SPORT / MODALITY	DISCIPLINE			TEN	I-DAY COMPE	TITION PROG	RAM / OCTOB	ER 11 TO 20, 2	024		
	/ EVENT	FRIDAY 11	SATURDAY 12	SUNDAY 13	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20 Single Day Competition Day 2 Competition
Accre	ditation			The Accredita It will be	tion Center and the F open from Monday,	ermanent Informatio October 7 until Sund	on Office will be located day, October 20, from (d in Braga, on Praça 09:00-13:00 and 15:0	da República. 0-19:00		
Opening	Ceremony	Braga 19:00h									
TRACK & FIELD	Races / Jumps / Throws	Day 1 Competition	Day 2 Competition	Day 3 Competition							
	Cross Country 8K					Single Day Competition					
OUTDOOR RACING	Urban Night Race 5K								Single Day Competition		
	Half Marathon 21K										
CVA/IRABAINIC	Pool	Day 1 Competition	Day 2 Competition	Day 3 Competition							
SWIMMING	Open Water 2K / 4K					Single Day Competition		Single Day Competition			
CANOEING	Kayak Dragon Boat						Day 1 Competition	Day 2 Competition			
ROWING	IndoorRowing 500m / 2K				Day 1 Competition	Day 2 Competition					
SPORT FISHING										Single Day Competition	
LIFESAVING					Single Day Competition						
	Football 7	Day 1 Competition	Day 2 Competition	Day 3 Competition	Reserve Extra Day						
FOOTBALL	Indoor Football				Day 1 Competition	Day 2 Competition	Day 3 Competition	Reserve Extra Day			
	Beach Football									Day 1 Competition	Day 2 Competition
BASKET	5x5 / 3x3 Triple Contest							Day 1 Competition	Day 2 Competition	Day 3 Competition	
HANDO	Indoor Handball									Day 1 Competition	
HANDBALL	Beach Handball		Day 1 Competition	Day 2 Competition							

SPORT /	DISCIPLINE			TEN	N-DAY COMPE	TITION PROG	RAM / OCTOB	ER 11 TO 20, 2	024		
MODALITY	/ EVENT	FRIDAY 11	SATURDAY 12	SUNDAY 13	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
VOLEY	Indoor Voley						Day 1 Competition	Day 2 Competition			
VOLEY	Beach Voley								Day 1 Competition	Day 2 Competition	Reserve Extra Day
RUGBY	Rugby 7	Day 2 Competition									
ROODT	Beach Rugby		Day 1 Competition	Day 2 Competition							
TENNIS		Day 1 Competition	Day 2 Competition	Day 3 Competition	Reserve Extra Day						
PADDLE TENNIS								Day 1 Competition	Day 2 Competition	Day 3 Competition	Reserve Extra Day
BADMINTON										Day 1 Competition	Day 2 Competition
TABLE TENNIS					Day 1 Competition	Day 2 Competition					
HOCKEY	Hockey 7									Day 1 Competition	Day 2 Competition
GOLF	Individual Stableford		Single Day Competition								
GOLF	Greensome Stableford			Single Day Competition							
CHESS					Day 1 Competition	Day 2 Competition					
BILLIARDS	3 Caram 8 Ball / 9 Ball					Day 1 Competition	Day 2 Competition				
PETANQUE								Single Day Competition			
BOWLING	Ten Pin								Single Day Competition		
DARTS	501 / Cricket									Single Day Competition	
KARTING	Super Fast										Single Day Competition

SPORT / MODALITY	DISCIPLINE	TEN-DAY COMPETITION PROGRAM / OCTOBER 11 TO 20, 2024									
	/ EVENT	FRIDAY 11	SATURDAY 12	SUNDAY 13	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	9 SUNDAY 20 Day 3 Competition Reserve Extra Day
WRESTLING	Freestyle Greco-Roman				Single Day Competition						
JUDO	Judo Tachi Ne-Waza		Single Day Competition								
JIU-JITSU	Brazilian			Single Day Competition							
KARATE	Kata / Kumite								Single Day Competition		
TAEKWONDO	Combat / Freestyle Poomsae									Single Day Competition	
KICKBOXING						Day 1 Competition	Day 2 Competition	Day 3 Competition			
BOXING									Day 1 Competition	Day 2 Competition	
ARCHERY	Recurve/Compound Longbow									Single Day Competition	
	Shotgun Compak Sport. / Olympic / Universal	Day 1 Competition	Day 2 Competition	Day 3 Competition							
	Precision Pistol Standard.22 / 9mm				Single Day Competition						
SHOOTING	Precision Central Fire Pistol .32 / .38 / 9mm					Single Day Competition					
SHOOTING	Pistol Dynamic S. Outdoor Test IPSC							Single Day Competition			
	Pistol Dynamic S. Indoor Gallery IPSC								Single Day Competition		
	Compressed Air Carbine / Airsoft Gun						Single Day Competition				
BIATHLON							Single Day Competition				
AIRSOFT										Single Day Competition	
PAINTBALL								Single Day Competition			
RESCUE									Single Day Competition		

SPORT / MODALITY	DISCIPLINE	TEN-DAY COMPETITION PROGRAM / OCTOBER 11 TO 20, 2024									
	/ EVENT	FRIDAY 11	SATURDAY 12	SUNDAY 13	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
	Route			Single Day Competition							
ROAD	Uphill Time-Trial				Single Day Competition						
CYCLING	Time-Trial					Single Day Competition					
	Criteriums Endurance / Sprint						Single Day Competition				
	Uphill Time-Trial				Single Day Competition						
GRAVEL CYCLING	Time-Trial					Single Day Competition					
	Marathon XCM									Single Day Competition	
	Rally XCO		Single Day Competition								
MOUNTAIN BIKE	Uphill Time-Trial				Single Day Competition						
	Marathon XCM									Single Day Competition	
TRIATHLON	Sprint 750-20-5	Single Day Competition									
DUATHLON	Road / Gravel / MTB							Single Day Competition			
AQUATHLON	Standard 2,5-1-2,5				Single Day Competition						
ORIENTEERING	Mountain Peri-Urban			Single Day Competition							
TRAIL RUNNING	Short - 20K									Single Day Competition	
EXTREM RACE								Single Day Competition			

SPORT /	DISCIPLINE	TEN-DAY COMPETITION PROGRAM / OCTOBER 11 TO 20, 2024											
MODALITY	/ EVENT	FRIDAY 11	SATURDAY 12	SUNDAY 13	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20		
WEIGHTLIFTING	Snacht Clean & Jerk	Single Day Competition											
WEIGHTEN TING	Powerlifting Press/Squat/Dead		Single Day Competition										
CROSSFIT	Scaled / RX			Single Day Competition									
ARM WRESTLING	Pulse									Single Day Competition			
	The Rope								Single Day Competition				
CLIMBING	Pull Ups								Single Day Competition				
	Rocodrome							Single Day Competition					
TUG-OF-WAR											Single Day Competition		
EQUESTRIAN	Jumping	Day 1 Competition	Day 2 Competition	Reserve Extra Day									
	Defense & Protection							Single Day Competition					
K9 DOGS	Rescue								Single Day Competition				
N9 DOGS	Substance Detection									Single Day Competition			
	Tracking & Mantrailing										Single Day Competition		
ULTIMATE FIREFIGHTER					Single Day Competition								
TOUGHEST ALIVE	TCA / TMD / TTA						Single Day Competition						
STAIR RACE	Full Gear Without Equipment									Single Day Competition			
MUSTER	Hose Cart										Single Day Competition		
WIGGTER	Bucket Brigade										Single Day Competition		