



2nd TRIMORE Syros Triathlon 2017 Schedule

Thursday 15th of June 2017

After 20:30	Arrival of athletes	
20:30 - 22:00	Pasta Party	(Summer Cinema - Hermoupolis)
22:00 - 23:00	Water Polo Games	(Nissaki area)
23:00 - 24:00	Mild entertainment	(Nissaki area)

Friday 16th of June 2017

09:00	5,5km open water swimming start	(Fabrika)
09:30	3,5km open water swimming start	(Vari)
10:15	0,5km open water swimming start	(St. Antonios)
10:15 - 11:30	Races' endings	(M. Yialos – St. Antonios)
12:00 - 13:00	Book presentation – Tearless battle	(Apollo Theatre)
16:00	Aqua Aerobics	(Galissas)
17:00 - 18:30	Water-Obstacle Triathlon (Pilot Version)	(Galissas)
19:15 - 20:30	Scientific Workshop – Technical update	(Apollo Theatre)
20:30 - 21:30	Pasta Party	(Summer Cinema - Hermoupolis)
21:30 - 23:00	Journalists and sponsors reception	(Summer Cinema - Hermoupolis)
22:00 - 23:00	Water Polo Games	(Nissaki)
23:00 - 24:00	Mild entertainment	(Nissaki)

Saturday 17th of June 2017

07:15 - 07:30	Brief technical update	(Nissaki)
07:30 - 07:45	Swimming warm up - Olympic Distance athletes transfer to starting point	
08:00 - (12:30)	Starting of Olympic και Half Olympic distance Triathlon	(Port – Vaporia area)
13:00	Άρση ποδηλάτων από Racks	
12:00 - 13:30	SUP Event	(Finikas)
13:30 - 15:00	Kayak Event	(Finikas)
17:00	Aqua Aerobics	(Nissaki)
18:30 - 19:45	5k & 10k City Running	(Miaouli sq)
20:00 - 20:30	Sea demonstration SUP Support	(Beach – Ermou st)
20:30 - 22:00	Awards Ceremony – Small celebration	(Miaouli sq)
22:00 -	DJ Party	(Miaouli sq)

Sunday 18th of June 2017

09:00 - 09:15	Kids race technical update	(Nissaki)
09:15 - 09:30	Warm up	
09:30 - (10:30)	Kids triathlon race starting (2 starting based on age groups)	
11:00 - 13:00	Obstacle swimming (adults - kids)	(Nissaki)
13:30 - 14:15	Awards and photoshooting for kids and special swimmers	(Miaouli sq)