



# 2019 VALIDUS GAMES

## SCHEDULE OF EVENTS

### Day 1

7:45am – 8:00am	Individual Registration and Check-in
8:45am – 9:00am	Team of 4 Registration and Check-in
8:50am – 8:53am	National Anthem
9:00am – 9:28am	Individual Men
9:33am – 10:01am	Individual Women
10:06am – 11:37am	Team of 4 Heat
11:30am – 12:00pm	Team of 3 Registrations and Check-in
11:42am – 12:11pm	Individual Men
12:16pm – 12:45pm	Individual Women
1:00pm – 2:02pm	Men & Women Scaled Team of 3 Heat
2:07pm – 3:09pm	Men's Rx Team of 3 Heat
3:14pm – 4:16pm	Women's Rx Team of 3 Heat
<b>End of Day 1</b>	

### Day 2

7:45am – 8:00am	Individual **Check-in**
8:45am – 9:00am	Team of 4 **Check-in**
8:50am – 8:53am	National Anthem
9:00am – 9:33am	Individual Men
9:38am – 10:11am	Individual Women
10:16am – 12:00pm	Team of 4 Heat
11:30am – 12:00pm	Team of 3 **Check-in**
12:05pm – 12:59pm	Individual Men
1:04pm – 1:58pm	Individual Women
2:00pm – 2:20pm	**Individual and Team of 4 Awards**
2:25pm – 3:19pm	Men & Women Scaled Team of 3 Heat
3:24pm – 4:18pm	Men's Rx Team of 3 Heat
4:23pm – 5:17pm	Women's Rx Team of 3 Heat
5:20pm – 5:35pm	**Team of 3 Awards**
<b>End of Day 2</b>	