

**Provisional Programme of the FISA Para-rowing training camp and Tunis Lake International Sprint Regatta.
Tunis February 10th, 2019**

12th TLISR (500 m)

| Sunday 03/02/2019 | Monday 04/02/2019 | Tuesday 05/02/2019 | Wednesday 06/02/2019 | Thursday 07/02/2019 | Friday 08/02/2019 | Saturday 09/02/2019 | Sunday 10/02/2019 |
|---|-------------------------------------|-------------------------------------|--|--|-------------------------------------|-------------------------------------|---|
| 06:30 Breakfast | 06:30 Breakfast | 06:30 Breakfast | 06:30 Breakfast | 06:30 Breakfast | 06:30 Breakfast | 06:30 Breakfast | 06:15 Breakfast |
| | 07:15 Departure from hotel to venue | 07:15 Departure from hotel to venue | 07:15 Departure from hotel to venue | 07:15 Departure from hotel to venue | 07:15 Departure from hotel to venue | 07:15 Departure from hotel to venue | 07:00 Departure from hotel to venue |
| 08:00 In Hotel Opening of the Para-rowing Training camp Swimming test and Capsize drill in the hotel Swimming pool | 08:30 Training on water | 08:30 Training on water | 08:15 Courses Classification Workshop for Coaches Physios Athletes | 08:15 Training on water Test Racing | 08:15 Training on water | | 08:30 Heats for Events with more than 06 entries |
| | 11:00 Departure from Venue to hotel | 11:00 Departure from Venue to hotel | 11:00 Departure from Venue to hotel | 11:00 Departure from Venue to hotel | 11:00 Departure from Venue to hotel | 11:00 Departure from Venue to hotel | 10:30 Finals JM1X |
| | | | | | | | 10:35 JW2X |
| | | | | | | | 10:40 BM1X |
| | | | | | | | 10:45 BW2X |
| | | | | | | | 10:50 LM1X |
| | | | | | | | 10:55 LW2X |
| | | | | | | | 11:00 BLW1X |
| | | | | | | | 11:05 BLM2X |
| | | | | | | | 11:10 W1X |
| | | | | | | | 11:15 M2X |
| | | | | | | | 11:20 PR1M1X |
| | | | | | | | 11:25 JM2X |
| | | | | | | | 11:30 JW1X |
| | | | | | | | 11:35 BM2X |
| | | | | | | | 11:40 BW1X |
| | | | | | | | 11:45 LM2X |
| | | | | | | | 11:50 LW1X |
| | | | | | | | 11:55 BLW2X |
| | | | | | | | 12:00 BLM1X |
| | | | | | | | 12:05 W2X |
| | | | | | | | 12:10 M1X |
| | | | | | | | 12:15 PR1W1X |
| 12:30 Lunch | 12:30 Lunch | 12:30 Lunch | 12:30 Lunch | 12:30 Lunch | 12:30 Lunch | 12:30 Lunch | |
| | | | | | | | 13:00 Departure from Venue to hotel |
| | | | | | | | 13:30 Lunch |
| 14:30 Departure from hotel to venue | 14:30 Departure from hotel to venue | 14:30 Departure from hotel to venue | 14:30 Departure from hotel to venue | 14:30 Departure from hotel to venue | 14:30 Departure from hotel to venue | 14:30 Departure from hotel | |
| 15:00 Distribution of Boats & Rigging | 15:00 Training on water | 15:00 Training on water | 15:00 Training on water | 15:00 Training on water | 15:00 Training on water | City tour | |
| 18:00 Departure from Venue to hotel | 18:00 Departure from Venue to hotel | 18:00 Departure from Venue to hotel | 18:00 Departure from Venue to hotel | 18:00 Departure from Venue to hotel | 18:00 Departure from Venue to hotel | | |
| 19:00 Meeting with coaches in hotel | 19:00 Meeting with coaches in hotel | 19:00 Meeting with coaches in hotel | 19:00 Meeting with coaches in hotel | 19:00 Meeting with coaches in hotel | 19:00 Meeting with coaches in hotel | 19:00 Closing Ceremony of Para Camp | |
| 20:00 Diner | 20:00 Diner | 20:00 Diner | 20:00 Diner | 20:00 Diner | 20:00 Diner | 20:00 Diner | 20:00 Diner |

Departure of teams on Sunday and Monday 11 February 2019

Arrivals of the Teams
Accommodation in the hotel El Mouradi Gammarth
transfer from Tunis Carthage International Airport To Hotel

Contact person

Mokhtar Sghairi
0021698566097

Fayçal Soula
0021698344054