

Friday Sep.24

- 12:00 - 17:00 Athletes Reception
- 17:00 - 18:00 Horse Ridding (Therapeutic)
- 18:00 - 18:40 Inspire me
- 18:40 - 20:15 O.W.S. Race Brief
- 20:30 - 21:30 Athletes Reception
- 20:30 - 21:30 Energy Food

A.V.

A.V. = Athletes Village
B.P. = Beach Point

People with Disabilities

Saturday Sep.25

- 08:30 - 10:45 Athletes Reception A.V.
- 09:15 - 09:45 Kids Yoga Warm up
- 09:45 - 09:59 Kids O.W.S. Race Brief
- 10:00 - 10:30 Kids O.W.S. Race
- 10:00 - 10:30 Project 11 Yoga Warm up
- 10:45 - 10:59 O.W.S. Race Brief
- 11:00 - 13:15 O.W.S. Race
- 16:00 - 20:00 Athletes Reception
- 16:00 - 18:00 Horse Ridding (Therapeutic)
- 16:45 - 16:59 Kids Lazer Run Race Brief
- 17:00 - 17:30 Kids Lazer Run Activity
- 17:00 - 18:00 Step by Step (PwD)
- 17:30 - 18:00 Kids Fun Bike Activity
- 18:00 - 18:15 City Running Race Brief
- 18:15 - 19:15 City Running Race
- 19:40 - 20:00 "Listen to me" Theatrical Play
- 20:00 - 20:30 1st day Awards Ceremony
- 20:30 - 21:00 ISOMAN-TRI Race Brief
- 21:00 - 22:00 Energy Food
- 21:00 - 22:30 Soft Music entertainment

B.P.

A.V.

Sunday Sep.26

- 07:30 - 10:00 Athletes Reception A.V.
- 09:00 - 09:20 Kids Yoga Warm Up
- 09:20 - 09:29 Kids ISOMAN Warm Up
- 09:30 - 10:00 Kids ISOMAN Race
- 10:00 - 10:15 Adults Warm up (sea)
- 10:15 - 10:29 ISOMAN - TRI Race brief
(Quarter - Olympic)
- 10:30 - 14:00 ISOMAN - TRI Race B.P. A.V.
- 10:45 - 10:59 TRI H.O. Race Brief B.P.
- 11:00 - 13:00 TRI H.O. Race B.P. A.V.
- 11:00 - 12:00 Kids Yoga A.V.
- 14:30 - 15:15 2nd day Awards Ceremony A.V.

B.P.
A.V.