

## TIMETABLE (as of 04 July 2025)

09:00	Opening Ceremony
<b>09:30</b>	<b>U20 Women Race</b> (4290m)
<b>10:00</b>	<b>U20 Men Race</b> (4290m)
<b>10:26</b>	<b>U23 Women race</b> (5790m)
<b>11:00</b>	<b>U23 Men race</b> (5790m)
<b>11:30</b>	<b>Mixed Relay</b> (4 x 1500m)
<b>12:00</b>	<b>Senior Women Race</b> (7290m)
<b>12:41</b>	<b>Senior Men race</b> (7290m)
13:30	U20 Women Medal Ceremony (individuals)
13:35	U20 Women Medal Ceremony (teams)
13:42	U20 Men Medal Ceremony (individuals)
13:47	U20 Men Medal Ceremony (teams)
13:54	U23 Women Medal Ceremony (individuals)
13:59	U23 Women Medal Ceremony (teams)
14:06	U23 Men Medal Ceremony (individuals)
14:11	U23 Men Medal Ceremony (teams)
14:18	Mixed Relay Medal Ceremony
14:25	Senior Women Medal Ceremony (individuals)
14:30	Senior Women Medal Ceremony (teams)
14:37	Senior Men Medal Ceremony (individuals)
14:42	Senior Men Medal Ceremony (teams)