

**SATURDAY, SEPT. 10****Thomas Jefferson Community Center**

8:00 am.....3 mile walk

**9:00 am .....Welcome and Opening Events**

9:30 am.....1600 meter run

10:30 am.....800 meter walk

11:00 am.....60 meter dash

11:30 am.....200 meter run

12:00 pm.....Break

12:00 pm.....2K Rowing

12:30 pm.....400 meter walk

1:00 pm.....400 meter run

1:30 pm.....1600 meter walk

2:00 pm.....800 meter run



3:00 pm.....Diving ..... Yorktown High School (pool)

**SUNDAY, SEPT. 11**

Time	Event	Location
8 am	Cycling (10K, sign in 7:30 am)	Vint Hill Village Green
9 am	Cycling (20K, sign in 8:30 am)	Vint Hill Village Green
11:00 am	Orienteering Advanced Beginner Course	Lake Accotink Park
11:30 am	Orienteering Short Advanced Course	Lake Accotink Park

**MONDAY, SEPT. 12 (\*Rain Date: Sept. 19)**

Time	Event	Location
9 am	Golf Rain Date TBD	Heritage Hunt Golf and Country Club
10 am	Racquetball	Audrey Moore Rec Ctr.
10 am	Scrabble	Falls Church Comm Ctr.
10 am	Tennis Singles (50-69)*	Wakefield District Park
11 am	Ten-Pin Bowling	Bowl America Shirley
11 am	Wii Bowling (no groups)	Greenspring Retire Com.
1:00 pm	Wii Bowling (groups only)	Greenspring Retire Com.

**WEDNESDAY, SEPT. 14 (\*Rain Date: Sept. 24)**

Time	Event	Location
10 am	Tennis Singles (70+)*	Wakefield District Park
10:30 am	Miniature Golf*	Oak Marr Mini Golf Course
10:30 am	Handball Doubles	Audry Moore Rec Ctr.
11 am	Frisbee Throw*	Wakefield District Park
11 am	Wii Bowling (groups only)	Greenspring Retire Com.
12:00 pm	Softball Throw*	Wakefield District Park
12:30 pm	Bunco	Hollin Hall Senior
1:00 pm	Wii Bowling (groups only)	Greenspring Retire Com.
1:00 pm	Softball Hit*	Wakefield District Park
2:00 pm	Football Throw*	Wakefield District Park

**THURSDAY, SEPT. 15 (\*Rain Date: Sept. 22)**

Time	Event	Location
9 am	Table Tennis	Charles Houston Rec Ctr.
10 am	Handball Singles	Audrey Moore Rec Ctr.
10 am	Bridge – Duplicate	St. Andrews Episcopal Church
10 am	Dominoes – Mexican Train	Arlington Mill Comm Ctr.
10 am	Tennis Doubles (all ages)	Wakefield District Park
10 am	Bocce*	Fairfax Sr. Center, Green Acres
11am	Horseshoes*	Fairfax Sr. Center, Green Acres

**FRIDAY, SEPT. 16 (\*Rain Date: Sept. 23)**

Time	Event	Location
10 am	Tennis Mixed Doubles (all ages)	Wakefield District Park
10 am	Rummikub	Arlington Mill Comm Ctr.
10 am	Cornhole – Doubles	Arlington Mill Comm Ctr.
11 am	Cornhole – Mixed Doubles	Arlington Mill Comm Ctr.
12 pm	Cornhole – Singles	Arlington Mill Comm Ctr.
1:00 pm	Sudoku	Arlington Mill Comm Ctr.

**Swimming**

9 am	Breaststroke - 100 yds	Claude Moore Rec Ctr.
9:30 am	Freestyle - 50 yds	Claude Moore Rec Ctr.
10 am	Backstroke - 100 yds	Claude Moore Rec Ctr.
10:30 am	Breaststroke - 50 yds	Claude Moore Rec Ctr.
11:00 am	Freestyle - 100 yds	Claude Moore Rec Ctr.
11:30 am	Backstroke - 50 yds	Claude Moore Rec Ctr.
12:15 pm	Freestyle - ½ Mile, 900 yds	Claude Moore Rec Ctr.

**SATURDAY, SEPT. 17**

Time	Event	Location
8 am	Volleyball (women)	Chinn Aquatics & Fitness Center
10 am	Badminton	N. VA Badminton Club
11 :00 am	Basketball Field Goals (all)	TJ Community Center
11:30 am	Basketball Free Throws (all)	TJ Community Center
1:00 pm	Men's 3 on 3 Basketball	TJ Community Center
6:00 pm	5K Road Race (check-in time 5:00 pm)	South Lakes High School

**SUNDAY, SEPT. 18**

Time	Event	Location
8:30 am	Volleyball (men)	Chinn Aquatics & Fitness Ctr.
12:00 pm	Mah Jongg	The Virginian

**Field Events**

9:00 am	Standing Long Jump	Stone Bridge H.S. Stadium
9:30 am	Discus	Stone Bridge H.S. Stadium
10:00 am	Running Long Jump	Stone Bridge H.S. Stadium
10:30 am	Shot Put	Stone Bridge H.S. Stadium
12:00 pm	Mini Javelin Throw	Stone Bridge H.S. Stadium
1:00 pm	High Jump	Stone Bridge H.S. Stadium

**MONDAY, SEPT. 19**

Time	Event	Location
9 am	Pickleball – Mixed Doubles	Thomas Jefferson Com Ctr.
11 am	Eight Ball Pool (men & women)	The Revolution Darts and Billiards
11 am	Cribbage	Baileys Senior Center
12:00 pm	Yo-Yo	The Revolution Darts and Billiards

**TUESDAY, SEPT. 20**

Time	Event	Location
9 am	Pickelball Doubles	Thomas Jefferson Com Ctr.
11 am	Nine Ball Pool (men & women)	The Revolution Darts and Billiards

**WEDNESDAY, SEPT. 21**

Time	Event	Location
9 am	Pickelball Singles	Thomas Jefferson Com Ctr.
2:00 pm	Spelling Bee	Lee Community Center