

## 2017 EVENTS SCHEDULE

## SATURDAY, SEPTEMBER 9

Time	Event	Location
	<b>Track Indoor</b>	
8:00 am	3 mile walk	Thomas Jefferson Com Center
9:00 am	Welcome and Opening Events	Thomas Jefferson Com Center
9:30 am	1600 meter run	Thomas Jefferson Com Center
10:30 am	800 meter walk	Thomas Jefferson Com Center
11:00 am	60 meter dash	Thomas Jefferson Com Center
11:30 am	200 meter run	Thomas Jefferson Com Center
12:00 pm	<b>Break</b>	Thomas Jefferson Com Center
12:30 pm	400 meter walk	Thomas Jefferson Com Center
1:00 pm	400 meter run	Thomas Jefferson Com Center
1:30 pm	1600 meter walk	Thomas Jefferson Com Center
2:00 pm	800 meter run	Thomas Jefferson Com Center
12:00 pm	<b>Rowing ERG</b>	Thomas Jefferson Comm Center
3:00 pm	<b>Diving</b>	Yorktown High School Pool

## SUNDAY, SEPTEMBER 10

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

## MONDAY, SEPTEMBER 11

Time	Event	Location
10:00 am	Scrabble	Falls Church Community Center
10:00 am	Tennis Singles (50-69)	Wakefield District Park
11:00 am	Ten-Pin Bowling	Bowl America Shirley
11:00 am	Wii Bowling (see note below)	Greenspring Retirement Community
1:00 pm	Wii Bowling (see note below)	Greenspring Retirement Community

## TUESDAY, SEPTEMBER 12

Time	Event	Location
10:00 am	Rummikub	Walter Reed Community Center
11:00 am	Wii Bowling (see note below)	Greenspring Retirement Community
1:00 pm	Wii Bowling (see note below)	Greenspring Retirement Community

## WEDNESDAY, SEPTEMBER 13

Time	Event	Location
10:00 am	Rapid Chess	Walter Reed Community Center
10:00 am	Tennis Singles (70+)	Wakefield District Park
10:30 am	Mini-Golf	Oak Mar Rec Center Mini-Golf
11:00 am	Football & Frisbee Throw	Wakefield District Park
12:00 pm	Softball Hit & Throw	Wakefield District Park
2:00 pm	Cribbage	Lincolnia Senior Center

## THURSDAY, SEPTEMBER 14

Time	Event	Location
9:00 am	Golf (Rain Date: TBD)	Heritage Hunt Golf & C C
10:00 am	Racquetball	Audrey Moore ReCenter
10:00 am	Dominoes-Mexican Train	Goodwin House-Bailey's Crossroad
10:00 am	Tennis Doubles	Wakefield District Park
10:30 am	Bridge-Duplicate	St. Andrews Episcopal Church
10:00 am	Bocce*	Fairfax Senior Center, Green Acres
12:00 pm	Horseshoes*	Fairfax Senior Center, Green Acres

\*Rain Date Wednesday, September 21

## FRIDAY, SEPTEMBER 15

Time	Event	Location
	<b>Swimming</b>	
8:30 am	Warmup	Claude Moore Rec Center
9:00 am	Breaststroke - 100 yds	Claude Moore Rec Center
9:30 am	Freestyle - 50 yds	Claude Moore Rec Center
10:00 am	Backstroke - 100 yds	Claude Moore Rec Center
10:30 am	Breaststroke - 50 yds	Claude Moore Rec Center
11:00 am	Freestyle - 100 yds	Claude Moore Rec Center
11:30 am	Backstroke - 50 yds	Claude Moore Rec Center
12:30 pm	Freestyle - 900 yds (~1/2 mile) #	Claude Moore Rec Center
1:00 pm	<b>Sudoku</b>	Arlington Mill Com Center
9:00 am	Cornhole Toss Singles	Fairlington Com Center
10:00 am	Cornhole Toss Mixed Doubles	Fairlington Com Center
1:00 pm	Cornhole Toss Doubles	Fairlington Com Center
10:00 am	Handball Singles	Audrey Moore ReCenter

## SATURDAY, SEPTEMBER 16

Time	Event	Location
9:00 am	Table Tennis	Providence Rec Center
9:00 am	Pickleball (50-59, All events)	Manassas Park CC
9:00 am	Badminton Singles	No. VA Badminton Club
10:00 am	Badminton Doubles & Mixed	No. VA Badminton Club
11:00 am	Basketball Field Goals	TJ Community Center
11:30 am	Basketball Free Throws	TJ Community Center
1:00 pm	Men's 3x3 Basketball	TJ Community Center

## SUNDAY, SEPTEMBER 17

Time	Event	Location
12:00 pm	Mah Jongg	The Virginian
	<b>Field Events</b>	
2:00 pm	Standing Long Jump	Falls Church High School
2:30 pm	Shot Put	Falls Church High School
3:00 pm	Running Long Jump	Falls Church High School
3:30 pm	Discus	Falls Church High School
4:30 pm	Mini Javelin	Falls Church High School
5:00 pm	High Jump	Falls Church High School

## MONDAY, SEPTEMBER 18

Time	Event	Location
9:00 am	Pickleball - Mixed Doubles (60+)	TJ Community Center
10:00 am	Handball Doubles	Audrey Moore ReCenter
11:00 am	Eightball Pool (Women)	Lincolnia Senior Center
1:00 pm	Nineball Pool (Women)	Lincolnia Senior Center

## TUESDAY, SEPTEMBER 19

Time	Event	Location
9:00 am	Pickleball - Doubles (60+)	TJ Community Center
10:00 am	Eightball Pool (Men)	Lincolnia Senior Center

## WEDNESDAY, SEPTEMBER 20

Time	Event	Location
9:00 am	Pickleball - Singles (60+)	TJ Community Center
10:00 am	Nineball Pool (Men)	Lincolnia Senior Center
10:00 am	Yo-Yo	Westminster at Lake Ridge
1:00 pm	Bunco	Hollin Hall

Wii bowling Note: Event Director will contact all competitors 1 week prior to event to schedule participant time slots.

# Swimming Note: 1/2 mile competitors may be assigned 2 swimmers per lane depending on number of participants.