

## **SCHEDULE OF EVENTS**

### Wednesday 13 September

16h00 - 18h00: 100m course practice

### Thursday 14 September

10h00: 3k & 14K courses open for review - testing obstacles is prohibited and subject to penalties or disqualification

10h00 - 14h00: 100m course practice

15h00 - 16h00: Opening ceremonies rehearsal (mandatory for national team delegates)

16h30 - 17h30: Technical Meeting (mandatory for national team delegates)

### Friday 15 September

10h00 - 17h00: 100m heats

08h30 - 15h00: 3K

13h00 - 14h00: 3K Elite Race

17h00 - 18h00: Opening Ceremonies (mandatory for national teams)

18h00 - 18h30: 3K Awards (national team uniforms mandatory for winners)

18h30 - 19h00: Technical meeting (mandatory for national team delegates)

### Saturday 16 September

09h00 - 17h00: 100m heats

08h30 - 13h00: 14K Standard Course

13h30 - 15h00: 14K Elite Race

17h30 - 18h00: 14K Awards (national team uniforms mandatory for winners)

18h00 - 18h30: Technical meeting (mandatory for national team delegates)

18h30 - 19h30: 9th World Congress (mandatory for national member federation delegates)

### Sunday 17 September

08h30 - 12h00: 6K Team Race

12h30 - 14h30: 100m semi finals

15h00 - 16h00: 100m finals

16h30 - 17h00: Team and 100m Awards (national team uniforms mandatory for winners)

17h00 - 18h00: Closing Ceremonies (same procedure as Opening Ceremonies: teams must be in uniform)

18h00 - 21h00: Party and entertainment