

CFSiD19 Elite Running Order

Friday 22 February

Time	Action	Facility
1200 - 1700hrs	Athlete and coach registration	ExCeL- Halls S11 - S14
1730 - 1830hrs	Elite and Rxd individual athlete briefing	NOCCO Arena \ RXBAR ARENA

Saturday 23 February

Time	Action	Facility
0700 - 0730hrs	Athlete and coach registration	ExCeL- Halls S11 - S14
0730 - 0815hrs	Elite and Rxd team athlete briefing	NOCCO Arena \ RXBAR ARENA
0815hrs	Spectator registration opens	ExCeL- Halls S11 - S14
0855 - 0915hrs	Event 01 & 02 Heat 01 Elite Team	NOCCO Arena
0920-0940hrs	Event 01 & 02 Heat 02 Elite Team	NOCCO Arena
0945 - 1005hrs	Event 01 & 02 Heat 03 Elite Team	NOCCO Arena
1015 - 1030hrs	Event 01 Heat 01 Elite Female	NOCCO Arena
1035 - 1050hrs	Event 01 Heat 02 Elite Female	NOCCO Arena
1055 - 1110hrs	Event 01 Heat 03 Elite Female	NOCCO Arena
1115 - 1130hrs	Event 01 Heat 04 Elite Female	NOCCO Arena
1140 - 1155hrs	Event 01 Heat 01 Elite Male	NOCCO Arena
1145 - 1200hrs	Event 03 Heat 01 Elite Team	RXBAR Arena
1200 - 1215hrs	Event 01 Heat 02 Elite Male	NOCCO Arena
1205 - 1220hrs	Event 03 Heat 02 Elite Team	RXBAR Arena
1220 - 1235hrs	Event 01 Heat 03 Elite Male	NOCCO Arena
1225 - 1240hrs	Event 03 Heat 03 Elite Team	RXBAR Arena
1240 - 1255hrs	Event 01 Heat 04 Elite Male	NOCCO Arena
1310 - 1330hrs	Event 02 Heat 01 Elite Female	NOCCO Arena
1335 - 1355hrs	Event 02 Heat 02 Elite Female	NOCCO Arena
1405 - 1425hrs	Event 02 Heat 01 Elite Male	NOCCO Arena
1430 - 1450hrs	Event 02 Heat 02 Elite Male	NOCCO Arena
1505 - 1520hrs	Event 04 Heat 01 Elite Team	NOCCO Arena
1525 - 1540hrs	Event 04 Heat 02 Elite Team	NOCCO Arena
1545 - 1600hrs	Event 04 Heat 03 Elite Team	NOCCO Arena
1615- 1625hrs	Event 03 & 04 Heat 01 Elite Female	NOCCO Arena
1630- 1640hrs	Event 03 & 04 Heat 02 Elite Female	NOCCO Arena
1645 - 1655hrs	Event 03 & 04 Heat 03 Elite Female	NOCCO Arena
1705 - 1715hrs	Event 03 & 04 Heat 01 Elite Male	NOCCO Arena
1720 - 1730hrs	Event 03 & 04 Heat 02 Elite Male	NOCCO Arena
1735 -1745hrs	Event 03 & 04 Heat 03 Elite Male	NOCCO Arena
1750 - 1800hrs	Event 03 & 04 Heat 04 Elite Male	NOCCO Arena
1810 - 1820hrs	Event 03 & 04 Heat 04 Elite Female	NOCCO Arena
1845 - 1930hrs	Elite and Rxd individual athlete briefing	NOCCO Arena \ RXBAR ARENA

Sunday 24 February

Time	Action	Facility
0730 - 0815hrs	Elite and Rxd team athlete briefing	NOCCO Arena \ RXBAR ARENA
0815hrs	Spectator registration opens	ExCeL- Halls S11 - S14
0900 - 0925hrs	Event 05 Heat 01 Elite Male	NOCCO Arena
0900 - 0935hrs	Event 05 Heat 01 Elite Team	Outside
0930 - 0955hrs	Event 05 Heat 02 Elite Male	NOCCO Arena
0940 - 1015hrs	Event 05 Heat 02 Elite Team	Outside
1005 - 1030hrs	Event 05 Heat 01 Elite Female	NOCCO Arena
1035 - 1100hrs	Event 05 Heat 02 Elite Female	NOCCO Arena
1115 - 1135hrs	Event 06 Heat 01 Elite Team	NOCCO Arena
1140 - 1200hrs	Event 06 Heat 02 Elite Team	NOCCO Arena
1205 - 1225hrs	Event 06 Heat 03 Elite Team	NOCCO Arena
1240 - 1250hrs	Event 06 Heat 01 Elite Male	NOCCO Arena
1255 - 1305hrs	Event 06 Heat 02 Elite Male	NOCCO Arena
1310 - 1320hrs	Event 06 Heat 03 Elite Male	NOCCO Arena
1325 - 1335hrs	Event 06 Heat 04 Elite Male	NOCCO Arena
1345 - 1355hrs	Event 06 Heat 01 Elite Female	NOCCO Arena
1400 - 1410hrs	Event 06 Heat 02 Elite Female	NOCCO Arena
1415 - 1425hrs	Event 06 Heat 03 Elite Female	NOCCO Arena
1430 - 1440hrs	Event 06 Heat 04 Elite Female	NOCCO Arena
1455 - 1505hrs	Event 07 Heat 01 Elite Team	NOCCO Arena
1510 - 1520hrs	Event 07 Heat 02 Elite Team	NOCCO Arena
1525 - 1535hrs	Event 07 Heat 03 Elite Team	NOCCO Arena
1550 - 1600hrs	Event 07 Heat 01 Elite Male	NOCCO Arena
1605 - 1615hrs	Event 07 Heat 02 Elite Male	NOCCO Arena
1620 - 1630hrs	Event 07 Heat 03 Elite Male	NOCCO Arena
1640 - 1650hrs	Event 07 Heat 01 Elite Female	NOCCO Arena
1655 - 1705hrs	Event 07 Heat 02 Elite Female	NOCCO Arena
1710 - 1720hrs	Event 07 Heat 03 Elite Female	NOCCO Arena
1725 - 1735hrs	Event 07 Heat 04 Elite Female	NOCCO Arena
1745 - 1755hrs	Event 07 Heat 04 Elite Male	NOCCO Arena
1800hrs	CFSiD19 Elite Podium	NOCCO Arena