



**WORLD SERIES**  
**POWER MAN®**  
**PORTUGAL**  
**ACEITAS O DESAFIO?**  
**CHALLENGE ACCEPTED!**  
**16FEV2020 | 16FEB2020**  
**WWW.POWERMANPORTUGAL.PT**

## **SCHEDULE\***

**\*The Schedule could change**

### **FRIDAY | 14TH FEBRUARY**

**10h00 am to 06h00 pm | Race Office**

### **SATURDAY | 15TH FEBRUARY**

**10h00 am to 06h00 pm | Race Office**

**02h00 pm to 04h30 pm | Check in Powerman**

**Transition area is open to leave the bicycles**

**05h00 pm | Portuguese Briefing**

**05h45 pm | English Briefing**

**06h30 pm | Guide Tour to Mafra National Palace**

**07h00 pm | Pasta Party - Adega do Convento**

**free for Powerman Middle Distance athletes**

**15 euros for Powerman Sprint Distance athletes**

**20 euros for family members and friends' athletes**

**please sign in by sending an e-mail to [geral@powermanportugal.pt](mailto:geral@powermanportugal.pt)**



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### SUNDAY | 16TH FEBRUARY

**06h30 am to 03h00 pm | Race Office**

**07h00 am to 08h10 am | Check in Powerman**

Put the rest of material in the transition area to both races.

All athletes must be properly equipped.

**08h15 am | Stay athletes limit time in TP**

**08h30 am | Start Races - Powerman Mafra Portugal Middle Distance  
Duathlon Long Distance Nacional Championship**

**09h00 am | Powerman Mafra - Portugal Sprint Distance Start**

**11h00 am | Cut-off - Final 1st cycle 1 lap**

**12h00 pm | Cycle**

**12h00 pm | Check Out**

Remove equipment and materials from the Transition Park.

After arrival of the last athlete in the cycling and upon prior notice from the organization, the athletes will be able to access and pick up their PT material, displaying their bib of the transition park. The time limit for lifting will be 15 minutes after the last athlete has completed the race.





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**SUNDAY | 16TH FEBRUARY**

**1h30 pm | Race Final**

**1h30 pm | Awards Ceremony Powerman and National Championship**

**1h00 pm to 2h40 pm | Check in Powerkids**

**2h45 pm | Stay athletes limit time**

**3h00 pm | Powerkids start**

**05h00 pm | Check Out**

**Remove equipment and materials from the Transition Park.**

**After arrival of the last athlete in the cycling and upon prior notice from the organization, the athletes will be able to access and pick up their TP material, displaying their bib of the transition park. The time limit for lifting will be 15 minutes after the last athlete has completed the race.**

**5h30 pm | Awards Ceremony Powerkids**