

SCHEDULE OF EVENTS

**Athletes MUST use VGFW provided transportation

Schedule is subject to change at the discretion of VGFW Directors

Friday, May 30, 2014 – athletes wear GREEN event t-shirt

0730 – 1415: Athlete Registration at the host hotel, Oakland Marriott City Center

1015: Shuttle leaves host hotel for Archery Clinic at Coast Guard Island**

1100 – 1400: Archery Clinic at Coast Guard Island

1230: Lunch for Archery Clinic athletes

1415: Last shuttle leave host hotel for Opening Ceremony**

1500: Opening Ceremony, Coast Guard Island

1630 – 1700: Athlete Meeting, Coast Guard Island

1700 – 2230: Oakland A's vs. Anaheim Angels baseball game and dinner**

~1930: First shuttle leaves for host hotel AFTER 1st inning

~2045: Second shuttle leave for host hotel AFTER 5th inning

End of Game: Last shuttle leaves for host hotel

Saturday, May 31, 2014 - athletes wear LIGHT YELLOW event t-shirt

0630: Breakfast begins at the hotel

0815: ALL shuttles leave for Coast Guard Island**

0900: Powerlifting (bench press) Competition

0900: Biathlon Competition

0900 – 1200: Resource Fair

1100 – 1300: Power Soccer demo/clinic

12:00 – 1300: Lunch

1300 – 1700: Archery Competition

1300 – 1700: Boccia Ball demo/clinic

1500: First shuttles leave for host hotel**

1700: Last shuttles leave for host hotel**

1830 – 2030: Dinner at host hotel with comedian/magician Robert Strong

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Sunday, June 1, 2014 - athletes wear BEIGE event t-shirt

0630: Breakfast begins at the hotel

0730: ALL shuttles leave for Coast Guard Island**

0815 – 1200: Cycling Competition

1200 - 1300: Lunch

1300 – 1700: Swimming Competition

1300 – 1700: Wheelchair Tennis demo/clinic

1300 – 1700: Wheelchair Basketball demo/clinic

1300 – 1700: Rowing demo/clinic

1500: First shuttles leave for hotel**

1700: Last shuttles leave for host hotel**

1830 – 2030: Dinner and entertainment at Peony's Chinese restaurant, 2 blocks from the host

hotel.

Monday, June 2, 2014 - athletes wear NAVY BLUE event t-shirt

0630: Breakfast begins at the hotel

0730: Check-out of rooms at host hotel**

0800: ALL shuttles leave for Coast Guard Island

0900: Field (shot put and discus) Competition

1200: Lunch provided by Outback Steakhouse

1200 - 1300: Closing Ceremony, Coast Guard Island

1330: Shuttles leaves for host hotel**

1400: Athletes depart from host hotel