




This programme is subject to change depending on the number of participants in each discipline.

	SUNDAY 8 june	MONDAY 9 june	TUESDAY 10 june	WEDNESDAY 11 june	THURSDAY 12 june	FRIDAY 13 june
 Athletics		AFTERNOON*** <ul style="list-style-type: none">• Hammer• Shot put• 100m• 5 000m	AFTERNOON <ul style="list-style-type: none">• 400m• High Jump (Cat E, F & G)• 1 500m		AFTERNOON <ul style="list-style-type: none">• High Jump (cat A, B, C & D)• 200 m• 800m	AFTERNOON*** <ul style="list-style-type: none">• Discus• 3 000 m• 4 x 100 m• Long Jump• Javelin
 Half-Marathon					MORNING	
 Cross country				MORNING		
 Cycling		MORNING Time trials	MORNING First stage		MORNING Second stage	MORNING Third stage
 Mountain Biking				MORNING		
 Chess		AFTERNOON	AFTERNOON	AFTERNOON		
 Golf*	DAY Trainings	DAY 18-hole course	DAY 18-hole course		DAY 18-hole course	
 Judo			MORNING			
 Swimming		MORNING <ul style="list-style-type: none">• 100m backstroke• 200m freestyle		MORNING <ul style="list-style-type: none">• 400m freestyle• 100m breaststroke	AFTERNOON <ul style="list-style-type: none">• 100m butterfly**• 50m freestyle	MORNING <ul style="list-style-type: none">• 200m medley• 100m freestyle• 4x100m relay
 Open swimming water					MORNING	
 Petanque				AFTERNOON		
 Tennis	DAY Singles	DAY Singles	DAY Singles	DAY Singles/Doubles	DAY Singles/Doubles	DAY Singles/Doubles
 Table Tennis		MORNING Trainings	MORNING Singles	MORNING Singles	MORNING Singles/Doubles	
 Triathlon			MORNING			
 Basketball 3x3				MORNING		
 Beach Volley			MORNING			
 Padel		DAY	DAY	DAY		
 Badminton			AFTERNOON	AFTERNOON	AFTERNOON	
 Power lifting				AFTERNOON		
 Football	DAY Day qualifications	DAY Day qualifications	DAY Day qualifications	DAY Final stages and finals	DAY Final stages and finals	DAY Final stages and finals

* Licence required

** 50m for Cat. E, F and G

*** The athletics days of 9 and 13 June will be held at the Palafrugell stadium.

Morning event

Afternoon event

Day event

Awards

Gold, silver and bronze medals will be awarded to the top 3 finishers in each age group. In all team sports, the winners will receive a trophy in addition to the medals. To preserve the spirit of the Games, accompanying athletes will be ranked separately.

Age category

- A - under 35

B - 35 to 44

C - 45 to 54

D - 55 to 64
- E - 65 to 69

F - 70 to 74

G - 75 and over