Neon Night Swim

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Thu 20th | 07:30 | 20:00 | Event information centre open (closed from 13:00 to 14:30) | Race Venue |
| Thu 20th | 08:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Fri 21st | 08:00 | 20:00 | Event information centre open (closed from 13:00 to 14:30) | Race Venue |
| Fri 21st | 08:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Fri 21st | 14:30 | 18:00 | Swim familiarisation  | Mondego River |
| Fri 21st | 21:20 | 21:25 | Briefing before start | Start line |
| Fri 21th | 21:30 |  | START 300m | Mondego River |
| Fri 21th | 21:45 |  | START 1500m and 3000m | Mondego River |

Full Distance Triathlon, Aquabike and Duathlon

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Wed, 19th | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30 | Race Venue |
| Wed, 19th | 10:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Wed, 19th | 18:00 | 20:00 | Briefing online | Online |
| Fri 21st | 14:30 | 18:00 | Swim familiarisation  | Mondego River |
| Sat 22th | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Sat 22th | 14:30 | 18:00 | Swim familiarisation | Mondego River |
| Sat 22th | 19:00 | 23:00 | Transition Area open | Race Venue |
| Sun 23th | 06:00 | 16:00 | Event information centre open (closed from 13:00 to 14:30) | Race Venue |
| Sun 23th | 10:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Sun 23th | 05:45 | 06:40 | Last minute Transition Area check-in  | Race Venue |
| Sun 23th | 06:00 | 06:45 | Swim familiarisation | Mondego River |
| Sun 23th | 07:00 |  | START Full Distance Triathlon | Mondego River |
| Sun 23th | 07:00 |  | START Full Distance Aquabike | Mondego River |
| Sun 23th | 07:20 |  | START Full Distance Duathlon | Race Venue |
| Sun 23th | 09:30 |  | Cut-off swim course |  |
| Sun 23th | 19:00 |  | Cut-off swim+bike course |  |
| Sun 23th | 19:00 |  | Medal Ceremony | Race Venue |
| Sun 23th | 23:59 |  | Cut-off for all athletes | Race Venue |
| Mon 24th |  | 00:30 | Check-out Full Distance Triathlon, Aquabike and Duathlon | Race Venue |

Standard+ Triathlon, Aquabike and Duathlon

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Wed, 19th | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Wed, 19th | 10:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Wed, 19th | 18:00 | 20:00 | Briefing online | Online |
| Thu 20th | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Fri 21st | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Fri 21st | 14:30 | 18:00 | Swim familiarisation  | Mondego River |
| Sat 22th | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Sat 22th | 14:30 | 18:00 | Swim familiarisation | Mondego River |
| Sat 22th | 19:00 | 23:00 | Transition Area open | Race Venue |
| Sun 23th | 06:00 | 16:00 | Event information centre open (closed from 13:00 to 14:30) | Race Venue |
| Sun 23th | 10:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Sun 23th | 06:45 | 07:40 | Last minute Transition Area check-in  | Race Venue |
| Sun 23th | 07:40 | 07:55 | Swim familiarisation | Mondego River |
| Sun 23th | 08:00 |  | START Standard+ Distance Triathlon | Mondego River |
| Sun 23th | 08:00 |  | START Standard+ Distance Aquabike | Mondego River |
| Sun 23th | 08:20 |  | START Standard+ Distance Duathlon | Race Venue |
| Sun 23th | 09:30 |  | Cut-off swim course |  |
| Sun 23th | 13:00 |  | Cut-off for all athletes | Race Venue |
| Sun 23th | 15:45 |  | Medal Ceremony | Race Venue |
| Sun 23th |  | 19:00 | Check-out Standard+ Distance Triathlon, Aquabike and Duathlon | Race Venue |

Summer Run – 10,5km; Half-Marathon and Marathon

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Fri 21st | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Fri 21st | 10:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Sat 22th | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Sun 23th | 06:00 | 16:00 | Event information centre open (closed from 13:00 to 14:30) | Race Venue |
| Sun 23th | 10:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Sun 23th | 09:00 |  | START Marathon | Race Venue |
| Sun 23th | 09:00 |  | START Half-Marathon | Race Venue |
| Sun 23th | 09:15 |  | START 10,5km race | Race Venue |
| Sun 23th | 23:59 |  | Cut-off for all athletes | Race Venue |
| Sun 23th | 15:00 |  | Medal Ceremony | Race Venue |

Aquakid’s

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| **Day** | **Start** | **End** | **Activity** | **Location** |
| Fri 21st | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Fri 21st | 10:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Sat 22th | 10:00 | 20:00 | Athletes check-in (closed from 13:00 to 14:30) | Race Venue |
| Sat 22th | 10:00 | 20:00 | EXPO and FanZone open (closed from 13:00 to 14:30) | Race Venue |
| Sat 22th | 18:00 |  | START Aquakid’s - 8 to 10 years old | Mondego River |
| Sat 22th | 18:30 |  | START Aquakid’s - 11 to 13 years old | Mondego River |
| Sat 22th | 19:00 |  | Medal Ceremony | Race Venue |

* Note: Some last minute changes may occur