



EVENT SCHEDULE

DATE	TIME	EVENT/ACTIVITY	LOCATION
Thurs 5/30/19	3:00 PM – 7:00 PM	Athlete Arrivals & Event Registration	Executive Inn & Suites, Oakland, CA
	5:00 PM – 7:00 PM	Dinner	Executive Inn & Suites, Oakland, CA
	7:00 PM – 8:00 PM	Mandatory Athlete Meeting	Executive Inn & Suites, Oakland, CA
Fri 5/31/19	6:00 AM – 10:00 AM	Breakfast	Executive Inn & Suites, Oakland, CA
	10:15 AM	Shuttles Depart	Executive Inn & Suites, Oakland, CA
	11:00 AM – 12:00 PM	Opening Ceremony	Heli-Pad, Coast Guard Island
	12:00 PM – 1:00 PM	Lunch	Gazebos, Coast Guard Island
	1:00 PM – 5:00 PM	Biathlon Competition	Gresham Hall, Coast Guard Island
	1:00 PM – 5:00 PM	Field Competition	Athletic Field, Coast Guard Island
	1:00 PM – 5:00 PM	CrossFit Clinic	Gymnasium CrossFit Room
	1:00 PM – 5:00 PM	Adapted Golf Clinic	Gazebo Area Field, Coast Guard Island
	1:00 PM – 5:00 PM	Sitting Volleyball Clinic	Gymnasium, Coast Guard Island
	2:00 PM – 4:00 PM	Powerlifting Q&A	Gymnasium, Coast Guard Island
	5:00 PM – 6:00 PM	Medal Ceremonies	Podium Park, Coast Guard Island
	6:00 PM – 7:00 PM	Dinner	Gazebos, Coast Guard Island
	7:00 PM	Shuttles Depart	Campbell Ave, Coast Guard Island
	Sat 6/1/19	6:00 AM – 7:15 AM	Breakfast
7:15 AM		Shuttles Depart	Executive Inn & Suites, Oakland, CA
8:00 AM – 11:15 AM		Powerlifting Competition	Gymnasium, Coast Guard Island
8:00 AM – 11:15 AM		Rowing Competition	Gresham Hall, Coast Guard Island
8:00 AM – 11:15 AM		CrossFit Clinic	Gymnasium CrossFit Room, Coast Guard Island
8:00 AM – 11:15 AM		Adapted Golf Clinic	Gazebo Area Field, Coast Guard Island
8:00 AM – 11:15 AM		Martial Arts Clinic	Gymnasium MPR, Coast Guard Island
10:00 AM – 2:00 PM		Resource Fair	Campbell Ave, Coast Guard Island
11:15 AM – 12:00 PM		Medal Ceremonies	Podium Park, Coast Guard Island
12:00 PM – 1:00 PM		Lunch	Gazebos, Coast Guard Island
1:00 PM – 5:00 PM		Archery Competition	Athletic Field, Coast Guard Island
1:00 PM – 5:00 PM		CrossFit Clinic	Gymnasium CrossFit Room, Coast Guard Island
1:00 PM – 5:00 PM		Adapted Golf Clinic	Gazebo Area Field, Coast Guard Island
1:00 PM – 5:00 PM		Wheelchair Basketball Clinic	Gymnasium, Coast Guard Island
1:00 PM – 5:00 PM		Wheelchair Tennis Clinic	Tennis Courts, Coast Guard Island
5:00 PM – 6:00 PM		Medal Ceremonies	Podium Park, Coast Guard Island
6:00 PM – 7:00 PM	Dinner	Gazebos, Coast Guard Island	
7:00 PM	Shuttles Depart	Campbell Ave, Coast Guard Island	
Sun 6/2/19	6:00 AM – 7:15 AM	Breakfast	Executive Inn & Suites, Oakland, CA
	6:00 AM – 7:15 AM	Check-Out of Hotel	Executive Inn & Suites, Oakland, CA
	7:15 AM	Shuttles Depart	Executive Inn & Suites, Oakland, CA
	8:00 AM – 11:15 AM	Cycling Competition	Cycle Course, Coast Guard Island
	11:15 AM – 12:00 PM	Medal Ceremonies	Cycle Course, Coast Guard Island
	12:00 PM – 12:30 PM	Lunch	Heli-Pad, Coast Guard Island
	12:30 PM – 1:00 PM	Closing Ceremony	Heli-Pad, Coast Guard Island
	1:00 PM	Shuttles & Hotel Departures	