

PROGRAMA DE COMPETICION / COMPETITION PROGRAM

NATIONAL TEAM

26 Thursday Jueves	10:00h-20:00h OFFICIAL TRAININGS ENTRENAMIENTOS OFICIALES	
27 Friday Viernes	Real Club Nautico Tenerife 09:00h Briefing NT / Reunión 11:00h Opening Ceremony / inauguración	15:00 Security Area /Zona de seguridad 16:00 SERC / Competición de SERC
28 Saturday Sábado	09:00h Warm up / Calentamiento Teammanager meeting / Reunión delegado 10:00h Competition / Competición 200 m obstacles / obstáculos 4x50 m obstacles / obstáculos 100 m tow with fins / socorrista 100 m medley / combinada 4x25 m manikin carry / remolque maniqui 12:00-15:00h Lunch time Horario de comida	16:00h Warm up / calentamiento 17:00h Competition / competición Finals / Finales
29 Sunday Domingo	09:00h Warm up / Calentamiento Teammanager meeting / Reunion delegado 10:00h Competition / Competición 200 m super lifesaver / supersocorrista 50 m manikin carry / rescate de maniquí 100 m manikin carry with fins / aletas 4x50 m medley / tubo de rescate line throw/lanzamiento de cuerda 12:00-15:00h Lunch time/Horario de comida	16:00h Warm up / Calentamiento 17:00h Competition / Competición Finals / Finales
30 Monday Lunes	10:00h Competition / Competición (The program will be confirmed in function of the sea tides) (El programa dependerá de las mareas) Surf race / Nadar surf Beach Sprint / Sprint playa Board Rescue Race / Rescate cont tabla Beach Sprint Relay / Relevo Sprint playa Ski Race / Carrera de ski Free time for picnic lunch 1hr / 1 hora de descanso para la comida 12:00h Picnic delivery / Entrega de picnic	
1 Tuesday Martes	10:00h Competition / Competición (The program will be confirmed in function of the sea tides) (El programa dependera de las mareas) Board Race / Carrera tabla Rescue Tube race relay / Rescate con tubo Beach Flags / Banderas Ironman / Ironwoman Taplin 21:30 Closing ceremony/ Party in Royal Nautic Club (Dinner included) Ceremonia de clausura en el Real Club Nautico de Tenerife (Cena incluida)	

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INTERCLUBS

1 Tuesday Martes	10:00-20:00h OFFICIAL TRAININGS ENTRENAMIENTOS OFICIALES	
2 Wednesday Miercoles	Real Club Nautico de Tenerife 08:00h Briefing IC / Reunión 09:00 Security Area /Zona de seguridad 10:00 SERC (Heats)/ Eliminatorias de SERC	16:30 Security Area /Zona de seguridad 17:30 SERC finals / Finales de SERC
3 Friday Jueves	08:00h Warm up / Calentamiento Teammanager meeting / Reunión delegado 09:00h Competition / Competición 200 m obstacles/obstáculos 4x50 m obstacles/obstáculos 100 m tow with fins/socorrista 100 m medley/combinada 4x25 m manikin carry/arrastre maniqui 12:00-15:00h Lunch time/Horario de comida	16:00h Warm up / Calentamiento 17:00h Competition / Competición Finals / Finales
4 Thursday Viernes	08:00h Warm up / Calentamiento Teammanager meeting / Reunion delegado 09:00h Competition / Competición 200 m super lifesaver/supersocorrista 50 m manikin carry/arrastre maniqui 100 m manikin carry with fins/arrastre aleta 4x50 m medley/tubo de rescate line throw/lanzamiento de cuerda 12:00-15:00h Lunch time/Horario de comida	16:00h Warm up / Calentamiento 17:00h Competition / Competición Finals / Finales
5 Saturday Sábado	09:00h Competition / Competición (The program will be confirmed in function of sea tides) (El programa dependerá de las mareas) Surf race / Nadar surf Beach Sprint / Sprint playa Board Rescue Race / Rescate con tabla Beach Sprint Relay/ Relevo sprint playa Ski Race / Carrera con ski Free time for picnic lunch 1hr / Descanso de una hora para almorzar 12:00h Picnic delivery / Entrega de picnic	
6 Sunday Domingo	10:00h Competition / Competición (The program will be confirmed in function of sea tides) (El programa dependera de las mareas) Board Race Rescue Tube race relay Beach Flags Ironman / Ironwoman Taplin Closing ceremony in Médano Beach Ceremonia de clausura en la playa El Médano	