



# European Athletics Off-Road Running Championships 2022 El Paso/Spain (La Palma)



1-3 July 2022

## EVENT PROGRAMME & COMPETITION TIMETABLE

Updated on 10 May 2022

### Thursday, 30 June

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10:00	Uphill mountain race venue inspection	El Paso
16:00	Technical Meeting – Elite uphill races	El Paso
17:00	EAORCH Opening Ceremony	El Paso
21:30	<b>Uphill mountain race – Subida a las Estrellas (3,14km)</b> (Mass Participation race)	Pino de la Virgen

### Friday, 1 July

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09:00	<b>Uphill mountain race – Elite U20 men (6,45km)</b>	Las Canales
09:30	<b>Uphill mountain race – Elite U20 women (6,45km)</b>	Las Canales
10:05	<b>Uphill mountain race – Elite Senior men (8,95km)</b>	El Paso
10:30	<b>Uphill mountain race – Elite Senior women (8,95km)</b>	El Paso
11:30	Trail race venue inspection	El Paso
17:00	Technical Meeting – Mass participation trail races	El Paso
18:00	Technical Meeting – Elite trail races	El Paso
19:00	Victory Ceremonies (Elite uphill mountain races and Subida a las Estrellas)	El Paso

### Saturday, 2 July

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08:00	<b>Trail race – Elite Senior men &amp; women (47,4km)</b>	El Paso
08:20	<b>Trail race – Mass participation (31,9km)</b>	El Paso
08:40	<b>Up&amp;down mountain race – Mass participation men &amp; women (18km)</b>	El Paso
09:00	<b>Trail race – Mass participation (47,4km)</b>	El Paso
17:30	<b>Reventón Kids</b>	El Paso
18:00	Technical Meeting – Elite Up&Down mountain races	El Paso
19:00	Victory Ceremonies (Elite trail races and mass participation trail & mountain running races)	El Paso
21:00	Reventón Trail Party El Paso	El Paso

### Sunday, 3 July

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08:30	<b>Up&amp;down mountain race – Elite Senior men (18km)</b>	El Paso
08:45	<b>Up&amp;down mountain race – Elite U20 men (5,4km)</b>	El Paso
10:30	<b>Up&amp;down mountain race – Elite Senior women (18km)</b>	El Paso
10:45	<b>Up&amp;down mountain race – Elite U20 women (5,4km)</b>	El Paso
18:00	Victory Ceremonies (Elite Up&down mountain races)	El Paso
19:00	EAORCH Closing Ceremony	El Paso

**Note:** flower ceremony for each race will take place app. 5 minutes after the arrival of the 3<sup>rd</sup> athlete near the respective finish area