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| **Time** | **Details** |
| 16:50-17:00 | Doors open at Orange Grove, guests gathering |
| 17:00-17:10 | Welcome speech by the Ambassador |
| 17:10-17:25 | Presentation by Nikolaos Patsantaras | EN spokenAssociate Professor of Sociology of Sports, National and Kapodistrian University of Athens, School of Physical Education & Sports ScienceTitle: ‘‘Symbolic-universal messages of the Marathon‘‘ |
| 17:25-17:40 | Presentation by Giannis Arnaoutis PhD | EN spokenResearch & Teaching Associate at Charokopio University of Athens, GreeceSchool of Health Science & EducationDepartment of Nutrition and DieteticsTitel: "Nutritional recommendations and the importance of hydration for the Marathon runner." |
| 17:40-17:55 | Presentation by Paul Zwama | EN spokenNederlands Marathon Kampioen / Dutch Marathon ChampionTitel: “Technical Meeting” - Al you need to know the day before and the day of the run! |
| 17:55-18:00 | Q&A |
| 18:00-20:00 | Pasta buffet & Networking |