



BIATHLE PROGRAM - 27TH SEPTEMBER 2008

10:30 OPENING CEREMONY (Welcome and Prayer)

10:40 ALL ATHLETES TO WALK THE ROUTE

10:50 WARM UP

11:00 **MASTER A: Males and Females** (Athletes born 1959 – 1968)

RUN 1000M – SWIM 100M – RUN 1000M

11:15 **MASTER B and C: Males and Females** (**B** Athletes born 1949 – 1958)

(**C** Athletes born 1948 and earlier)

RUN 1000M – SWIM 100M – RUN 1000M

11:40 MEDAL / CERTIFICATE PRESENTATION

11:55 CLOSING REMARKS