

# CFSiD19 Rxd 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
0900 - 0915hrs	Event 01   Heat 01   Rxd Team	RXBAR Arena
0920 - 0935hrs	Event 01   Heat 02   Rxd Team	RXBAR Arena
0940 - 0955hrs	Event 01   Heat 03   Rxd Team	RXBAR Arena
1000 - 1010hrs	Event 01   Heat 01   Rxd Female	RXBAR Arena
1015 - 1025hrs	Event 01   Heat 02   Rxd Female	RXBAR Arena
1045 - 1055hrs	Event 01   Heat 01   Rxd Male	RXBAR Arena
1100 - 1110hrs	Event 01   Heat 02   Rxd Male	RXBAR Arena
1115 - 1125hrs	Event 01   Heat 03   Rxd Male	RXBAR Arena
1130 - 1140hrs	Event 01   Heat 04   Rxd Male	RXBAR Arena
1245 - 1300hrs	Event 02   Heat 01   Rxd Team	RXBAR Arena
1305 - 1320hrs	Event 02   Heat 02   Rxd Team	RXBAR Arena
1325 - 1340hrs	Event 02   Heat 03   Rxd Team	RXBAR Arena
1350 - 1405hrs	Event 02 & 03   Heat 01   Rxd Female	RXBAR Arena
1410 - 1425hrs	Event 02 & 03   Heat 02   Rxd Female	RXBAR Arena
1450 - 1505hrs	Event 02 & 03   Heat 01   Rxd Male	RXBAR Arena
1510 - 1525hrs	Event 02 & 03   Heat 02   Rxd Male	RXBAR Arena
1530 - 1545hrs	Event 02 & 03   Heat 03   Rxd Male	RXBAR Arena
1550 - 1605hrs	Event 02 & 03   Heat 04   Rxd Male	RXBAR Arena
1610 - 1620hrs	Event 03   Heat 01   Rxd Team	RXBAR Arena
1625 - 1635hrs	Event 03   Heat 02   Rxd Team	RXBAR Arena
1640 - 1650hrs	Event 03   Heat 03   Rxd Team	RXBAR Arena
1700 - 1720hrs	Event 04   Heat 01   Rxd Female	RXBAR Arena
1750 - 1810hrs	Event 04   Heat 01   Rxd Male	RXBAR Arena
1815 - 1835hrs	Event 04   Heat 02   Rxd Male	RXBAR Arena
1845 - 1930hrs	Elite and Rxd individual athlete briefing	NOCCO Arena \ RXBAR ARENA

## Sunday 24 February

<b>Time</b>	<b>Action</b>	<b>Facility</b>
0730 - 0815hrs	Elite and Rxd team athlete briefing	NOCCO Arena \ RXBAR ARENA
0815hrs	Spectator registration opens	ExCeL- Halls S11 - S14
0900 - 0920hrs	Event 04 & 05   Heat 01   Rxd Team	RXBAR ARENA
0925 - 0945hrs	Event 04 & 05   Heat 01   Rxd Team	RXBAR ARENA
0950 - 1010hrs	Event 04 & 05   Heat 01   Rxd Team	RXBAR ARENA
1020 - 1045hrs	Event 05   Heat 01   Rxd Female	Outside
1050 - 1115hrs	Event 05   Heat 02   Rxd Female	Outside
1105 - 1120hrs	Event 06   Heat 01   Rxd Team	RXBAR ARENA
1120 - 1145hrs	Event 05   Heat 01   Rxd Male	Outside
1125 - 1140hrs	Event 06   Heat 02   Rxd Team	RXBAR ARENA
1145 - 1200hrs	Event 06   Heat 03   Rxd Team	RXBAR ARENA
1150 - 1215hrs	Event 05   Heat 02   Rxd Male	Outside
1215 - 1230hrs	Event 06   Heat 01   Rxd Female	RXBAR ARENA
1235 - 1250hrs	Event 06   Heat 02   Rxd Female	RXBAR ARENA
1315 - 1350hrs	Event 07   Heat 01   Rxd Team	Outside
1320 - 1335hrs	Event 06   Heat 01   Rxd Male	RXBAR ARENA
1355 - 1430hrs	Event 07   Heat 02   Rxd Team	Outside
1340 - 1355hrs	Event 06   Heat 02   Rxd Male	RXBAR ARENA
1400 - 1415hrs	Event 06   Heat 03   Rxd Male	RXBAR ARENA
1420 - 1435hrs	Event 06   Heat 04   Rxd Male	RXBAR ARENA
1455 - 1505hrs	Event 07   Heat 01   Rxd Female	RXBAR ARENA
1510 - 1520hrs	Event 07   Heat 02   Rxd Female	RXBAR ARENA
1550 - 1600hrs	Event 07   Heat 01   Rxd Male	RXBAR ARENA
1605 - 1615hrs	Event 07   Heat 02   Rxd Male	RXBAR ARENA
1620 - 1630hrs	Event 07   Heat 03   Rxd Male	RXBAR ARENA
1635 - 1645hrs	Event 07   Heat 04   Rxd Male	RXBAR ARENA
1700hrs	CFSiD19 RXDPodium	RXBAR ARENA