



**CYCLING BMX FREESTYLE**  
**22 -22 JUNE 2023**  
**Krzeszowice BMX Park**

<b>Wednesday, 21st June 2023</b>		<b>Competition Day 1</b>	
	<b>10:45- 11:30</b>	<b>BMX Women's Warm- Up</b>	<b>Heats 1 &amp; 2 &amp; 3</b>
	<b>11:30- 13:15</b>	<b>BMX Women's Qualification</b>	<b>Heats 1 &amp; 2 &amp; 3</b>
	<b>13:15- 13:45</b>	<b>BMX Men's Warm-Up Group 1</b>	<b>Heats 1 &amp; 2</b>
	<b>13:45- 15:00</b>	<b>BMX Men's Qualification Group 1</b>	<b>Heats 3 &amp; 4 &amp; 5</b>
	<b>15:00- 15:45</b>	<b>BMX Men's Warm-Up Group 2</b>	<b>Heats 1 &amp; 2</b>
	<b>15:45- 17:30</b>	<b>BMX Men's Qualification Group 2</b>	<b>Heats 3 &amp; 4 &amp; 5</b>
<b>Thursday, 22nd June 2023</b>		<b>Competition Day 2</b>	
	<b>10:20- 12:20</b>	<b>BMX Women's Training</b>	
	<b>12:20- 14:20</b>	<b>BMX Men's Training</b>	
	<b>14:30- 15:00</b>	<b>BMX Women's Warm- Up</b>	
	<b>15:00- 16:15</b>	<b>BMX Women</b>	<b>Final</b>
	<b>16:15- 16:45</b>	<b>BMX Men's Warm-Up</b>	



	<b>16:45- 18:00</b>	<b>BMX Men</b>	<b>Final</b>
	<b>18:10- 18:20</b>	<b>BMX Women</b>	<b>Medal Ceremony</b>
	<b>18:20- 18:30</b>	<b>BMX Men</b>	<b>Medal Ceremony</b>