

FRAME RUNNING CAMP & CUP LITHUANIA 17-21 of June, 2026

PROGRAM

17 of June

Check in at the hotels from 15:00 pm (LSC “Druskininkai” or Hotel “Delita”*). From arrival to check-in - your free time.

12:00-15:00 Arrival time and check in;
14:30-15:30 Lunch at LSC „Druskininkai“;
16:00-19:30 Arrival time and check in;
19:00-20:00 Dinner at LSC „Druskininkai“;
20:30-21:00 Team leaders meeting (in the sports stadium conference hall (2nd floor))

18 of June

8:00-9:00 Breakfast at the hotel you are staying;
10:00-12:00 Frame Running training sessions at the sports stadium;
12:00-14:30 Documentary film session with reflection - participation is required (Great lobby hall, next to the tricycle storage area);
14:30-15:30 Lunch;
17:00-19:00 Evening educational program (On the outdoor area next to the sports stadium);
19:00-20:00 Dinner at LSC „Druskininkai“.
20:30-21:00 Team leaders meeting (in the sports stadium conference hall (2nd floor))

19 of June

8:00- 9:00 Breakfast at the hotel you are staying;
9:30-12:00 Technical inspection of Frame Runners (Great lobby hall, next to the tricycle storage area);
10:00-12:00 Frame Running training sessions at the sports stadium;
12:00-12:45 Lecture for a Lithuanian group "My Body. My Boundaries. My Choices" - participation is required (in the sports stadium conference hall (2nd floor));
13:00-13:45 Lecture for a group from other countries "My Body. My Boundaries. My Choices" - participation is required (in the sports stadium conference hall (2nd floor));
14:00-15:00 Lunch at LSC „Druskininkai“;
15:30-18:00 Educational program to get to know the city of Druskininkai;
18:00-19:00 Technical meeting for Team Leaders (in the sports stadium conference hall (2nd floor))
19:00-20:00 Welcome dinner at LSC „Druskininkai“.

**LSC “Druskininkai” – M. K. Čiurlionio str. 115A, Druskininkai.
“DeLita” hotel – Vytauto str. 43, Druskininkai.*

20 of June

8:00- 9:00 Breakfast at the hotel you are staying;

9:30-10:00 WPA Frame Running Lithuania Cup opening ceremony (at the sports stadium or in the Great lobby hal - depends on the weather conditions);

10:00-10:30 Warm up 100 m

10:30 100 m Final - Male - T71 class

10:35 100 m Final - Male - T72 class

10:40 100 m Final - Male - Open class

10:45 100 m Final - Female - T71 class

10:50 100 m Final - Female - T72 class

10:55 100 m Final 1 - Female - Open class

11:00 100 m Final 2 - Female - Open class

11:10 60 m Kids Frame Running

12:00 - 13:00 Lunch at LSC „Druskininkai“;

13:30- 14:00 Warm up 200 m

14:00 200 m Final- Male - T71 class

14:05 200 m Final - Male - T72 class

14:10 200 m Final - Male- Open class

14:15 200 m Final - Female - T71 class

14:20 200 m Final - Female - T72 class

14:25 200 m Final - Female - Open class

15:00 Medal ceremony

19:00 - 20:00 Dinner at LSC „Druskininkai“;

20:00 - 22:00 Closing party (Great lobby hall, next to the tricycle storage area)

21 of June

08:00 - 09:00 Breakfast at the hotel you are staying;

Check out from hotels until 11:00

Note: in your free time, we invite you to socialize and play our board games.

Important: do not forget to take care of protection from the sun or rain.

The water in Druskininkai is suitable for drinking from the tap. Bring your own reusable water bottles.

Our athletes and event guests are the best - they always leave the environment they are in clean and tidy :)

Let's not forget to respect each other and help each other.

**LSC "Druskininkai" – M. K. Čiurlionio str. 115A, Druskininkai.*

"DeLita" hotel – Vytauto str. 43, Druskininkai.