

**2013 ITU DEVELOPMENT U23 & JUNIOR WORLD CAMP
RIO MAIOR, PORTUGAL - 1-9 SEPTEMBER 2013**

PROGRAM

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday		
	31-AUG-2013	01-SEP-2013	02-SEP-2013	03-SEP-2013	04-SEP-2013	05-SEP-2013	06-SEP-2013	07-SEP-2013	08-SEP-2013	09-SEP-2013		
06:00-06:30	ARRIVALS ALL DAY	ARRIVALS MORNING		05:40-Restaurant Snack		05:40-Restaurant Snack		05:40-Restaurant Snack				
06:30-07:00					07:00-Auditorium All PARTICIPANTS	From 7:00-Fisio Room HR + Boddy Weight	From 7:00-Fisio Room HR + Boddy Weight	From 7:00-Fisio Room HR + Boddy Weight	From 7:00-Fisio Room HR + Boddy Weight	From 7:00-Fisio Room HR + Boddy Weight	From 7:00-Fisio Room HR + Boddy Weight	
07:00-07:30					07:30-Restaurant Breakfast	SWIM - 50m Pool 6:15-8:00	07:30-Restaurant Breakfast	SWIM - 50m Pool 6:15-8:00 Open Water Simulation	07:30-Restaurant Breakfast	08:00	07:30-Restaurant Breakfast	SWIM Possibility 6:30-7:30
07:30-08:00				08:00-Restaurant Breakfast		08:00		08:00		08:00		
08:00-08:30						CORDZ/VASA/CORE		CORDZ/VASA/CORE		CORDZ/VASA/CORE		
08:30-09:00						08:30-Restaurant Breakfast		08:30-Restaurant Breakfast		08:30-Restaurant Breakfast		07:30-Restaurant Breakfast
09:00-09:30												
09:30-10:00					08:45 BIKE		08:45 BIKE					SWIM - 50m Pool 09:00-10:30
10:00-10:30				08:00-Restaurant Breakfast	Arrival ITU President MARISOL CASADO							
10:30-11:00				08:00-Restaurant Breakfast	Arrival ITU President MARISOL CASADO							
11:00-11:30		08:00-Restaurant Breakfast	Arrival ITU President MARISOL CASADO									
11:30-12:00		08:00-Restaurant Breakfast	Arrival ITU President MARISOL CASADO									
12:00-12:30		08:00-Restaurant Breakfast	Arrival ITU President MARISOL CASADO									
12:30-13:00	12:30-Restaurant Lunch	12:30-Restaurant Lunch	12:45-Restaurant Lunch	11:30-STRETCH	12:30-CRIO	12:30-Restaurant Lunch	11:30-STRETCH	12:30-Restaurant Lunch	12:30-Restaurant Lunch	12:30-Restaurant Lunch		
13:00-13:30				13:00-Restaurant Lunch	13:00-Restaurant Lunch	13:00-Restaurant Lunch	13:00-Restaurant Lunch	13:00-Restaurant Lunch	13:00-Restaurant Lunch	13:00-Restaurant Lunch		
13:30-14:00			13:30-REST ROOMS	14:00-REST ROOMS	13:30-REST ROOMS	14:00-REST ROOMS	13:30-REST ROOMS	14:00-REST ROOMS	13:30-REST ROOMS	13:30-REST ROOMS		
14:00-14:30				14:00-REST ROOMS	13:30-REST ROOMS	14:00-REST ROOMS	13:30-REST ROOMS	14:00-REST ROOMS	13:30-REST ROOMS	13:30-REST ROOMS		
14:30-15:00				15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK		
15:00-15:30			15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK		
15:30-16:00			15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK	15:20-Bar Pick-up SNACK		
16:00-16:30												
16:30-17:00	SWIM Possibility 16:00-17:30	SWIM - 50m Pool 16:00-17:30	SWIM - 50m Pool 16:00-17:30	16:30 - Choice BIKE or 2nd RUN	SWIM - 50m Pool 16:00-17:30	15:00 Lobby	SWIM - 50m Pool 16:00-17:30	SWIM - 50m Pool 16:00-17:30	SWIM - 50m Pool 16:00-17:30	SWIM - 50m Pool 16:00-17:30		
17:00-17:30												
17:30-18:00												
18:00-18:30		18:00 - Reception Facilities Visit	18:00-19:00 21:00-23:00 Fisio Room-Massage	18:00-19:00 21:00-23:00 Fisio Room-Massage	18:00-19:00 21:00-23:00 Fisio Room-Massage	18:00-19:00 21:00-23:00 Fisio Room-Massage	18:00-19:00 21:00-23:00 Fisio Room-Massage	18:00-19:00 21:00-23:00 Fisio Room-Massage	18:00-19:00 21:00-23:00 Fisio Room-Massage	18:00-19:00 21:00-23:00 Fisio Room-Massage		
18:30-19:00												
19:00-19:30	19:00-Restaurant Dinner	19:00-Restaurant Dinner	19:00-Restaurant Dinner	19:00-Restaurant Dinner	19:00-Restaurant Dinner	19:00-Restaurant Dinner	19:00-Restaurant Dinner	19:00-Restaurant Dinner	19:00-Restaurant Dinner	19:00-Restaurant Dinner		
19:30-20:00												
20:00-20:30	20:00-Meeting Room Meeting - All STAFF	20:00-Auditorium All PARTICIPANTS	20:00-Auditorium All PARTICIPANTS	20:00-Auditorium All PARTICIPANTS	20:00-Auditorium All PARTICIPANTS	20:00-Auditorium All PARTICIPANTS	20:00-Auditorium All PARTICIPANTS	20:00-Auditorium All PARTICIPANTS	20:00-Auditorium All PARTICIPANTS	20:00-Auditorium All PARTICIPANTS		
20:30-21:00												
21:00-21:30		21:00-Meeting Room Meeting - All STAFF	21:00-Meeting Room Meeting - All STAFF	21:00-Meeting Room Meeting - All STAFF	21:00-Meeting Room Meeting - All STAFF	21:00-Meeting Room Meeting - All STAFF	21:00-Meeting Room Meeting - All STAFF	21:00-Meeting Room Meeting - All STAFF	21:00-Meeting Room Meeting - All STAFF	21:00-Meeting Room Meeting - All STAFF		
21:30-22:00												
22:00-22:30	22:00-GOOD NIGHT	22:00-GOOD NIGHT	22:00-GOOD NIGHT	22:00-GOOD NIGHT	22:00-GOOD NIGHT	22:00-GOOD NIGHT	22:00-GOOD NIGHT	22:00-GOOD NIGHT	22:00-GOOD NIGHT	22:00-GOOD NIGHT		
						22:00- Arrival				DEPART. ALL DAY		