

**Friday (23.03) \*Kipsala Swimming Pool All times UTC+2**

18:30-23:00	Pool doors are open for athletes, receiving locker keys at reception (must show athlete's badge)		
19:15-23:00	Pool tribunes are open for spectators - entrance through lobby (free entrance)		
19:20-19:25	Opening, WOD 1&2 announcing		
Time	WOD	CLASS	HEAT
19:25-19:33	warm up	ELITE WOMEN	1
19:33-19:47	1&2EW	ELITE WOMEN	1
19:47-19:55	warm up	ELITE WOMEN	2
19:55-20:09	1&2EW	ELITE WOMEN	2
20:09-20:17	warm up	ELITE MEN	1
20:17-20:31	1&2EM	ELITE MEN	1
20:31-20:39	warm up	ELITE MEN	2
20:39-20:53	1&2EM	ELITE MEN	2
20:53-21:01	warm up	ELITE MEN	3
21:01-21:15	1&2EM	ELITE MEN	3
21:15-21:23	warm up	SPORT WOMEN	1
21:23-21:37	1&2SW	SPORT WOMEN	1
21:37-21:45	warm up	SPORT WOMEN	2
21:45-21:59	1&2SW	SPORT WOMEN	2
21:59-22:07	warm up	SPORT MEN	1
22:07-22:21	1&2SM	SPORT MEN	1
22:21-22:29	warm up	SPORT MEN	2
22:29-22:43	1&2SM	SPORT MEN	2
22:43-22:51	warm up	35+	1
22:51-23:05	1&2 35+	35+	1



**Saturday (24.03) All times UTC+2**

9:00-19:00	Exhibition centre doors are open for athletes (ENTRANCE through MAIN DOORS with participant cards)		
10:00-19:00	Exhibition centre doors and tribune are open for spectators (ENTRANCE through MAIN DOORS with tickets)		
10:00-10:15	Opening WOD3 announcing		
Time	WOD	CLASS	HEAT
10:15-10:32	3EW	Elite WOMEN	1
10:39-10:56	3EW	Elite WOMEN	2
11:03-11:18	3EM	Elite MEN	1
11:25-11:40	3EM	Elite MEN	2
11:47-12:02	3EM	Elite MEN	3
12:09-12:27	3SW	Sport WOMEN	1
12:34-12:52	3SW	Sport WOMEN	2
12:59-13:14	3SM	Sport MEN	1
13:21-13:36	3SM	Sport MEN	2
13:43-13:58	3 35+	35+	1
13:58-14:15	WOD4 Elite Class & 35+ Class announcing		
14:15-14:27	4EW	Elite WOMEN	1
14:32-14:44	4EW	Elite WOMEN	2
14:49-15:01	4EM	Elite MEN	1
15:06-15:18	4EM	Elite MEN	2
15:23-15:35	4EM	Elite MEN	3
15:40-15:52	4 35+	35+	1
15:52-16:07	WOD4 Sport Class & WOD5 35+ Class announcing		
16:07-16:19	4SW	Sport WOMEN	1
16:26-16:38	4SW	Sport WOMEN	2
16:43-16:53	4SM	Sport MEN	1
16:58-17:08	4SM	Sport MEN	2
17:13-17:23	5 35+	35+	1
17:23-17:45	Show/WOD5 Elite Class announcing		
17:45-17:57	5EW	Elite WOMEN	1
18:02-18:14	5EW	Elite WOMEN	2
18:19-18:29	5EM	Elite MEN	1
18:34-18:44	5EM	Elite MEN	2
18:49-18:59	5EM	Elite MEN	3



**Sunday (25.03) All times UTC+3 (during night to Sunday Latvia switches to SUMMER TIME, so one hour forward)**

9:00-17:00	Exhibition centre doors are open for athletes (ENTRANCE through MAIN DOORS with participant cards)		
10:00-17:00	Exhibition centre doors and tribune are open for spectators (ENTRANCE through MAIN DOORS with tickets)		
10:00-10:10	WOD6 Elite & 35+ Classes, WOD5 Sport Classes announcing		
Time	WOD	CLASS	HEAT
10:10-10:22	6EW	Elite WOMEN	1
10:27-10:39	6EW	Elite WOMEN	2
10:50-11:00	6EM	Elite MEN	1
11:05-11:15	6EM	Elite MEN	2
11:20-11:30	6EM	Elite MEN	3
11:40-11:52	5SW	Sport WOMEN	1
11:57-12:09	5SW	Sport WOMEN	2
12:20-12:30	5SM	Sport MEN	1
12:35-12:45	5SM	Sport MEN	2
12:50-13:00	6 35+	35+	1
13:00-13:15	WOD7 Elite Classes announcing		
13:15-13:25	7EW	Elite WOMEN	1
13:30-13:40	7EW	Elite WOMEN	2
13:47-13:56	7EM	Elite MEN	1
14:01-14:10	7EM	Elite MEN	2
14:15-14:24	7EM	Elite MEN	3
14:24-14:31	WOD6 Sport & WOD7 35+ Classes announcing		
14:31-14:41	6SW	Sport WOMEN	1
14:46-14:56	6SW	Sport WOMEN	2
14:56-15:05	TOP 8 Elite Women and Elite Men athletes announcing/WOD8 movements announcing		
15:05-15:14	6SM	Sport MEN	1
15:19-15:28	6SM	Sport MEN	2
15:33-15:42	7 35+	35+	1
15:42-15:55	WOD8 Elite Women announcing (first time)		
15:55-16:03	8EW	Elite WOMEN	1 (TOP8)
16:03-16:15	WOD8 Elite Men announcing (first time)		
16:15-16:30	8EM	Elite MEN	1 (TOP8)
~16:50	Closing, awards, participant photo		

