



## EPC CROSS COUNTRY 2025

### Program update

#### **Sunday, 16<sup>th</sup> November 2025:**

During the day	Arrival of all delegations, registration
18:00 – 20:00	Dinner at hotel

#### **Monday, 17<sup>th</sup> November 2025:**

07:00 – 08:30	Breakfast
08:00	transport to Sportboulevard De Engh Optisport shift 1
09:00	transport to Sportboulevard De Engh Optisport shift 2
10:15 – 11:00	opening ceremony at Sportboulevard De Engh Optisport
11:00 – 11:30	transport to venue (2 shifts)
11:30 – 12:30	training at venue
12:30 – 13:00/13:15	lunch at AV Pijnenburg
13:00 – 14:00	shuttle to hotel
14:00 – 18:00	free time
17:00 – 17:30	technical Meeting at hotel (for heads of delegation and coaches)
18:00 – 20:00	dinner at hotel

#### **Tuesday, 18<sup>th</sup> November 2025:**

07:00 – 08:30	Breakfast
08:00	Departure from the hotel van der Valk to the venue shift 1 <i>(all women athletes must be on this shift)</i>
09:00	Departure from the hotel van der Valk to the venue shift 2
10:00 – 11:00	Womens race
11:15 – 12:15	Mens race
12:30 – 13:15	Lunch at AV Pijnenburg
13:00 – 14:00	Shuttle to hotel
14:00 – 17:00	Free time
17:30 – 18:00	Award Ceremony and Closing Ceremony at hotel Van der Valk
18:00 – 20:00	Dinner
20:30 – 24:00	Music and dance
23:45 – 24:10	taxi to hotel ISVW

#### **Wednesday, 19<sup>th</sup> November 2025:**

07:00 – 10:00	Breakfast (early departure packed breakfast)
Until 12:00	Departure