2022 PROGRAMME

Friday, April 8 2022

18.00 Registration Desk-Secretariat open

22.00 Registration Desk-Secretariat close
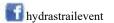
Saturday, April 9 2022

11.30 Registration Desk-Secretariat open

13.30 Technical briefing for Mountain Relay Race 5k

14.00 Start of Mountain Relay Race 5k

16.00 End of Mountain Relay Race 5k

16.30 Start of Junior's Mini Race, 1.200 metres

16.45 Start of Junior's Mini Race, 1.600 metres

17.00 Start of Run & Fun Race

18.30 Technical briefing for Rock Race

19.00 Technical briefing for Hydra's Trail Marathon

20.00 Pasta party
    (**Strictly** only for **athletes** and their **companions** and according to **current protocol** to prevent the spread of COVID-19)

20.00 Registration Desk-Secretariat close

<u>Sunday, April 10 2022</u>

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*
   o **Melina Mercouri Hall**

2. *Technical briefing will take place at*
   o **Melina Mercouri Hall**

3. *Pasta Party will take place at*
   o **The place will be announced in due course**