**2019 Subic Bay ITU Technical Officials Level 1 Seminar**

**Subic, Philippines – 18-19 October 2019**

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| DAY 1 – 18 October 2019 |
| 08: 30 -- 08: 45 | Opening Speech |
| 08: 45 -- 10: 00 | Introductions, Triathlon History, About ITU |
| 10: 00 -- 10: 15 | Short Break |
| 10: 15 -- 11: 45 | Technical Operations 1(TOs’ pathway, TOs’ education) |
| 11: 45 -- 12: 00 | Short Break |
| 12: 00 -- 13: 30 | Technical Operations 2(Building rapport, Code of Behaviour, TOs' Responsibilities) |
| 13: 30 -- 14: 30 | Lunch Break |
| 14: 30 -- 16: 00 | Technical Operations 3(Penalties, Penalty Box) |
| 16: 00 -- 16: 15 | Short Break |
| 16: 15 -- 17: 30 | Technical Operations 4(Conduct of Athletes, Registration, Bike check) |
| 17:30 – 17: 45 | Short Break |
| 17:45 – 19:00 | Technical Operations 5(Athletes' Introduction, Start Procedures) |
| DAY 2 – 19 October 2019 |
| 08: 30 -- 10: 00 | Technical Operations 6(Swim, Transition) |
| 10: 00 -- 10: 15 | Short Break |
| 10: 15 -- 11: 45 | Technical Operations 7(Bike, Wheel Station, Lap Audit) |
| 11: 45 -- 12: 00 | Short Break |
| 12: 00 -- 13: 30 | Technical Operations 8(Run, Aid station) |
| 13: 30 -- 14: 30 | Lunch Break |
| 14: 30 -- 16: 00 | Technical Operations 9(Finish, Timing & Results, Protest/ appeals) |
| 16: 00 -- 16: 15 | Short Break |
| 16: 15 -- 17: 45 | Technical Operations 10(Awarding Ceremony, Doping Control, CPR) |
| 18: 00 – 18: 15 | Short Break |
| 18: 15 – 19: 00 | Open book exam |