



## EVENT SCHEDULE – STANDARD TIME

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	Executive Inn & Suites, Oakland, CA
	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 – 12:15 PM	Lunch	Heli-Pad, Coast Guard Island
	12:15 PM – 1:00 PM	Closing Ceremony	Heli-Pad, Coast Guard Island
1:00 PM	Shuttles & Hotel Departures		



VALOR GAMES  
FAR WEST 2019

### EVENT SCHEDULE – MILITARY TIME

DATE	TIME	EVENT/ACTIVITY	LOCATION
<b>THURS 5/30/19</b>	1500 - 1900	Athlete Arrivals & Event Registration	Executive Inn & Suites, Oakland, CA
	1700 - 1900	Dinner	Executive Inn & Suites, Oakland, CA
	1900 - 2000	Mandatory Athlete Meeting	Executive Inn & Suites, Oakland, CA
<b>FRI 5/31/19</b>	0600 - 1000	Breakfast	Executive Inn & Suites, Oakland, CA
	1015	Shuttles Depart	Executive Inn & Suites, Oakland, CA
	1100 - 1200	Opening Ceremony	Heli-Pad, Coast Guard Island
	1200 - 1300	Lunch	Gazebos, Coast Guard Island
	1300 - 1700	Biathlon Competition	Gresham Hall, Coast Guard Island
	1300 - 1700	Field Competition	Athletic Field, Coast Guard Island
	1300 - 1700	CrossFit Clinic	Gymnasium CrossFit Room
	1300 - 1700	Adapted Golf Clinic	Gazebo Area Field, Coast Guard Island
	1300 - 1700	Sitting Volleyball Clinic	Gymnasium, Coast Guard Island
	1400 - 1600	Powerlifting Q&A	Gymnasium, Coast Guard Island
	1700 - 1800	Medal Ceremonies	Podium Park, Coast Guard Island
	1800 - 1900	Dinner	Gazebos, Coast Guard Island
	1900	Shuttles Depart	Campbell Ave, Coast Guard Island
	<b>SAT 6/1/19</b>	0600 - 0715	Breakfast
0715		Shuttles Depart	Executive Inn & Suites, Oakland, CA
0800 - 1115		Powerlifting Competition	Gymnasium, Coast Guard Island
0800 - 1115		Rowing Competition	Gresham Hall, Coast Guard Island
0800 - 1115		CrossFit Clinic	Gymnasium CrossFit Room, Coast Guard Island
0800 - 1115		Adapted Golf Clinic	Gazebo Area Field, Coast Guard Island
0800 - 1115		Martial Arts Clinic	Gymnasium MPR, Coast Guard Island
1000 - 1400		Resource Fair	Campbell Ave, Coast Guard Island
1115 - 1200		Medal Ceremonies	Podium Park, Coast Guard Island
1200 - 1300		Lunch	Gazebos, Coast Guard Island
1300 - 1700		Archery Competition	Athletic Field, Coast Guard Island
1300 - 1700		CrossFit Clinic	Gymnasium CrossFit Room, Coast Guard Island
1300 - 1700		Adapted Golf Clinic	Gazebo Area Field, Coast Guard Island
1300 - 1700		Wheelchair Basketball Clinic	Gymnasium, Coast Guard Island
1300 - 1700		Wheelchair Tennis Clinic	Tennis Courts, Coast Guard Island
1700 - 1800		Medal Ceremonies	Podium Park, Coast Guard Island
1800 - 1900		Dinner	Gazebos, Coast Guard Island
1900	Shuttles Depart	Campbell Ave, Coast Guard Island	
<b>SUN 6/2/19</b>	0600 - 0715	Breakfast	Executive Inn & Suites, Oakland, CA
	0600 - 0715	Check-Out of Hotel	Executive Inn & Suites, Oakland, CA
	0715	Shuttles Depart	Executive Inn & Suites, Oakland, CA
	0800 - 1115	Cycling Competition	Cycle Course, Coast Guard Island
	1115 - 1200	Medal Ceremonies	Cycle Course, Coast Guard Island
	1200 - 1215	Lunch	Heli-Pad, Coast Guard Island
	1215 - 1300	Closing Ceremony	Heli-Pad, Coast Guard Island
	1300	Shuttles & Hotel Departures	