

## Etapa 3, Targu Secuiesc

Data: 24 July 2026 - 25 July 2026

Iame Series Romania

## Program

Friday, 24 July 2026		Sfarsit zi: 15:25	
Interval	Activitate	Categorie	Laps/Time
<b>Sesiunea 1</b>			
09:00 - 09:25	Antrenament liber	X30 Senior	25 min
09:25 - 09:50		X30 Junior	25 min
09:50 - 10:05		X30 Waterswift	15 min
10:05 - 10:20		X30 Waterswift Baby	15 min
10:20 - 10:30		Promo BB	10 min
<b>Sesiunea 2</b>			
10:30 - 10:55	Antrenament liber	X30 Senior	25 min
10:55 - 11:20		X30 Junior	25 min
11:20 - 11:35		X30 Waterswift	15 min
11:35 - 11:50		X30 Waterswift Baby	15 min
11:50 - 12:00		Promo BB	10 min
12:00 - 12:30	Pauza	-	30 min
<b>Sesiunea 3</b>			
12:30 - 12:40	Antrenament liber	Promo BB	10 min
12:40 - 12:55		X30 Waterswift Baby	15 min
12:55 - 13:10		X30 Waterswift	15 min
13:10 - 13:35		X30 Junior	25 min
13:35 - 14:00		X30 Senior	25 min
<b>Sesiunea 4</b>			
14:00 - 14:10	Antrenament liber	Promo BB	10 min
14:10 - 14:25		X30 Waterswift Baby	15 min
14:25 - 14:40		X30 Waterswift	15 min
14:40 - 15:00		X30 Junior	20 min
15:00 - 15:25		X30 Senior	25 min
14:30 - 17:00	Validari /Distributie Transpondere	-	10 min

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Saturday, 25 July 2026			Sfarsit zi: 17:50
Interval	Activitate	Categorie	Laps/Time
08:30 - 09:00	Distributie Motoare	-	30 min
08:30 - 10:00	Verificari Tehnice	-	90 min
09:00 - 09:30	<b>BRIEFING, ABSENTA SE SANCTIONEAZA CU AMENDA</b>	-	30 min
<b>Antrenament oficial (transponder obligatoriu)</b>			
10:00 - 10:08	-	X30 Senior	8 min
10:13 - 10:21	-	X30 Junior	8 min
10:26 - 10:34	-	X30 Waterswift	8 min
10:39 - 10:47	-	X30 Waterswift Baby	8 min
10:52 - 11:00	-	Promo BB	8 min
<b>Antrenament Calificativ (CRONO)</b>			
11:05 - 11:10	-	X30 Senior	5 min
11:15 - 11:20	-	X30 Junior	5 min
11:25 - 11:30	-	X30 Waterswift	5 min
11:35 - 11:40	-	X30 Waterswift Baby	5 min
11:45 - 11:50	-	Promo BB	5 min
<b>Mansa Calificativa 1</b>			
11:55 - 12:11	-	X30 Senior	16 min
12:16 - 12:32	-	X30 Junior	16 min
12:37 - 12:47	-	X30 Waterswift	10 min
12:52 - 13:02	-	X30 Waterswift Baby	10 min
13:07 - 13:15	-	Promo BB	8 min
13:15 - 13:45	Pauza	-	30 min
<b>Mansa Calificativa 2</b>			
13:45 - 13:53	-	Promo BB	8 min
13:58 - 14:08	-	X30 Waterswift Baby	10 min
14:13 - 14:23	-	X30 Waterswift	10 min
14:28 - 14:44	-	X30 Junior	16 min
14:49 - 15:05	-	X30 Senior	16 min
<b>Finala</b>			
15:10 - 15:18	-	Promo BB	8 min
15:23 - 15:33	-	X30 Waterswift Baby	10 min
15:38 - 15:51	-	X30 Waterswift	13 min
15:56 - 16:19	-	X30 Junior	23 min
16:24 - 16:47	-	X30 Senior	23 min
17:20 - 17:50	<b>Festivitate de premiere</b>	-	30 min

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## Program

Sunday, 26 July 2026			Sfarsit zi: 16:50
Interval	Activitate	Categorie	Laps/Time
08:30 - 09:00	Distributie Motoare	-	30 min
<b>Antrenament oficial (transponder obligatoriu)</b>			
09:00 - 09:08	-	X30 Senior	8 min
09:13 - 09:21	-	X30 Junior	8 min
09:26 - 09:34	-	X30 Waterswift	8 min
09:39 - 09:47	-	X30 Waterswift Baby	8 min
09:52 - 10:00	-	Promo BB	8 min
<b>Antrenament Calificativ (CRONO)</b>			
10:05 - 10:10	-	X30 Senior	5 min
10:15 - 10:20	-	X30 Junior	5 min
10:25 - 10:30	-	X30 Waterswift	5 min
10:35 - 10:40	-	X30 Waterswift Baby	5 min
10:45 - 10:50	-	Promo BB	5 min
<b>Mansa Calificativa 1</b>			
10:55 - 11:11	-	X30 Senior	16 min
11:16 - 11:32	-	X30 Junior	16 min
11:37 - 11:47	-	X30 Waterswift	10 min
11:52 - 12:02	-	X30 Waterswift Baby	10 min
12:07 - 12:15	-	Promo BB	8 min
12:15 - 12:45	Pauza	-	30 min
<b>Mansa Calificativa 2</b>			
12:45 - 12:53	-	Promo BB	8 min
12:58 - 13:08	-	X30 Waterswift Baby	10 min
13:13 - 13:23	-	X30 Waterswift	10 min
13:28 - 13:44	-	X30 Junior	16 min
13:49 - 14:05	-	X30 Senior	16 min
<b>Finala</b>			
14:10 - 14:18	-	Promo BB	8 min
14:23 - 14:33	-	X30 Waterswift Baby	10 min
14:38 - 14:51	-	X30 Waterswift	13 min
14:56 - 15:19	-	X30 Junior	23 min
15:24 - 15:47	-	X30 Senior	23 min
16:20 - 16:50	Festivitate de premiere	-	30 min