

October 25, 2019:

- 09:30 - 13:00 **Athletes - Bike fitting with technical team**
Bring your pedals, bike shoes, helmet, water bottle!
Pumps & spare tube are on the bike
Supporters & Athletes: Receive your T-shirt & VIP bracelet
Where: Gran Hotel Arrecife, Parque Islas Canarias, s/n, 35500 Arrecife, Spain
- 09:30 - 15:30 **Athletes:** Free time to bike to Puerto del Carmen (15km)
OR
13:00 - 15:30 **Athletes:** Organised bike tour (recommended)
Where: Starting @ 13:00 @ Gran Hotel (40km)
- 15:30 - 16:00 **Athletes:** Meet the Win4Youth Ambassadors and receive your BIB
Where: Expo Area - Puerto del Carmen, Avda. de Las Playas
- 16:00 - 16:30 **Athletes:** Bike check-in together with the Win4Youth Ambassadors
Where: Expo Area - Puerto del Carmen, Avda. de Las Playas
- 17:45 - 19:00 **Athletes & Supporters:** Information meeting
Where: Gran Hotel Arrecife, Parque Islas Canarias, s/n, 35500 Arrecife

October 26, 2019:

- 08:00 - 08:45 **Athletes:** Last minute preparations for athletes
Where: Starting area
- 09:01 Race start Half distance
- 09:22 **Athletes:** Race start **Win4Youth Olympic distance**
- 10:10 Race start Super Sprint
- 10:30 - 12:30 **Supporters:** Win4Youth open bar @ Oriental World
Where: Avda. de Las Playas, 18 , Puerto del Carmen CP 35510 Lanzarote
- 12:00 - 15:30 **Athletes:** End of race and bike return
- 12:30 - 16:00 **Athletes & Supporters:**
Where: Lunch @ Oriental World with the Win4Youth Ambassadors
- 19:30 - 21:15 **Athletes & Supporters - dinner:**
Where: Gran Hotel Arrecife 17th floor - Altramar - Parque Islas Canarias, s/n, 35500 Arrecife
- 21:30 - 21:45 **Athletes & Supporters:** Group transfer to the Win4Youth party
- 21:45 - 01:00 **Athletes & Supporters:** Win4Youth celebration party
Where: Castillo de San José, Ctra. los Castillos, 35500 Arrecife
- 22:30 - 01:00 **All:** Transfer shuttles to Gran Hotel Arrecife

Find more race information: <https://www.oceanlava.com/>
& <https://www.win4youthpackages.com/>