

# ITU POWERMAN WORLD CHAMPIONSHIPS 2019

## SCHEDULE

Friday September 6, 2019		
TIME*	ACTIVITY*	LOCATION*
16:00 - 19:00	ITU Age Group Powerman Long Distance Duathlon World Championships: Issuing of starting numbers, licence / ID control, NF uniform check	Race Office Town Hall Level 0
16:00 - 19:00	Powerman Open Long Distance race : Issuing of numbers, late registrations and licence control	Race Office Town Hall Level 0
16:00 - 19:00	Powerman Short Distance : Issuing of numbers, late registrations	Race Office Town Hall Level 0

\* subject to change

Saturday September 7, 2019		
TIME*	ACTIVITY*	LOCATION*
09:30 - 17:00	Info Point open	Expo
11:00 - 17:00	ITU Age Group Powerman Long Distance Duathlon World Championships: Issuing of starting numbers, licence / ID control, NF uniform check	Race Office Town Hall Level 0
11:00 - 17:00	Powerman Open Long Distance Race: Issuing of numbers, late registrations and licence controlling	Race Office Town Hall Level 0
11:00 - 17:00	Powerman Short Distance : Issuing of numbers, late registrations	Race Office Town Hall Level 0
11:00	2019 Zofingen ITU Powerman Long Distance Duathlon World Championships Elite Athletes Race briefing, Uniform check (after briefing) & Race Pack distribution	Town Hall Level 1
12:00 - 13:30	Power Kids Issuing start numbers and late registrations	Race Office Town Hall Level 0
12:30	2019 Zofingen ITU Powerman Long Distance Duathlon World Championships Age Group Athletes Race briefing	Town Hall Level 1
13:30	Race briefing in English	
14:15	Race briefing in German	
14:15	Race briefing in French	
13:00	PowerKids Warm-up	Start-Area
13:30	Start PowerKids Panters	Start
13:45	Start PowerKids Tigers	Start
14:00	Start PowerKids Pfüderis	Start
14:15	Start PowerKids Lions	Start
14:30	Start PowerKids Bears	Start
14:45	Start PowerFamily	Start
16:30	Start Charity-Run	Start
16:30	Medal ceremony PowerKids & PowerFamily	Powerman Arena
18:00	2019 Zofingen ITU Powerman Long Distance Duathlon World Championships Opening Ceremony & Pasta Party	Town Hall Level 1

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# ITU POWERMAN WORLD CHAMPIONSHIPS 2019

## SCHEDULE

Sunday September 8, 2019		
TIME*	ACTIVITY*	LOCATION*
06:00 - 18:00	Info Point open	Expo
06:00-07:15	Powerman Open Long Distance Race Women & Men 65+: Issuing of numbers, late registrations and licence controlling	Race Office Town Hall Level 0
06:00-08:15	Powerman Open Long Distance Race Men & Team Relay: Issuing of numbers, late registrations and licence controlling	Race Office Town Hall Level 0
06:00-09:00	Powerman Short Distance: Issuing of numbers, late registrations	Race Office Town Hall Level 0
06:30 - 07:30	2019 Zofingen ITU Powerman Long Distance Duathlon World Championship Bike check-in: Women, Men65+, Para	Powerman Arena
06:30 - 07:30	Powerman Open Long Distance Race: Bike check-in: Women, Men65+	Powerman Arena
06:30 - 08:30	2019 Zofingen ITU Powerman Long Distance Duathlon World Championship Bike check-in: Men (Elite, M-64)	Powerman Arena
06:30 - 08:30	Powerman Open Long Distance Race: Bike check-in: Men 64-, Team Relay	Powerman Arena
06:30 - 09:15	Bike check-in Short Distance	Powerman Arena
08:00	Start ELITE WOMEN 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Start Area
08:02	Start AGE GROUP WOMEN 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Start Area
08:04	Start PARA 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Start Area
08:04	Start MEN 65+ 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Start Area
08:06	Start WOMEN Open Race Long Distance Powerman	Start Area
08:06	Start MEN 65+ Open Race Long Distance Powerman	
09:00	Start ELITE MEN 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Start Area
09:02	Start AGE GROUP MEN -64 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Start Area
09:04	Start MEN -64 Open Race Long Distance Powerman	Start Area
09:35	Start TEAM RELAY Open Race Long Distance Powerman	Start Area
09:45	Start WOMEN Short Distance Powerman	Start Area
09:50	Start MEN & TEAM RELAY Short Distance	Start Area
12:00	First finishers Short Distance	Powerman Arena
<b>14:00</b>	<b>Cut-off time: Start last bike lap Long Distance Races</b>	<b>Bike Course</b>
14:15	Award ceremony Short Distance	Expo
15:05	First Finishers 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Powerman Arena
15:45	Medal & Flower Ceremony ELITE 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Powerman Arena
<b>16:00</b>	<b>Cut-off time: End of bike course Long Distance Races</b>	<b>Bike Course</b>
<b>17:20</b>	<b>Cut-off time: Start 2nd Run Lap Long Distance Races</b>	<b>Run Course</b>
<b>18:40</b>	<b>Cut-off time: Start 3rd Run Lap Long Distance Races</b>	<b>Run Course</b>
19:00	Post Race Party	Town Hall Level 1
<b>20:00</b>	<b>Cut-off time: End of Long Distance Races</b>	<b>Finish Line</b>
20:00	Award & Prize Money Ceremony ELITE TOP10 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships	Town Hall Level 1
20:15	Medal & Award Ceremony AGE GROUP 2019 Zofingen ITU Powerman Long Distance Duathlon World Championships"	Town Hall Level 1
20:15	Medal & Award Ceremony Open Race Long Distance Powerman	Town Hall Level 1
21:00-22:00	Early Registration for 2020 Zofingen ITU Powerman Long Distance Duathlon World Championships	Town Hall Level 0

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