

Friday 19 July

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 Brake
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)
16: 00-- 16: 15	Short Break
16: 15-- 17: 00	Event Management - 6 (Running the event 2)

Saturday 20 July

08: 30 -- 9: 00	Bike care
9: 00-- 9:15	Short Break
9: 15 -- 10: 30	Pre event procedures 1 (TOs' Assignments, Code of Behavior, 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)
16: 00-- 16: 15	Short Break
16: 15-- 17: 00	Competition procedures 2 (Run, Wheel station, Aid station, Finish)

Sunday, 21 July

10:00	Event
-------	-------