

Date	Time	Packet pick up	Location	Notes
Wednesday-Friday & Sunday 21-23 & 25 August	09:00-18:00	Packet pick up	Estadio Nacional	Packet pick up Hacienda Doka Saturday 24 August
Thursday 22 August	09:00-12:00	100m training	Estadio Nacional	Twilight starts 05:05
	13:00-16:00	100m qualification runs	Estadio Nacional	Sunrise 05:27
	16:30	Assemble for Opening Ceremonies (All)	Estadio Nacional	
	17:30	Opening Ceremonies (mandatory)	Estadio Nacional	Sunset 17:50
	18:30	Technical Meeting for 100m & Short Course	Estadio Nacional	Twilight ends 18:11
Friday 23 August	08:00 - 14:00	Short Course all categories	Estadio Nacional	
	10:00 - 17:00	100m qualification runs	Estadio Nacional	
	17:30	Short Course Awards	Estadio Nacional	
	18:30	Technical Meeting for Standard Course	Estadio Nacional	
	19:30	10th Annual Congress & General Assembly	Estadio Nacional	Mandatory for national federation delegates
Saturday 24 August	06:00-10:00	Buses from San Jose to Hacienda Doka	Depart Estadio Nacional	No parking at Hacienda Doka
	07:00-11:00	Packet pick up	Hacienda Doka	No packet pick up at Estadio Nacional
	08:00-12:00	Standard Course all categories	Hacienda Doka	
	10:00-14:00	Buses return to Estadio Nacional	Depart Hacienda Doka	
	14:00	100m Round of top 16 (all categories)	Estadio Nacional	
	17:00	Standard Course Awards	Estadio Nacional	
	18:00	Technical meeting for National Team Race	Estadio Nacional	
	20:00	Concert	Estadio Nacional	Optional
Sunday 25 August	8:00	National Team Race	Estadio Nacional	Twilight starts 05:05
	12:00-14:00	Fun Run (staff, volunteers, entourages)	Estadio Nacional	Sunrise 05:27
	10:00	100m Quarterfinals, Semifinals & finals (Elite)	Estadio Nacional	
	12:00	100m Quarterfinals, Semifinals & finals (AG)	Estadio Nacional	
	15:00	100m National Team Relays	Estadio Nacional	
	16:00	Team and 100m Awards	Estadio Nacional	Sunset 17:48
	17:00	Closing Ceremonies & Concert	Estadio Nacional	Twilight ends 18:10
Monday 26 August	Departure of Delegations			