



2019 Outdoor European & World Championship Program Castlebar, Ireland, 4 - 8 September

| | |
|----------------------------|---|
| Arrival days | Tuesday 3 rd and Wednesday 4 th of September |
| Dinners in the Ballroom | Tuesday until Sunday from 18:00-20:30 |
| Breakfasts in the Ballroom | Wednesday from 07:00-11:00 |
| Briefing in the Ballroom | Thursday until Monday from 07:00-09:30 Wednesday 4 th of September 21:00 (there will only be ONE BRIEFING) |
| Opening ceremony | Friday 6 th of September 20:00 on the competition field |
| Departure day | Monday 9 th of September |
| Weigh -ins | Wednesday 4 th September at Breaffy Woods sportshall |
| 07:30 – 12:00 | Morning session |
| 16:00 – 18:00 | Afternoon session |

Day 1 and 3 / Thursday/ Saturday

Morning session:

07:30 – 08:30

Stamping

09:30

Start competition. Which weight class starts depends on the entries.
680 Senior Men, 580 Senior Mix, 560 Junior Men, 480 Junior Women

Afternoon session:

11:30 – 12:30

Stamping

13:00

Medal Ceremony (right after morning competition has ended)

13:30

Start competition. Which weight class starts depends on the entries.
560 Senior Men, 520 Senior Women, 560 Under23 Mix

17:30

Medal Ceremony (right after afternoon competition has ended)

Day 2 and 4 / Friday/ Sunday

Morning session:

07:30 – 08:30

Stamping

09:30

Start competition. Which weight class starts depends on the entries.
720 Senior Men, 600 Under23 Men, 500 Under23 Women

Afternoon session:

11:30 – 12:30

Stamping

13:00

Medal Ceremony (right after morning competition has ended)

13:30

Start competition. Which weight class starts depends on the entries.
640 Senior Men, 560 Senior Women, 520 Junior Mix

17:30

Medal Ceremony (right after afternoon competition has ended)

Please note that times might change due to the length of the competitions.