



<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>High School Adventure Challenge</b>	<b>Frontier Adventure Challenge (All-Ages Race)</b>
<b>Friday</b>	1400 - 1800	Tennis Courts		Volunteer Check-In
	1600 - 2100	Tennis Courts	Competitor Registration	Competitor Registration
<b>Saturday</b>	0700 - 0830	Tennis Courts		Registration and Map Distribution
	0830 - 0900	Tennis Courts		Competitor Briefing
	1000	Start / Finish		Race Start (adult race)
	1000 - 1200	Tennis Courts	Competitor and Volunteer Registration	
	1200 - 1245	Tennis Courts	Group Welcome and workshop briefing	
	1245 - 1700	Start / Finish	<b>*Workshops</b> (Free for Competitors)	
	1800			Race Officially Ends (adult race)
	1700 - 1800	Tennis Courts	Late Registration	
	1700 - 1900	Water House		Awards Dinner
	2000 - 2030	Tennis Courts	Volunteer Briefing	
<b>Sunday</b>	0700 - 0730	Tennis Courts	Map Distribution	
	0730 - 0745	Tennis Courts	Competitor Briefing	
	0800	Start / Finish	Race Start	
	1400		Race Officially ends	
	1400 - 1500	Tennis Court	Awards Ceremony and Prizes	

### **Saturday Workshop Schedule and Locations**

<b>Group</b>	<b>1300 - 1410</b>	<b>1425 - 1535</b>	<b>1550 - 1700</b>
<b>One</b>	Bike	Paddle	Navigation
<b>Two</b>	Paddle	Navigation	Bike
<b>Three</b>	Navigation	Bike	Paddle

<b>Discipline</b>	<b>Locations:</b>
Bike	Start / Finish Area
Navigation	Tennis Courts
Paddling	Deerhurst Beach