



GROUP A (15 pax)

· AUS · CAN

· AUT · CZE

· BER · ESP

· BLR

GROUP B (16 pax)

· FRA

· GBR

· GER

· HUN

GROUP C (16 pax)

· IRL

· ISR

· ITA

· JPN

GROUP D (17 pax)

· LUX · ROU

· MAR · SUI

· MEX · USA

· POL

< Breakfasts from 06:30 till 10:00 everyday. Saturday, 23 October from 05:30.

- < Lunch from 12:00 till 14:00.
- < Dinner from 18:00 till 21:30.

NOTE: For run training, bus departures are every 20 minutes from hotel from 14:00 and bus departures are every 20 minutes from Dongback from 15:10.

| TUESDAY | 8 | | 9 | | 10 | | 11 | | 12 | 14 | | | 15 | | | | 16 | | | |
|------------------|----|------|-----|-----|------|------|------|----|-------|------|--------------|-----|------|-----|-------|-----|------|----|----|----------|
| 19 OCT | 00 | 30 | 00 | 30 | 00 | 30 | 00 | 30 | 00 | 00 | 20 | 40 | 00 | 10 | 30 | 50 | 10 | 20 | | |
| GROUP A | | | | | SWIM | | BIKE | | LUNCH | BUS | | RUN | | BUS | | _ | | | | |
| GROUP B | | | | | SWIM | | BIKE | | LUNCH | | BUS | | RUN | | BUS | | _ | | | |
| GROUP C | | | | | BIKE | | SWIM | | LUNCH | | | BUS | | RUN | | BUS | | | | |
| GROUP D | | | | | BIKE | | SWIM | | LUNCH | | | | BUS | | RUN | | BUS | | | |
| | | | | | | | | | | | | | | | | | | | | |
| WEDNESDAY | 8 | | 9 | | 10 | | 11 | | 12 | 14 | | | 15 | | | | 16 | | | |
| 20 OCT | 00 | 30 | 00 | 30 | 00 | 30 | 00 | 30 | 00 | 00 | 20 | 40 | 00 | 10 | 30 | 50 | 10 | 20 | | |
| GROUP A | | | | | BIKE | | SWIM | | LUNCH | | | | BUS | | RUN | | BUS | | | |
| GROUP B | | | | | BIKE | | SWIM | | LUNCH | | | BUS | | RUN | | BUS | | | | |
| GROUP C | | | | | SWIM | | BIKE | | LUNCH | | BUS | | RUN | | BUS | | | | | |
| GROUP D | | | | | SWIM | | BIKE | | LUNCH | BUS | | RUN | | BUS | | | | | | |
| | 8 | | 9 | | 10 | 20 | 11 | | 12 | 14 | | | 15 | 40 | 20 | | 16 | 20 | 18 | |
| 21 OCT | 00 | 30 | 00 | 30 | 00 | 30 | 00 | 30 | 00 | 00 | 20 | 40 | 00 | 10 | 30 | 50 | 10 | 20 | 00 | 30 |
| GROUP A | | | | | SWIM | | BIKE | | LUNCH | 5110 | | BUS | | RUN | | BUS | | | | |
| GROUP B | | | | | SWIM | | BIKE | | LUNCH | BUS | | RUN | DUIC | BUS | 51111 | | DUIC | | | BRIEFING |
| GROUP C | | | | | BIKE | | SWIM | | LUNCH | | DLIC | | BUS | | RUN | | BUS | | | |
| GROUP D | l | | | | BIKE | | SWIM | | LUNCH | l | BUS | | RUN | | BUS | | | | | |
| | | | | | | | | | | | | | | | | | | | | |
| FRIDAY | 8 | | 9 | | 10 | | 11 | | 12 | 14 | | 15 | | 16 | | | | | | |
| 22 OCT | 00 | 30 | 00 | 30 | 00 | 30 | 00 | 30 | 00 | 00 | 30 | 00 | 30 | 00 | 30 | | | | | |
| | | | | | | | | | LUNCH | | | | REG | | | _ | | | | |
| NF A-F | | | | | | | | | 1 | | | | | | | | | | | |
| NF A-F NF G-J | | DITE | DCD | DI. | ıc | DIVE | EANA | | LUNCH | CVA | IN / E / N / | | REG | | | | | | | |
| | | BUS | PCR | BU | IS | BIKE | FAM | | LUNCH | SW | IM FAM | | REG | REG | | | | | | |