

Schedule QUARALYMPICS

Live broadcast at www.youtube.com/sportjugendhessen

Date/time	Sunday 19.07.	Monday 20.07.	Tuesday 21.07.	Wednesday 22.07.	Thursday 23.07.	Friday 24.07.	Saturday 25.07.	Sunday 26.07.
16.30 – 17.00 pm (Central European Timezone)		Technik check (only for athletes)	Technik check (only for athletes)	Technik check (only for athletes)	Technik check (only for athletes)	Technik check (only for athletes)	Technik check (only for athletes)	Technik check (only for athletes)
17.00 – 19.00 pm (CET)	Opening ceremony & Discipline 9 TEAM_ COrEOnagraphy	Discipline 1 BeachCOVIDball-19	Discipline 2 Social DisTENNIScing	Discipline 3 Toiletpaper-Boccia	Discipline 4 Freestyle VIRUotball	Discipline 5 SARSketball – CoV -twentyone	Discipline 6 pHANDemicBALL	Discipline 7 #fencingthecurve
19.00 – 20.00 pm (CET)	Evening Program Potsdam (Germany) Mora (Portugal) Frankfurt (Germany)	Evening Program Vaduz (Liechtenstein) St. Peterburg (Russia)	Evening Program Rome (Italy) Yaroslavl (Russia) Tallinn (Estonia)	Evening Program Fridek-Mistek (Czech) Estella (Spain)	Evening Program Lyon (France) Birmingham (UK) Frankfurt (Germany)			Technik check (only for athletes)
20.00 – 21.00 pm (CET)								Discipline 8 Tin can – gymnastics & Final award – ceremony