



International Pyrenees Cup

La Seu d'Urgell (ESP) - Pau (FRA)

7 - 10 March 2024

Schedule

29/2/24

07.03.2024 La Seu d'Urgell

| START | FINISH | | INTERVAL | ELAPSED | |
|----------|----------|----------------------------|----------|---------|-----|
| 13:30:00 | 16:30:00 | Free training slots - CSL | 3 | 60 | 3:0 |
| 16:45:00 | 17:45:00 | Free training slots - CSLX | 1 | 60 | 1:0 |

08.03.2024 La Seu d'Urgell

| START | FINISH | | INTERVAL | ELAPSED | |
|----------|----------|---|----------|---------|------|
| 10:00:00 | 13:00:00 | Accreditation - Entries confirmation Payment at Sport Info Office (by cash) | 3 | 60 | 3:0 |
| 12:00:00 | 15:00:00 | Free training slots - CSL | 3 | 60 | 3:0 |
| 15:15:00 | 16:15:00 | Free training slots - CSLX | 1 | 60 | 1:0 |
| 16:15:00 | 17:15:00 | Heats course construction | 1 | 60 | 1:0 |
| 17:00:00 | 18:00:00 | Bib distribution Sport Info Office | 1 | 60 | 1:0 |
| 17:15:00 | 17:45:00 | Heats course demonstration runs | 1 | 60 | 1:0 |
| 18:15:00 | 18:45:00 | Team Leaders Meeting - meeting room main building | 1 | 30 | 0:30 |



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|------------------|----------|-----------------------------|-------|----------|---------|
| 7:30:00 | 7:45:00 | Water on / level stabilized | 15 | 1 | 0:15 |
| CSL Heats | | | | | |
| 8:45:00 | 8:55:00 | Forerunners | 10 | 1 | 0:10 |
| 8:55:00 | 9:46:00 | WK1 Heat | 51 | 1 | 0:51 |
| 9:46:00 | 11:22:00 | MK1 Heat | 96 | 1 | 1:36 |
| 11:22:00 | 11:54:00 | WC1 Heat | 32 | 1 | 0:32 |
| 11:54:00 | 12:36:00 | MC1 Heat | 42 | 1 | 0:42 |
| 12:36:00 | 13:30:00 | Break | 54 | 1 | 0:54 |
| 13:30:00 | 14:11:00 | WK1 Final B | 41 | 1 | 0:41 |
| 14:11:00 | 15:37:00 | MK1 Final B | 86 | 1 | 1:26 |
| 15:37:00 | 15:59:00 | WC1 Final B | 22 | 1 | 0:22 |
| 15:59:00 | 16:31:00 | MC1 Final B | 32 | 1 | 0:32 |
| 16:31:00 | 16:45:00 | Break | 14 | 1 | 0:14 |
| 16:45:00 | 16:55:00 | WK1 Final A | 10 | 1 | 0:10 |
| 16:55:00 | 17:05:00 | MK1 Final A | 10 | 1 | 0:10 |
| 17:05:00 | 17:15:00 | WC1 Final A | 10 | 1 | 0:10 |
| 17:15:00 | 17:25:00 | MC1 Final A | 10 | 1 | 0:10 |
| 17:15:00 | 18:31:00 | Break | 76 | 1 | 1:16 |



