FIA Karting Shootout 2026
SFi Circuit Athens, ATHENS– GRE, 30/11/2026 - 03/12/2026

MONDAY 30/11/2026			Version 1
Start	End		
09:00	09:30	All	Welcome briefing
09:35	10:20	Seniors	Track walk
09:35	10:00	Juniors	Formula Medicine Presentation
10:00	12:10	Juniors	Group A: Athletic Assessments - Group B: Mental Assessments
10:20	11:50	Seniors	Seating and Kart installation
11:50	11:55	Seniors	Pregrid
11:55	12:10	Seniors	Run-in session 12min
12:10	13:10	All	Lunch
13:10	16:30	Juniors	Group B: Athletic Assessments - Group A: Mental Assessments
13:10	13:15	Seniors	Pregrid
13:15	13:30	Seniors	Free Practice 1
13:35	14:05	Seniors	Data analysis
14:05	14:10	Seniors	Pregrid
14:10	14:25	Seniors	Free Practice 2
14:30	15:00	Seniors	Data analysis
15:00	15:05	Seniors	Pregrid
15:05	15:15	Seniors	Time qualification (6min active time)
15:15	15:45	Seniors	Data analysis
15:45	15:50	Seniors	Pregrid
15:50	16:40	Seniors	Super pole (reverse starting order based on time qualifying)
16:45	17:15	Seniors	Data analysis
TUESDAY 01/12/2026			**Version 1**
Start	End		
09:00	09:15		Morning briefing
09:15	09:30	Seniors	Change to race gear
09:15	09:45	Juniors	Formula Medicine – Nutrition Lesson + Quiz
09:30	09:35	Seniors	Pregrid
09:35	09:45	Seniors	Warmup
09:45	10:10	Seniors	Break
09:45	11:50	Juniors	Group A: Athletic Assessments - Group B: Mental Assessments
10:10	10:15	Seniors	Pregrid
10:15	10:25	Seniors	Free Practice 1 - Feedback and technical assesment
10:30	11:00	Seniors	Data analysis
11:00	11:05	Seniors	Pregrid
11:05	11:15	Seniors	Free Practice 2 - Feedback and technical assesment
11:20	11:50	Seniors	Data analysis

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11:50	12:50	All	Lunch
12:50	13:15	Juniors	Formula Medicine – Pre-race Neuromuscular Activation
12:50	14:50	Seniors	Media session
13:15	16:00	Juniors	Group B: Athletic Assessments - Group A: Mental Assessments
14:50	14:55	Seniors	Pregrid
14:55	15:15	Seniors	Long stint (20min)
15:20	15:50	Seniors	Data analysis
WEDNESDAY 02/12/2026			**Version 1**
Start	End		
09:00	09:30	All	Morning briefing
09:35	10:20	Juniors	Track walk
09:35	10:00	Juniors	Formula Medicine Presentation
10:00	12:10	Juniors	Group A: Athletic Assessments - Group B: Mental Assessments
10:20	11:50	Juniors	Seating and Kart installation
11:50	11:55	Juniors	Pregrid
11:55	12:10	Juniors	Run-in session 12min
12:10	13:10	All	Lunch
13:10	16:30	Seniors	Group B: Athletic Assessments - Group A: Mental Assessments
13:10	13:15	Juniors	Pregrid
13:15	13:30	Juniors	Free Practice 1
13:35	14:05	Juniors	Data analysis
14:05	14:10	Juniors	Pregrid
14:10	14:25	Juniors	Free Practice 2
14:30	15:00	Juniors	Data analysis
15:00	15:05	Juniors	Pregrid
15:05	15:15	Juniors	Time qualification (6min active time)
15:15	15:45	Juniors	Data analysis
15:45	15:50	Juniors	Pregrid
15:50	16:40	Juniors	Super pole (reverse starting order based on time quali)
16:45	17:15	Juniors	Data analysis
THURSDAY 03/12/2026			**Version 1**
Start	End		
09:00	09:15		Morning briefing
09:15	09:30	Juniors	Change to race gear
09:15	09:45	Seniors	Formula Medicine – Nutrition Lesson + Quiz
09:30	09:35	Juniors	Pregrid
09:35	09:45	Juniors	Warmup
09:45	10:10	Juniors	Break
09:45	11:50	Seniors	Group A: Athletic Assessments - Group B: Mental Assessments
10:10	10:15	Juniors	Pregrid

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10:15	10:25	Juniors	Free Practice 1 - Feedback and technical assesment
10:30	11:00	Juniors	Data analysis
11:00	11:05	Juniors	Pregrid
11:05	11:15	Juniors	Free Practice 2 - Feedback and technical assesment
11:20	11:50	Juniors	Data analysis
11:50	12:50	All	Lunch
12:50	13:15	Seniors	Formula Medicine – Pre-race Neuromuscular Activation
12:50	14:50	Juniors	Media session
13:15	16:00	Seniors	Group B: Athletic Assessments - Group A: Mental Assessments
14:50	14:55	Juniors	Pregrid
14:55	15:15	Juniors	Long stint (20min)
15:20	15:50	Juniors	Data analysis
18:00		All	Winner announcment