

# 21<sup>st</sup> WMRA World Mountain Running Trophy 2005

## Programme

	22-Sep Thursday	23-Sep Friday	24 Sep Saturday	25-Sep Sunday	26-Sep Monday
07:00		Breakfast 07:00-10:00	Breakfast 07:00-10:00	Breakfast 07:00-10:00	Breakfast 07:00-10:00
07:30				Open Race 07:30-09:00	
08:00					
08:30					
09:00			WMRA Congress 09:00-13:00		
09:30					
10:00				Junior Women 10:00	
10:30					
11:00					
11:30				Junior Men 11:30	
12:00					
12:30		Parade of Nations and Opening Ceremony 12:30-14:00			
13:00				Senior Men  13:00	
13:30		Press Conference 14:00-14:30			
14:00		VIP Reception 14:00-15:00			
14:30					
15:00				Senior Women 15:00	
15:30					
16:00			Technical Meeting 16:00-17:00		
16:30					
17:00					
17:30					
18:00				Prize Giving 18:00-19:00	
18:30	Dinner 18:30-20:30	Dinner 18:30-20:30	Dinner 18:30-20:30		
19:00				Farewell Party & Dinner 19:00-24:00	
19:30					
20:00					
20:30					
21:00					
21:30					
22:00					
22:30					
23:00					
23:30					
00:00					

### Notes:

1. Lunch will be: Friday (2-3pm), Saturday (12-2pm) and Sunday (12-2pm).
2. Flower ceremonies will be held after each elite race.