

### **PROGRAM EVENTS – LEC21**

**2021 September 11th** – Official training day Pool - (If your team is interested in training at pool days before, check availability and prices at [lec21@rfess.es](mailto:lec21@rfess.es))

**2021 September 11<sup>th</sup>** – Officials meeting at 18.00 hours - Pool

**2021 September 11<sup>th</sup>** – Team managers meeting at 19.00 hours - Pool

**2021 September 12<sup>th</sup>** – LEC21 Opening ceremony at 10.00 hours

#### Events Olympic Municipal Pool of Castellón

	12 sept	13 sept	14 sept	15 sept
Morning	11.00-13.00 SERC Youth and SERC Open	10:30 start - heats 200 m obstacles Line throw 4x50 m obstacles 100 m tow with fins	10:30 start - heats 50 m manikin carry 200 m superlifesaver 4x25 m manikin carry 4x50 m medley	10:30 start - heats 100 m medley 100 m manikin carry with fins 4x50 m pool lifesaver mix
Afternoon	16.00-20.00 Training for all countries	17:30 start - finals 200 m obstacles Line throw 4x50 m obstacles 100 m tow with fins	17:30 start - finals 50 m manikin carry 200 m superlifesaver 4x25 m manikin carry 4x50 m medley	17:30 start - finals 100 m medley 100 m manikin carry with fins 4x50 m pool lifesaver mix

#### Events Gurugú Beach

2021 September 16th

10:00 hrs	Beach sprint OW, OM, YW, YM Heats and finals
11:45 hrs	Beach sprint relay OW, OM, YW, YM Finals
12:30 hrs	Surf race OW, OM, YW, YM Finals
15:00 hrs	Board rescue race OM Heats – Board rescue race YW, YM, OW, OM Finals
16:30 hrs	Ocean mix relay Youth and Open Finals

2021 September 17th

10:00 hrs	Beach flags OM, OW, YM Heats – Beach flags OM, OW, YM, YW Finals
12:30 hrs	Board race OM Heats – Board race YW, YM, OW, OM Finals
15:30 hrs	Rescue tube rescue race YW, YM, OW, OM Finals
16:30 hrs	Ski race YW, YM, OW, OM Finals

2021 September 18th

10:00 hrs	Ocean YW, YM, OW, OM Finals
12:30 hrs	Ocean relay YW, YM, OW, OM Finals

**2021 September 18<sup>th</sup>** – LEC21 Closing ceremony at 16.00 hours – Gurugú Beach

\*Due to COVID-19 restrictions the capacity per lane is limited, therefore for the warm-ups in the pool on the 13th, 14th and 15th in the morning and afternoon there will be a timetable for each country, which in order to try to be as fair as possible will vary during the three days.

