





PROGRAMME

	Arrival of Delegations		
Wednesday 26 th October	10 to 13 & 14 to 18	Accreditation at the LOC Office	FORUM MACHICO
	15:00 - 18:00	Training at the competition venue	Machico Beach
	17:30	Welcome Drink Team Leaders	Forte Senhora Amparo
	19:00	Technical Meeting (MR Competitions)	FORUM MACHICO
Thursday 27 th October	Biathle Mixed Relay Competition Day		
	8:30	Walk the Course	RACE VENUE
	9:00	Start of the 1 st race	RACE VENUE
Friday 28 th October	Triathle Mixed Relay Competition Day		
	8:30	Walk the Course	RACE VENUE
	9:00	Start of the 1 st race	RACE VENUE
	15:00	Technical Meeting (Individual Competitions)	FORUM MACHICO
Saturday 29 th October	Triathle Individual Competition Day		
	8:30	Walk the Course	RACE VENUE
	9:00	Start of the 1st race	RACE VENUE
Sunday 30 th October	Biathle Individual Competition Day		
	7:30	Walk the Course	RACE VENUE
	8:00	Start of the 1 st race	RACE VENUE
	20:00	CLOSING DINNER (Awards Ceremony)	AGUA DA PENA
Monday 31 st October	UIPM 2022 GLOBAL LASER RUN CITY TOUR competition (further informations on site) Departure of Delegations		

- 2 Representatives per nation at the Welcome Drink & Technical Meetings
- Awards ceremony on final day at the Closing Dinner (free access only to athletes, coaches and families need to buy ticket in advance according to Invitation Letter – 25 euros per ticket); Shuttle Bus provided by LOC Race Venue / Closing Dinner (5 min drive)
- Accreditations and bracelets, same method as LRWCH, bracelets for Closing Dinner
- No Opening Ceremony