



# FRIDAY



## HALENBECK FIELD HOUSE

## NATIONAL HOCKEY CENTER

## FOOTBALL FIELD

### MAIN FIELD

### ENDZONE

8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm  
8pm

**MEN'S TEAM III**  
9:00 - 12:12

**MASTERS & TEENS**  
9:00 - 10:44

**WOMEN'S TEAM III**  
9:00 - 1:00

**PRO TEAM OF 4**  
10:55 - 12:07

**PRO INDIVIDUALS**  
12:57 - 1:58

**WOMEN'S TEAM III**  
1:07 - 3:41

**MASTERS & TEENS**  
1:20 - 4:10

**MEN'S TEAM III**  
10:30 - 4:30

**PRO TEAM OF 4**  
2:20 - 2:58

**WOMEN'S TEAM III**  
3:18 - 6:43

**MEN'S TEAM III**  
3:55 - 7:09

**PRO INDIVIDUALS**  
4:50 - 6:15

**PRO TEAM OF 4**  
6:35 - 6:55

**WORKOUT FOR VOLUNTEERS**  
7:30 - 8:15

### // COMMUNITY WORKOUT AREA //

**OPEN GYM**  
10:00am - 12:00pm

**SPECTATOR WORKOUT**  
12:30pm - 1:15pm

**OPEN GYM**  
1:30pm - 4:00pm

**SPECTATOR WORKOUT**  
4:30pm - 5:15pm



# SATURDAY



## HALENBECK FIELD HOUSE

## NATIONAL HOCKEY CENTER

## FOOTBALL FIELD

### MAIN FIELD

### ENDZONE

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

**SUNRISE YOGA**  
7:30am – 8:00am

**MEN'S TEAM III**  
9:00 – 11:12

**PRO TEAM OF 4**  
9:00 – 10:12

**MASTERS & TEENS**  
9:30 – 11:14

**WOMEN'S TEAM III**  
9:30 – 2:30

**MASTERS & TEENS**  
11:21 – 2:09

**MEN'S TEAM III**  
10:30 – 12:54

**PRO TEAM OF 4**  
11:45 – 12:25

**PRO INDIVIDUALS**  
2:15 – 3:27  
// NATIONAL ANTHEM @ 3:42 //

**WOMEN'S TEAM III**  
1:54 – 4:06

**MEN'S TEAM III**  
1:25 – 3:45  
// NATIONAL ANTHEM @ 4:05 //

**PRO TEAM OF 4**  
3:45 – 4:23

**MASTERS & TEENS**  
4:10 – 5:57  
// NATIONAL ANTHEM @ 6:27 //

**MEN'S TEAM III**  
4:10 – 5:30

**WOMEN'S TEAM III**  
4:40 – 6:59

**PRO INDIVIDUALS**  
6:30 – 7:09

**// COMMUNITY WORKOUT AREA //**

<b>SPECTATOR WORKOUT</b> 9:00am – 9:45am	<b>OPEN GYM</b> 10:00am – 12:00pm	<b>SPECTATOR WORKOUT</b> 12:30pm – 1:15pm	<b>OPEN GYM</b> 1:30pm – 6:00pm
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# SUNDAY



## HALENBECK FIELD HOUSE

## NATIONAL HOCKEY CENTER

## FOOTBALL FIELD

7am

**SUNRISE YOGA**  
7:00am – 7:30am

8am

**MASTERS & TEENS**  
8:00 – 10:24

**PRO TEAM OF 4**  
8:00 – 8:56

**MEN'S TEAM III**  
8:00 – 11:24

9am

10am

11am

**PRO INDIVIDUALS**  
10:40 – 11:40

**WOMEN'S TEAM III**  
9:10 – 12:06

**PRO TEAM OF 4**  
11:41 – 12:05

12pm

1pm

**MASTERS & TEENS**  
12:20 – 2:16

**MEN'S TEAM III**  
12:46 – 2:38

**WOMEN'S TEAM III**  
12:45 – 2:27

2pm

3pm

**PRO INDIVIDUALS & TEAM FINALS**  
2:30 – 3:04

// NATIONAL ANTHEM @ 2:54 //

// NATIONAL ANTHEM @ 2:42 //

// NATIONAL ANTHEM @ 3:18 //

**MEN'S TEAM III**  
2:56 – 3:44

**WOMEN'S TEAM III**  
2:44 – 3:52

4pm

5pm

**AWARDS CEREMONY @ NHC ENTRANCE**  
5:00 – 5:45

**AFTER PARTY @ THE RED CARPET**  
8:00pm – 12:00am

// **COMMUNITY WORKOUT AREA** //

**OPEN GYM**  
7:00am – 12:00pm