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|----------------|----------------|-----------------------------|-------|----------|---------|
| 8:00:00 | 8:15:00 | Water on / level stabilized | 1 | 30 | 0:30 |
| CSLX | | | | | |
| 8:15:00 | 8:58:00 | Time Trials WK1 CSLX | 43 | 1 | 0:43 |
| 8:58:00 | 10:14:00 | Time Trials MK1 CSLX | 76 | 1 | 1:16 |
| 10:14:00 | 10:45:00 | Break | 31 | 1 | 0:31 |
| 10:45:00 | 10:49:00 | H Forerunners | 1 | 4 | 0:4 |
| 10:49:00 | 10:53:00 | H 1 WK1 CSLX (1,16,17,32) | 1 | 4 | 0:4 |
| 10:53:00 | 10:57:00 | H 2 WK1 CSLX (8,9,24,25) | 1 | 4 | 0:4 |
| 10:57:00 | 11:01:00 | H 3 WK1 CSLX (5,12,21,28) | 1 | 4 | 0:4 |
| 11:01:00 | 11:05:00 | H 4 WK1 CSLX (4,13,20,29) | 1 | 4 | 0:4 |
| 11:05:00 | 11:09:00 | H 5 WK1 CSLX (3,14,19,30) | 1 | 4 | 0:4 |
| 11:09:00 | 11:13:00 | H 6 WK1 CSLX (6,11,22,27) | 1 | 4 | 0:4 |
| 11:13:00 | 11:17:00 | H 7 WK1 CSLX (7,10,23,26) | 1 | 4 | 0:4 |
| 11:17:00 | 11:21:00 | H 8 WK1 CSLX (2,15,18,31) | 1 | 4 | 0:4 |
| 11:21:00 | 11:33:00 | Break | 3 | 4 | 0:12 |
| 11:33:00 | 11:37:00 | H 1 MK1 CSLX (1,16,17,32) | 1 | 4 | 0:4 |
| 11:37:00 | 11:41:00 | H 2 MK1 CSLX (8,9,24,25) | 1 | 4 | 0:4 |
| 11:41:00 | 11:45:00 | H 3 MK1 CSLX (5,12,21,28) | 1 | 4 | 0:4 |
| 11:45:00 | 11:49:00 | H 4 MK1 CSLX (4,13,20,29) | 1 | 4 | 0:4 |
| 11:49:00 | 11:53:00 | H 5 MK1 CSLX (3,14,19,30) | 1 | 4 | 0:4 |
| 11:53:00 | 11:57:00 | H 6 MK1 CSLX (6,11,22,27) | 1 | 4 | 0:4 |
| 11:57:00 | 12:01:00 | H 7 MK1 CSLX (7,10,23,26) | 1 | 4 | 0:4 |
| 12:01:00 | 12:05:00 | H 8 MK1 CSLX (2,15,18,31) | 1 | 4 | 0:4 |
| 12:05:00 | 12:30:00 | Break | 25 | 1 | 0:25 |
| 12:30:00 | 12:34:00 | QF 1 WK1 CSLX | 1 | 4 | 0:4 |
| 12:34:00 | 12:38:00 | QF 2 WK1 CSLX | 1 | 4 | 0:4 |
| 12:38:00 | 12:42:00 | QF 3 WK1 CSLX | 1 | 4 | 0:4 |
| 12:42:00 | 12:46:00 | QF 4 WK1 CSLX | 1 | 4 | 0:4 |
| 12:46:00 | 12:50:00 | QF 1 MK1 CSLX | 1 | 4 | 0:4 |
| 12:50:00 | 12:54:00 | QF 2 MK1 CSLX | 1 | 4 | 0:4 |
| 12:54:00 | 12:58:00 | QF 3 MK1 CSLX | 1 | 4 | 0:4 |
| 12:58:00 | 13:02:00 | QF 4 MK1 CSLX | 1 | 4 | 0:4 |
| 13:02:00 | 13:15:00 | Break | 13 | 1 | 0:13 |
| 13:15:00 | 13:19:00 | SF 1 WK1 CSLX | 1 | 4 | 0:4 |
| 13:19:00 | 13:23:00 | SF 2 WK1 CSLX | 1 | 4 | 0:4 |
| 13:23:00 | 13:27:00 | SF 1 MK1 CSLX | 1 | 4 | 0:4 |
| 13:27:00 | 13:31:00 | SF 2 MK1 CSLX | 1 | 4 | 0:4 |
| 13:31:00 | 13:45:00 | Break | 14 | 1 | 0:14 |
| 13:45:00 | 13:49:00 | F WK1 CSLX | 1 | 4 | 0:4 |
| 13:49:00 | 13:53:00 | F MK1 CSLX | 1 | 4 | 0:4 |