## **ECSG GHENT 2017 – SPORTS TO COMBINE**

## Track and field

## Thursday

- 100m
- 800m
- 5.000m
- Long jump
- Shot put

# Friday

- 200m
- 400m
- 1.500m
- 4x 100m relay
- High jump
- Javelin throw

# Saturday

• Green Run (5 or 10km)

# **Swimming**

# Thursday

- 100m freestyle
- 50m backstroke
- 100m breaststroke
- 50m butterfly
- 200m medley
- 4x 100m freestyle (relay)

# Friday

- 50m freestyle
- 200m freestyle
- 50m breaststroke
- 100m backstroke
- 4x 50m medley (relay)

# Saturday

• Long distance: 1.500m

# Orienteering Thursday Race to 5km Friday Race to 10km Cycling Thursday – morning Time trial (around 10km) Thursday – afternoon Track cycling (1 lap of 250m + 1 time trial of 1.000m)

Friday

Road cycling (around 50km)