

preliminary schedule - all times to be confirmed				
30.06.2023 - Biathle Mixed/Gender Relay				
Race #		start Time	Age Group	Distance Per Person in the team
		08:00	Course Walking	<b>FINISHES AT 08:45</b>
1	Final MR/GR	09:00	U9	(200m Run -50m swim-200mRun)
2	Final MR/GR	09:15	U11 & 60+ & 70+	(400m Run-50m swim-400mRun )
3	Final MR/GR	09:35	U13	(400m Run-50m swim-400mRun )
4	Final MR/GR	09:55	U15	(400m Run-50m swim-400mRun )
		10:15	AWARD CEREMONIES U9/U11/U13/U15/60+/70+	
5	Final MR/GR	11:15	U17	(600m Run-100m swim-600m Run)
6	Final MR/GR	11:35	M40 & M50	(600m Run-100m swim-600m Run)
7	Final MR/GR	11:55	U19 & J	(800m Run-100m swim-800m Run)
8	Final MR/GR	12:20	S & 30+	(800m Run-100m swim-800m Run)
		12:45	AWARD CEREMONIES U17/30+/40+/50+/U19/J/S	
30.06.2023 - Triathle Mixed/Gender Relay				
Race #		start Time	Age Group	Distance Per Person in the relay
		13:30	Course Walking	<b>FINISHES AT 13:55</b>
8	Final MR/GR	14:00	U9 & U11 & 70+	(300m Run - 25m swim - 5 Hits ( 5m both hands ) )x2
9	Final MR/GR	14:20	U13	(300m Run - 50m swim - 5 Hits ( 5m ) )x2
10	Final MR/GR	14:45	U15	(600m Run - 50m swim - 5 Hits ( 5m ) )x2
11	Final MR/GR	15:10	60+	(600m Run - 50m swim - 5 Hits ( 5m ) )x2
		15:45	AWARD CEREMONIES U9/U11/U13/U15/60+/70+	
12	Final MR/GR	16:30	U17	(600m Run - 50m swim - 5 Hits ( 10m ) )x2
13	Final MR/GR	17:00	40+ & 50+	(600m Run - 50m swim - 5 Hits ( 10m ) )x2
14	Final MR/GR	17:30	U19 & J	600m Run + (600m Run - 50m swim - 5 Hits ( 10m ) )x2
15	Final MR/GR	18:00	S & 30+	600m Run + (600m Run - 50m swim - 5 Hits ( 10m ) )x2
		18:30	AWARD CEREMONIES U17/30+/40+/50+/U19/J/S	
01.07.2023 - LaserRun Mixed/Gender Relay				
Race #		start Time	Age Group	Distance Per Person in the relay
		17:30	Course Walking	<b>FINISHES AT 17:55</b>
1	Final MR/GR	18:00	U9 & U11	(300m Run - 5 Hits ( 5m both hands ) )x2
2	Final MR/GR	18:15	U13	(300m Run - 5 Hits ( 5m ) )x2
3	Final MR	18:30	U15 MR	(600m Run - 5 Hits ( 5m ) )x2
4	Final GR	18:50	U15 GR	(600m Run - 5 Hits ( 5m ) )x2
5	Final MR/GR	19:10	60+ & 70+	(600m Run - 5 Hits ( 5m ) )x2
6	Final MR/GR	19:30	U17	(600m Run - 5 Hits ( 10m ) )x2
7	Final MR/GR	19:50	40+ & 50+	(600m Run - 5 Hits ( 10m ) )x2
8	Final MR/GR	20:10	U19 & J	600m Run + (600m Run - 5 Hits ( 10m ) )x2
9	Final MR/GR	20:35	S & 30+	600m Run + (600m Run - 5 Hits ( 10m ) )x2
		21:00	AWARD CEREMONIES LaserRun Mixed/Gender Relays	