European Championship Duathlon Sprint

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Fri 14th | 11:30 | 12:30 | Briefing (Sprint+Standard Duathlon, Age Group Team Manager) | Pavilhão Portugal |
| Fri 14th | 12:30 | 13:30 | Briefing (Sprint Duathlon, Para Athletes) \* | Pavilhão Portugal |
| Fri 14th | 13:30 | 14:30 | Briefing (Sprint Duathlon, Junior) \* | Pavilhão Portugal |
| Fri 14th | 14:30 | 15:30 | Briefing (Sprint Duathlon Elite, U23) \* | Pavilhão Portugal |
| Fri 14th | 16:00 |  | Bike familiarisation (Elite, U23, Junior, Para), 2 laps | Bike couse |
| Sat 15th | 08:00 |  | START AG Sprint Duathlon | Race Venue |
| Sat 15th | 11:00 |  | START Paraduathlon PTWC | Race Venue |
| Sat 15th | 11:20 |  | START Paraduathlon PTS+PTVI | Race Venue |
| Sat 15th | 13:15 |  | START Junior Women Sprint Duathlon | Race Venue |
| Sat 15th | 13:30 |  | Medal Ceremony (Paraduathlon) | Race Venue |
| Sat 15th | 15:00 |  | START Junior Men Sprint Duathlon | Race Venue |
| Sat 15th | 16:45 |  | START Elite/U23 Women Sprint Duathlon | Race Venue |
| Sat 15th | 18:30 |  | START Elite/U23 Men Sprint Duathlon | Race Venue |
| Sat 15th | 20:00 |  | Medal Ceremony (Elite/U23/Junior Women/Men Sprint Duathlon) | Race Venue |
| Sat 15th | 20:30 |  | Medal Ceremony (AG Sprint Duathlon) | Race Venue |

*\* Mandatory for Elite, Junior, U23 and Para. Payment will be check*

*For accredited Elite, U23, Junior, Para athletes, Para athletes’ handlers and guides, coaches and medicals*

European Championship Duathlon Standard

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Fri 14th | 11:30 | 12:30 | Briefing (Sprint+Standard Duathlon, Age Group Team Manager) | Pavilhão Portugal |
| Sun 16th | 10:00 |  | START AG Standard Duathlon | Race Venue |
| Sun 16th | 15:00 |  | Medal Ceremony (AG Standard Duathlon) | Race Venue |

European Championship Cross Duathlon

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Mon 17th | 11:30 | 12:30 | Briefing (Cross Duathlon, Age Group Team Manager) | Pavilhão Portugal |
| Mon 17th | 12:30 | 13:30 | Briefing (Cross Duathlon, Junior, Para Athletes) \* | Pavilhão Portugal |
| Mon 17th | 13:30 | 14:30 | Briefing (Cross Duathlon, Elite, U23) \* | Pavilhão Portugal |
| Mon 17th | 15:00 |  | Bike course familiarisation (Elite, U23, Junior, Para) | Bike course |
| Tue 18th | 09:00 |  | START Junior Men Cross Duathlon Sprint | Race Venue |
| Tue 18th | 09:05 |  | START Junior Women Cross Duathlon Sprint | Race Venue |
| Tue 18th | 09:10 |  | START Para Cross Duathlon Sprint | Race Venue |
| Tue 18th | 11:00 |  | START Elite/U23 Men Cross Duathlon Standard | Race Venue |
| Tue 18th | 11:05 |  | START Elite/U23 Women Cross Duathlon Standard | Race Venue |
| Tue 18th | 13:00 |  | START AG Cross Duathlon Standard | Race Venue |
| Tue 18th | 13:15 |  | Medal Ceremony (Elite/U23/Junior/Para Cross Duathlon) | Race Venue |
| Tue 18th | 17:00 |  | Medal Ceremony (AG Cross Duathlon) | Race Venue |

*\* Mandatory for Elite, Junior, U23 and Para. Payment will be check*

*For accredited Elite, U23, Junior, Para athletes, Para athletes’ handlers and guides, coaches and medicals*

