

5. COMPETITION PROGRAMME **subject to TV adjustment*

Thursday, 31 October

14:00 - 16:00 Official training all categories

Friday, 1 November

08:00 - 09:45 Official training all categories

10:00 - 10:30 **Men Master 75+ / 70-74 / 65-69**

Women Master 75+ / 70-74 / 65-69 / 60-64 / 55-59 / 50-54

11:00 - 11:40 **Men Master 55-59 / 60-64**

Women Master 35-39 / 40-44 / 45-49

11:40 - 12:40 Award ceremonies Master categories

12:00 - 13:15 Official warmup Masters 35-39-40-44 and Saturday races

13:30 - 14:10 **Men Master 45-49 / 50-54**

15:00 - 15:50 **Men Master 35-39 / 40-44**

16:00 - 16:50 Award ceremonies Master categories

16:00 - 17:00 Official training all categories

Saturday, 2 November

09:30 - 11:30 Official training

11:30 - 14:30 Track closed

15:00 - 16:00 **Team Relay**

16:10 - 16:25 Award ceremony Team Relay

16:15 - 17:45 Official training all categories

Sunday, 3 November

08:00 - 08:45 Official training

09:00 - 09:40 **Women Junior**

09:45 - 09:55 Award ceremony Women Junior

10:00 - 10:40 **Men Junior**

10:45 - 10:55 Award ceremony Men Junior

11:00 - 11:45 **Women U23**

11:50 - 12:00 Award ceremony Women U23

12:00 - 12:40 Official training

12:50 - 13:40 **Men U23**

13:45 - 13:55 Award ceremony Men U23

14:10 - 15:00 **Women Elite**

15:05 - 15:15 Award ceremony Women Elite

15:30 - 16:30 **Men Elite**

16:35 - 16:45 Award ceremony Men Elite