

**UIPM 2022 Laser Run World Championships
Lisbon, PORTUGAL 23 - 25 September 2022**

21 September 2022 Delegations Arrival

22 September 2022.

15:00 - 18:00

Training

18:00

Technical Meeting – Location TBC

**Women Individual Competition Program
23 September 2022**

08:20	FOP OPEN		
08:50	FOP CLOSED		
09:00	Semi final 1	U13	3x300 - 5m
09:15	Semi final 2	U13	3x300 - 5m
09:30	Semi final 1	U15	3x600 - 5m
09:45	Semi final 2	U15	3x600 - 5m
10:00	Final	U9	2x300 - 5m (with 2 hands)
10:10	Final	U11	2x300 - 5m (with 2 hands)
10:20	Final	M60+	2x600 - 5m
10:30	Awards U9 - U11 - M60+		
10:50	Semi final 1	M40+	3x600 - 10m
11:05	Semi final 2	M40+	3x600 - 10m
11:20	Semi final 3	U17	4x600 - 10m
11:35	Semi final 4	U17	4x600 - 10m
11:50	Final	M50+	3x600 - 10m
12:05	Final	U19	5x600 - 10m
12:25	Final	Juniors	5x600 - 10m
12:45	Final	Seniors	5x600 - 10m
13:05	Awards M50+ - U19 - Juniors - Seniors		
13:25	Final	U13	3x300 - 5m
13:40	Final	U15	3x600 - 5m
13:55	Awards U13 - U15		
14:15	Final	M40+	3x600 - 10m
14:30	Final	U17	4x600 - 10m
14:45	Awards M40+ - U17		
15:00	FLAG CEREMONY		

**Men Individual Competition Program
24 September 2022**

08:20	FOP OPEN		
08:50	FOP CLOSED		
09:00	Semi final 1	U11	2x300 - 5m (with 2 hands)
09:15	Semi final 2	U11	2x300 - 5m (with 2 hands)
09:30	Semi final 1	U13	3x300 - 5m
09:45	Semi final 2	U13	3x300 - 5m
10:00	Semi final 1	U15	3x600 - 5m
10:15	Semi final 2	U15	3x600 - 5m
10:30	Final	U9	2x300 - 5m (with 2 hands)
10:40	Final	M70+	2x600 - 5m
10:50	Final	M60+	2x600 - 5m
11:00	Awards U9 - M70+ - M60+		
11:15	Semi final 1	M50+	3x600 - 10m
11:30	Semi final 2	M50+	3x600 - 10m
11:45	Semi final 1	M40+	3x600 - 10m
12:00	Semi final 2	M40+	3x600 - 10m
12:15	Semi final 1	U17	4x600 - 10m
12:30	Semi final 2	U17	4x600 - 10m
12:45	Semi final 1	Seniors	5x600 - 10m
13:05	Semi final 2	Seniors	5x600 - 10m
13:25	Final	U19	5x600 - 10m
13:45	Final	Juniors	5x600 - 10m
14:05	Awards U19 - Juniors		
14:20	Final	U11	2x300 - 5m (with 2 hands)
14:35	Final	U13	3x300 - 5m
14:50	Final	U15	3x600 - 5m
15:05	Awards U11 - U13 - U15		
15:20	Final	M50+	3x600 - 10m
15:35	Final	M40+	3x600 - 10m
15:50	Final	U17	4x600 - 10m
16:05	Final	Seniors	5x600 - 10m
16:25	Awards M50+ - M40+ - U17 - Seniors		
16:40	FLAG CEREMONY		

**Mixed relay Competition Program
25 September 2022**

08:20	FOP OPEN		
08:50	FOP CLOSED		
09:00	Final	U9	2x2x300 - 5m (with 2 hands)
09:15	Final	U11	2x2x300 - 5m (with 2 hands)
09:30	Awards U9 - U11		
09:45	Final	M60+	2x2x600 - 5m
10:00	Final	U15	2x2x600 - 5m
10:15	Final	U13	2x2x300 - 5m
10:30	Awards M60+ - U15 - U13		
10:45	Final	M40+	2x2x600 - 10m
11:00	Final	M50+	2x2x600 - 10m
11:15	Final	U17	2x2x600 - 10m
11:30	Awards M40+ - M50+ - U17		
11:45	Final	U19	2x3x600 - 10m
12:05	Final	J & S	2x3x600 - 10m
12:25	Awards U19 - Jun. - Sen.		
12:40	FLAG CEREMONY		