

Triathlon**27 June - 1 July 2023****Venue**
Training**Nowa Huta Lake**
Krakow AVL Swimming Pool (swimming)
Wawel Stadium (running & cycling)

Date	Time	Type
Saturday, 24th June 2023		Arrival Day
Sunday, 25th June 2023		Training Day Athletes Briefing, Coaches Meeting
Monday, 26th June 2023	9:00-10:00 11:00-12:00	Training Day Swim Familiarisation Bike Familiarisation
Tuesday, 27th June 2023		Competition Day 1
	10:00-12:10	Women's Individual
	12:30-12:40	Medal Ceremony
Wednesday, 28th June 2023		Competition Day 2
	10:00-12:00	Men's Individual
	12:20-12:30	Medal Ceremony
Thursday, 29th June 2023		Contingency Day (Individual) Coaches Meeting for Mixed Relay
Friday, 30th June 2023	9:00-10:00	Free Day Mixed Team Relay Swim Familiarisation
Saturday, 1st July 2023		Competition Day 3
	10:00-11:35	Mixed Relay
	11:55-12:05	Medal Ceremony
Sunday, 2nd July 2023		Departure Day Contingency Day (Mixed Relay)
Monday, 3rd July 2023		Departure Day