISHES AT 06:55	
1	Semi1	07:00	U13F	3x300 run + 3x5 Hits (5M)	10min
2	Semi2	07:15	U13F	3x300 run + 3x5 Hits (5M)	10min
3	Semi1	07:45	U13M	3x300 run + 3x5 Hits (5M)	10min
4	Semi2	08:00	U13M	3x300 run + 3x5 Hits (5M)	10min
5	Semi1	08:15	U15F	3x600 run + 3x5 Hits (5M)	15min
6	Semi2	08:35	U15F	3x600 run + 3x5 Hits (5M)	15min
7	Semi3	08:55	U15F	3x600 run + 3x5 Hits (5M)	15min
8	Semi1	09:15	U15M	3x600 run + 3x5 Hits (5M)	15min
9	Semi2	09:35	U15M	3x600 run + 3x5 Hits (5M)	15min
10	Semi3	09:55	U15M	3x600 run + 3x5 Hits (5M)	15min
11	Final	10:15	U9M & U9F	2x300 run + 2x5 Hits ( 5M both hands )	7min
12	Final	10:40	U11F	2x300 run + 2x5 Hits ( 5M both hands )	7min
13	Final	10:50	U11M	2x300 run + 2x5 Hits ( 5M both hands )	7min
14	Final	11:00	U13F	3x300 run + 3x5 Hits (5M)	10min
15	Final	11:15	U13M	3x300 run + 3x5 Hits (5M)	10min
16	Final	11:30	M + F60	2x600 run + 2x5 Hits (5M)	15min
17	Final	11:50	M + F70	2x600 run + 2x5 Hits (5M)	15min
18	Final	12:10	U15F	3x600 run + 3x5 Hits (5M)	15min
19	Final	12:30	U15M	3x600 run + 3x5 Hits (5M)	15min
		13:00		AWARD CEREMONIES U9 & U11 & U13 & U15 & 60+ & 70+	
20	Semi1	14:00	U17F	4x600 run + 4x5 Hits (10M)	15min
21	Semi2	14:20	U17F	4x600 run + 4x5 Hits (10M)	15min
22	Semi1	14:40	U17M	4x600 run + 4x5 Hits (10M)	15min
23	Semi2	15:00	U17M	4x600 run + 4x5 Hits (10M)	15min
24	Final	15:20	F40 & F50	3x600 run + 3x5 Hits (10M)	15min
26	Final	15:40	M40	3x600 run + 3x5 Hits (10M)	15min
27	Final	16:00	M50	3x600 run + 3x5 Hits (10M)	15min
28	Final	16:20	U17F	4x600 run + 4x5 Hits (10M)	15min
29	Final	16:40	U17M	4x600 run + 4x5 Hits (10M)	15min
30	Final	17:00	U19F	5x600 run + 4x5 Hits (10M)	17min
31	Final	17:20	U19M	5x600 run + 4x5 Hits (10M)	17min
32	Final	17:40	JF	5x600 run + 4x5 Hits (10M)	17min
33	Final	18:00	JM	5x600 run + 4x5 Hits (10M)	17min
34	Final	18:20	SF & F30	5x600 run + 4x5 Hits (10M)	17min
35	Final	18:40	SM & M30	5x600 run + 4x5 Hits (10M)	17min
		19:00		AWARD CEREMONIES U17 & 40+ & 50+ & U19 & J & S & 30+	