



**Friday  
Nov.19**



**Saturday  
Nov.20**



**Sunday  
Nov.21**

17:00 - 19:30 Athletes Reception **A.V.**  
 19:30 - 20:10 Inspire me  
 20:10 - 20:40 O.W.S. Race Brief  
 21:00 - 22:00 Energy Food party

**HAMH**

07:30 - 08:15 Project 11 Yoga Warm up  
 08:00 - 08:15 Secretariat last minute help  
 08:15 - 08:29 SwimRun Race Brief  
 08:30 - 14:30 SwimRun Race  
 11:00 - 14:30 Recovery for Athletes

16:00 - 17:00 Kids Reception  
 17:00 - 18:00 Kids Fun Bike Activity  
 18:00 - 19:00 Kids Yoga  
 19:15 - 20:45 5k Night walk for all  
 21:00 - 22:00 Awards Ceremony

**A.V.**

09:00 - 11:00 Athletes Reception  
 09:30 - 10:30 Kids Yoga  
 10:00 - 11:00 Kids Running Relays  
 11:15 - 12:15 Kids Lazer Run  
 13:00 - 13:40 Kids Awards Ceremony

**A.V.**

**A.V. = Athletes Village (Port point)**  
**HAMH = Historical Archive-Museum of Hydra**