

Time	Schedule	Place	
Tuesday – 18 Oct, 2022			
After 14:00	Teams' entry registration	El Goli large artificial lake	
Wednesday – 19 Oct, 2022			
09:00	LOC office	El Goli large artificial lake	
11:00	Bike Mechanic		
Thursday – 20 Oct, 2022			
10:00 - 10:30	Bike course familiarization	El Goli large artificial lake	
10:30 - 11:00	Run course familiarization		
15:30 - 16:30	Registration		
17:00 - 17:30	Athletes & coaches briefing		
17:30 - 18:00	Athlete package distribution		
18:00 - 20:00	Opening ceremonies		
Friday – 21 Oct, 2022			
07:30 - 08:30	Athletes lounge open (uniform / bike check) – Elite Women	El Goli large artificial lake	
07:45 - 08:30	Transition Check in - Elite Women		
08:15 - 08:45	Run Warm Up - Elite Women		
08:50	Athletes Line Up & introduction - Elite Women		
09:00	Race Start - Elite Women		
09:30 - 10:30	Athletes lounge open (uniform / bike check) – Elite Men		
10:15 - 10:45	Transition Check in - Elite Men		
10:15 - 10:45	Run Warm Up - Elite Men		
10:50	Athletes Line Up & introduction - Elite Men		
11:00	Race Start - Elite Men		
12:30 - 13:00	Medal ceremony Elite Women/Men		
19:00 - 21:00	Pasta Dinner		
Saturday – 22 Oct, 2022			
Before 12:00	Departure		