

Cycling BMX Freestyle**21 - 22 June 2023**

Venue Krzeszowice BMX Park
Training Krzeszowice BMX Park

Date	Time	Type	Competition Phase
Sunday, 18th June 2023		Arrival of Teams	
	15:00-18:00	Riders' Registration	
Monday, 19th June 2023		Training Day	
	08:00	Riders' Registration	
	09:00-11:00	BMX Women's Training Group 1	Heats 1 & 2
	11:00-13:30	BMX Women's Training Group 2	Heats 3 & 4 & 5
	13:30-15:30	BMX Men's Training Group 1	Heats 1 & 2
	15:30-18:00	BMX Men's Training Group 2	Heats 3 & 4 & 5
	20:00-21:00	Team Managers Meeting	
Tuesday, 20th June 2023		Training Day	
	09:00-11:00	BMX Women's Training Group 1	Heats 1 & 2
	11:00-13:30	BMX Women's Training Group 2	Heats 3 & 4 & 5
	13:30-15:30	BMX Men's Training Group 1	Heats 1 & 2
	15:30-18:00	BMX Men's Training Group 2	Heats 3 & 4 & 5
Wednesday, 21st June 2023		Competition Day 1	
	09:00-09:30	BMX Women's Warm-Up Group 1	Heats 1 & 2
	09:30-10:45	BMX Women's Qualification Group 1	Heats 1 & 2
	10:45-11:30	BMX Women's Warm-Up Group 2	Heats 3 & 4 & 5
	11:30-13:15	BMX Women's Qualification Group 2	Heats 3 & 4 & 5

	13:15-13:45	BMX Men's Warm-Up Group 1	Heats 1 & 2
	13:45-15:00	BMX Men's Qualification Group 1	Heats 3 & 4 & 5
	15:00-15:45	BMX Men's Warm-Up Group 2	Heats 1 & 2
	15:45-17:30	BMX Men's Qualification Group 2	Heats 3 & 4 & 5
Thursday, 22nd June 2023		Competition Day 2	
	10:20-12:20	BMX Women's Training	
	12:20-14:20	BMX Men's Training	
	14:30-15:00	BMX Women's Warm-Up	
	15:00-16:15	BMX Women	Final
	16:15-16:45	BMX Men's Warm-Up	
	16:45-18:00	BMX Men	Final
	18:00	Medal Ceremonies	
Friday, 23rd June 2023		Departure Day	
Saturday, 24th June 2023		Departure Day	