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**13th OLYMPIC GAMES FOR STUDENTS OF UNIVERSITIES
OF THE THIRD AGE**

**General Instructions (Semi-Final – 06-03-2024)**

**Organiser**: Technical University in Zvolen, University of the Third Age,

 Institute of Physical Education and Sport

**Date**: 11th – 12th September, 2024 (Wednesday – Thursday)

**Venue**: University Sport Hall – street - T. G. Masaryka 20

**Registration**: 11th September, 2024, 8:00 – 8:45, University Sport Hall – street - T. G. Masaryka 20

**Beginning**: 11th September, 2024, 9:00, Masaryka 20, University Sport Hall – street - T. G. Masaryka 20

**Finish:** 12th September, 2024 (or 13th September – in progress…)

**Organisers**: Erik Selecký – chief organiser +421918730375 erik.selecky@tuzvo.sk,

Dana Stimelova – manager of UTA +421918730376 dana.stimelova@tuzvo.sk

**10th September, 2024 - Tuesday**

Accomodation: Technical university, Old University Dormitory, street - Študentská 17, Zvolen (or Študentská 27)

**11th September, 2024 - Wednesday**

08:00 – 08:45 – arrivals and registration (Sport Hall, Masaryka 20, Zvolen)

09:00 – 09:15 – opening ceremony (Sport Hall, Masaryka 20, Zvolen)

1. **Block**

09:30 – 10:30 – Zumba

10:30 – end of the first block

1. **Block**

10:30 – 13:00 Table tennis tournament and Shooting sport competition,

13:00 – 13:30 Arm-wrestling (only one sport for participant)

13:30 – end of the second block

1. **Block**

14:00 – 16:00 – competition “The most versatile athlete”

16:00 – end of the third block

1. **Block**

18:00 – Sports Academy – evening programme for the participants + evaluation of the first day competitions (Category: Male, Women; Age: from under - 70, 70 – over)

19:30 – dinner, social evening, disco – with DJ LODY, Conference Hall, Študentska 17, University Dormitory

22:00 – end of the first day

**12th September 2024 - Thursday**

Bowling tournament (responsible person – Mr.Selecky +421918730375)

08:30 – Check point University Dormitory (Studentska 27), go to Bowling center

09:00 – 11:30 Sport competition – I.part

12:00 – 13:00 Lunch (in Bowling center)

14:00 – 14:30 Evaluation

14:30 – Free program – Zvolen historical center (beautiful view from Zvolen Tower), Banská Bystrica – 20 km from ZV historical center (transport: train or bus), Kováčová - thermal water (<http://holidaypark.sk/>), Zvolen castle – <https://www.sng.sk/en/zvolen>

**13th September 2024 – Friday**

FREE PROGRAM in progress…

**14th September 2024 – Saturday**

Departure of participants