European Championship Cross Triathlon

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Wed 19th | 11:30 | 12:30 | Briefing (Cross Triathlon, Age Group Team Manager) | Pavilhão Portugal |
| Wed 19th | 12:30 | 13:30 | Briefing (Cross Triathlon, Junior, Para Athletes)\* | Pavilhão Portugal |
| Wed 19th | 13:30 | 14:30 | Briefing (Cross Triathlon, Elite, U23) | Pavilhão Portugal |
| Wed 19th | 14:00 | 15:00 | Age Group Swim course familiarisation\*\* | Mondego River |
| Wed 19th | 15:00 | 16:00 | Elite/U23/Junior/Para Swim course familiarisation\*\* | Mondego River |
| Wed 19th | 16:15 |  | Elite/U23/Junior/Para Bike course familiarisation | Bike course |
| Thu 20th | 09:00 |  | START Junior Men Cross Triathlon Sprint | Mondego River |
| Thu 20th | 09:05 |  | START Junior Women Cross Triathlon Sprint | Mondego River |
| Thu 20th | 09:10 |  | START Para Cross Triathlon Sprint | Mondego River |
| Thu 20th | 11:00 |  | START Elite/U23 Men Cross Triathlon Standard | Mondego River |
| Thu 20th | 11:05 |  | START Elite/U23 Women Cross Triathlon Standard | Mondego River |
| Thu 20th | 13:00 |  | START AG Cross Triathlon Standard | Mondego River |
| Thu 20th | 13:30 |  | Medal Ceremony (Elite/U23/Junior/Para Cross Triathlon) | Race Venue |
| Thu 20th | 17:00 |  | Medal Ceremony (AG Cross Triathlon) | Race Venue |

*\* Mandatory for Elite, Junior, U23 and Para. Payment will be check*

*For accredited Elite, U23, Junior, Para athletes, Para athletes’ handlers and guides, coaches and medicals*

*\*\* Meeting point at the start area. Appropriate aid and rescue personnel will be available on the water*

European Championship Aquathlon

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Thu 20th | 14:00 | 15:00 | Age Group Swim course familiarisation\*\* | Mondego River |
| Thu 20th | 15:00 | 16:00 | Elite/U23/Junior/Para Swim course familiarisation\*\* | Mondego River |
| Thu 20th | 16:00 | 17:00 | Briefing (Aquathlon, Age Group Team Manager)\* | Pavilhão Portugal |
| Thu 20th | 17:00 | 18:00 | Briefing (Aquathlon, Elite/U23/Junior/Para athletes)\* | Pavilhão Portugal |
| Fri 21th | 10:00 |  | START Elite/U23 Men Aquathlon | Race Venue |
| Fri 21th | 10:05 |  | START Elite/U23 Women Aquathlon | Race Venue |
| Fri 21th | 11:00 |  | START Junior Men Aquathlon | Race Venue |
| Fri 21th | 11:05 |  | START Junior Women Aquathlon | Race Venue |
| Fri 21th | 11:10 |  | START Para Aquathlon | Race Venue |
| Fri 21th | 12:00 |  | START AG Aquathlon | Race Venue |
| Fri 21th | 15:00 |  | Medal Ceremony (Aquathlon) | Race Venue |

*\* Mandatory for Elite, Junior, U23 and Para. Payment will be check*

*For accredited Elite, U23, Junior, Para athletes, Para athletes’ handlers and guides, coaches and medicals*

*\*\* Meeting point at the start area. Appropriate aid and rescue personnel will be available on the water*

European Championship Middle Distance Triathlon and Aquabike

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Fri 21th | 15:00 | 16:00 | Briefing (Middle Distance Triathlon and Aquabike, Age Group Team Manager)\*\* | Pavilhão Portugal |
| Fri 21th | 16:00 | 17:00 | Briefing (Middle Distance, Elite and Para)\* | Pavilhão Portugal |
| Fri 21th | 17:00 | 18:00 | Age Group Swim course familiarisation\*\* | Mondego River |
| Fri 21th | 18:00 | 19:00 | Elite and Para, Swim course familiarisation\*\* | Mondego River |
| Sat 22th | 07:30 |  | START Elite Men Middle Distance Triathlon | Mondego River |
| Sat 22th | 07:35 |  | START Elite Women Middle Distance Triathlon | Mondego River |
| Sat 22th | 07:40 |  | START Para Middle Distance Triathlon | Mondego River |
| Sat 22th | 09:30 |  | START AG Middle Distance Triathlon | Mondego River |
| Sat 22th | 12:30 |  | START AG Aquabike | Mondego River |
| Sat 22th | 20:00 |  | Medal Ceremony (Middle Distance, Aquabike) | Race Venue |

*\* Mandatory for Elite and Para. Payment will be check*

*For accredited Elite, U23, Junior, Para athletes, Para athletes’ handlers and guides, coaches and medicals*

*\*\* Meeting point at the start area. Appropriate aid and rescue personnel will be available on the water*

Please note that the run and bike courses will be pinpointed, there will be no organized group familiarisations for age-groupers.