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| **Saturday, 30 November, 2019** | |
| 08:30 - 08:45 | Opening Speech |
| 08:45 - 9:00 | Event Management – 1 (Introduction) |
| 9:00 - 9:15 | Short Break |
| 9:15 - 10:30 | Event Management – 2 (Swim, Transition Zone) |
| 10:30 - 10:45 | Short Break |
| 10:45 - 12:00 | Event Management – 3 (Bike, Run) |
| 12:00 - 13:00 | Lunch Break |
| 13:00 - 14:30 | Event Management – 4 (Finish, Medal Ceremony) |
| 14:30 - 14:45 | Short Break |
| 14:45 - 16:00 | Event Management – 5 (Running the event 1) |

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| **Sunday, 1 December, 2019** | |
| 08:30 - 9:00 | Bike care |
| 9:00 - 9:15 | Short Break |
| 9:15 - 10:30 | Pre event procedures 1 (TOs ' Assignments, Code of Dehaviour, Tos' Responsibilities, Pre Planning Period) |
| 10:30 - 10:45 | Short Break |
| 10:45 - 12:00 | Pre event procedures 2 (Pre Competition Activities, Registration, Athletes' Introduction, Start Procedures) |
| 12:00 - 13:00 | Lunch Break |
| 13:00 - 14:30 | Competition procedures 1 (Swim, Transition, Bike) |
| 14:30 - 14:45 | Short Break |
| 14:45 - 16:00 | Event Management – 5 (Running the event 1) |