

**THURSDAY, JUNE 13, 2019**

Registration/Athlete Services Hours: 8:00am-9:00pm

Athlete Lounge Hours: 8:00am-9:00pm

	Park	Street	Stage	Press Center	Venue Hours
8:00 AM					
8:15 AM					
8:30 AM					
8:45 AM					
9:00 AM		Women's Semi Final PS		Press Center	
9:15 AM		<i>Practice (12 PP)</i>		9:00am-8:30pm	
9:30 AM		9:00-9:45			
9:45 AM					
10:00 AM	Love + Guts Practice			Qualifier Course	
10:15 AM	9:45-10:45	Women's Quarter Final		Hosted by Mtn Dew	
10:30 AM		Warm Up (QF ONLY)		10:00-11:30	
10:45 AM		(30 PP)			
11:00 AM	<b>Pink Helmet Posse</b>	10:00-12:45			
11:15 AM	11:00-12:00				
11:30 AM					
11:45 AM					
12:00 PM					
12:15 PM					
12:30 PM					
12:45 PM		<i>Heat 1 Warm up - 10 Minutes</i>			
1:00 PM	Women's Semi Final				
1:15 PM	Warm Up (SF ONLY)				
1:30 PM	<i>Practice Heat 1 &amp; 2 (12 PP)</i>	<b>Women's Quarter Final</b>			
1:45 PM	1:00-2:00	1:00-3:00			
2:00 PM					
2:15 PM	Women's Semi Final				Venue Hours
2:30 PM	Warm Up (SF ONLY)				2:00-9:00
2:45 PM	<i>Practice Heat 3 &amp; 4 (12 PP)</i>				
3:00 PM	2:15-3:15				
3:15 PM	<i>Heat 1 Warm up - 10 Minutes</i>				
3:30 PM					
3:45 PM	<b>Women's Semi Final</b>	Men's Quarter Final	Blackillac		
4:00 PM	3:30-6:00	Warm Up (QF ONLY)	3:30-4:30		
4:15 PM		(30 PP)	Soundcheck		
4:30 PM		3:30-6:15			
4:45 PM	<i>10 Minute Warm Up</i>				
5:00 PM	<i>before each heat</i>				
5:15 PM					
5:30 PM					
5:45 PM					
6:00 PM			<b>Blackillac</b>		
6:15 PM	Men's QF & SF	<i>Heat 1 Warm up - 10 Minutes</i>	6:00-6:30		
6:30 PM	Practice Heat 1 (15 PP)				
6:45 PM	6:15-7:00	<b>Men's Quarter Final</b>			
7:00 PM		6:30-8:30			
7:15 PM	Men's QF & SF				
7:30 PM	Practice Heat 2 (15 PP)				
7:45 PM	7:15-8:00				
8:00 PM					
8:15 PM	Men's QF & SF				
8:30 PM	Practice Heat 3 (12 PP)				
8:45 PM	8:15-9:00				
9:00 PM					