

## Sports to combine

### Track and field

#### Thursday

1. 100m
2. 800m
3. 5.000m
4. Long jump
5. Shot put

#### Friday

1. 200m
2. 400m
3. 1.500m
4. 4x 100m relay
5. High jump
6. Javelin throw

#### Saturday

1. Green Run (5 or 10km)

### Swimming

#### Thursday

1. 100m freestyle
2. 50m backstroke
3. 100m breaststroke
4. 50m butterfly
5. 200m medley
6. 4x 100m freestyle (relay)

#### Friday

1. 50m freestyle
2. 200m freestyle
3. 50m breaststroke
4. 100m backstroke
5. 4x 50m medley (relay)

#### Saturday

Long distance: 1.500m

Orienteering

**Thursday**

Race to 5km

**Friday**

Race to 10km

Cycling

**Thursday – morning**

Time trial (around 10km)

**Thursday – afternoon**

Track cycling (1 lap of 250m + 1 time trial of 1.000m)

**Friday**

Road cycling (around 50km)