| heat | category | athl | laser start | laser end | kick bike |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 lap + penalty laps running | 7 shots/max 2 min |  |  |  |
| 1 | Jun-F/Recreational | 7 | 08.30 | 08.45 | 08.55 |
| 2 | Jun-E Women/Recreational | 6 | 08.45 | 08.55 | 09.05 |
| 3 | Jun-E Women/Recreational | 6 | 08.55 | 09.05 | 09.15 |
| 4 | Jun-E Men/Recreational | 7 | 09.05 | 09.20 | 09.30 |
| 5 | Jun-E Men/Recreational | 7 | 09.20 | 09.35 | 09.45 |
| 6 | Jun-D Women/Recreational | 8 | 09.35 | 09.50 | 10.00 |
| 7 | Jun-D Women/Recreational | 8 | 09.50 | 10.05 | 10.15 |
| 8 | Jun-D Women/Recreational | 8 | 10.05 | 10.20 | 10.30 |
| 9 | Jun-D Men/Recreational | 7 | 10.20 | 10.35 | 10.45 |
| 10 | Jun-D Men/Recreational | 7 | 10.35 | 10.50 | 11.00 |
| 11 | Jun-D Men/Recreational | 8 | 10.50 | 11.05 | 11.15 |
| 2 laps + penalty laps running |  |  |  |  |  |
| 12 | Jun-C Women/Recreational | 9 | 11.05 | 11.20 | 11.30 |
| 13 | Jun-C Women/Recreational | 10 | 11.20 | 11.35 | 11.45 |
| 14 | Jun-C Men/Recreational | 7 | 11.35 | - 11.50 | 12.00 |
| 15 | Jun-C Men/Recreational | 8 | 11.50 | - 12.05 | 12.15 |
| 16 | Jun-C Men/Recreational | 8 | 12.05 | 12.20 | 12.30 |
| 17 | Jun-A/B Women/Recreational | 8 | 12.20 | 12.35 | 12.45 |
| 18 | Jun-A/B Women/Recreational | 7 | 12.35 | 12.50 | 13.00 |
| 19 | Jun-A/B Men/Recreational | 8 | 12.50 | 13.05 | 13.15 |
| 20 | Jun-A/B Men/Recreational | 8 | 13.05 | - 13.20 | 13.30 |
| 21 | Jun-A/B Men/Recreational | 8 | 13.20 | 13.35 | 13.45 |
| 22 | Jun-A/B Men/Recreational | 6 | 13.35 | 13.50 | 14.00 |
| 5 shots/max 2 minutes |  |  |  |  |  |
| 23 | Senior/Masters Women | 7 | 13.50 | 14.05 | 14.15 |
| 24 | Senior/Masters Men | 9 | 14.05 | 14.20 | 14.30 |
| 25 | Senior/Masters Men | 9 | 14.20 | 14.35 | 14.45 |
| 26 | Senior/Masters Recreational | 7 | 14.35 | 14.45 | 14.55 |
| 27 | Senior/Masters Recreational | 7 | 14.45 | - 15.00 | 15.10 |
|  | end of competition |  |  | 15.00 | 15.15 |

All competitors have to Register and ready to start 30 minutes before their category has to start with the shooting

The start of the Kick Bike Race will be as quick as possible after that group has completed the Laser shooting.

Award ceremony will be as quick as possible after each category.

