



## 2020 PROGRAMME

### **Friday, April 3 2020**

**16.00** Departure of buses, from Athens to Metochi Argolida

**18.00** Registration Desk-Secretariat open

**19.30** Arrival of buses at Metochi Argolida

**20.00** Departure of boats to Hydra Island

**20.30** Arrival of boats on Hydra Island

**22.00** Registration Desk-Secretariat close

### **Saturday, April 4 2020**

**06.30** Departure of buses, from Athens to Metochi Argolida

**09.30** Registration Desk-Secretariat open

**10.00** Arrival of buses at Metochi, Argolida

**10.30** Departure of boats to Hydra Island

**11.00** Arrival of boats on Hydra Island

**12.30** Technical briefing for the Downhill Race

**13.00** Departure of the Downhill race athletes to the top of Eros, on foot

**14.00** Start of the Downhill Race

**16.30** End of the Downhill Race



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**17.00 Start of the Junior's Mini Race, 1.200 metres**

**17.15 Start of the Junior's Mini Race, 1.600 metres**

**18.00 Start of the Run & Fun Race**

**19.15 Technical briefing for the Rock Race**

**19.30 Technical briefing for the Hydra's Trail Marathon**

**20.00 Pasta party**

**20.30 Registration Desk-Secretariat close**

### **Sunday, April 5 2020**

**07.30 Registration Desk-Secretariat open**

**08.00 Start of Hydra's Trail Marathon**

**09.00 Start of the Rock Race**

**12.30 End of the Rock Race**

**16.00 Awards and prizes ceremony**

**16.30 End of the Hydra's Trail Marathon Race**

**16.45 End of the event**

**17.30 Athletes' departure to Athens, by boats and buses**

1. *Registration Desk-Secretariat will be at*
  - ***Historical Archives-Museum of Hydra***
2. *Technical briefing will take place at*
  - ***Conference Hall of the Holy Metropolis of Hydra***
3. *Pasta Party will take place at*
  - ***Sunset Restaurant***