

6

2018 EVENT SCHEDULE

SATURDAY, SEPTEMBER 15

Time	Event	Location
	Track-In door	
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	Break	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

Time	Event	Location
12:00 pm	Rowing ERG	Thomas Jefferson Com Center
3:00 pm	Diving	Yorktown High School Pool

SUNDAY, SEPTEMBER 16

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	Occoquan Regional Park
11:00 am	Orienteering Advanced Course	Occoquan Regional Park

MONDAY, SEPTEMBER 17

Time	Event	Location
9:00 am	Beach Ball Wallyball	Providence RECenter
10:00 am	Scrabble	Falls Church Com Center
10:00 am	Tennis Singles (50-69)	Wakefield District Park
11:00 am	Ten-Pin Bowling	Bowl America Shirley
9:30 am	Wii Bowling (see note below)	Greenspring Retirement Commun.
1:00 pm	Wii Bowling (see note below)	Greenspring Retirement Commun.
11:00 am	Pool 8-Ball (Women)	Lincolnia Senior Center
1:00 pm	Pool 9-Ball (Women)	Lincolnia Senior Center
2:00 pm	Cribbage	Lincolnia Senior Center

TUESDAY, SEPTEMBER 18

Time	Event	Location
9:00 am	Beach Ball Wallyball (if needed)	Providence RECenter
10:00 am	RummiKub	Walter Reed Community Center
9:30 am	Wii Bowling (see note below)	Greenspring Retirement Commun.
1:00 pm	Wii Bowling (see note below)	Greenspring Retirement Commun.
11:00 am	Football & Frisbee Throw	Wakefield District Park
12:30 pm	Softball Hit & Throw	Wakefield District Park
1:00 pm	Chess-Rapid	Walter Reed Community Center
10:00 am	Pool 8-Ball (Men)	Lincolnia Senior Center
10:00 am	Tennis Singles (70+)	Wakefield District Park

WEDNESDAY, SEPTEMBER 19 No Events

THURSDAY, SEPTEMBER 20 *Rain date Sept. 27

Time	Event	Location
9:00 am	Beach Ball Wallyball (if needed)	Providence RECenter
10:00 am	Racquetball	Audrey Moore RECenter
10:00 am	Dominoes-Mexican Train	Goodwin House-Bailey's Crossrd
10:00 am	Tennis Doubles	Wakefield District Park
10:30 am	Bridge-Duplicate	St. Andrews Episcopal Church
10:00 am	Bocce	Fairfax Sr. Center, Green Acres
10:00 am	Pool 9-Ball (Men)	Lincolnia Senior Center
12:00 pm	Horseshoes	Fairfax Sr. Center, Green Acres

FRIDAY, SEPTEMBER 21

Time	Event	Location
	Swimming	Dulles So Multipurpose Center
8:30 am	Warmup	Dulles So Multipurpose Center
9:00 am	Breaststroke - 100 yds	Dulles So Multipurpose Center
9:30 am	Freestyle - 50 yds	Dulles So Multipurpose Center
10:00 am	Backstroke - 100 yds	Dulles So Multipurpose Center
10:30 am	Breaststroke - 50 yds	Dulles So Multipurpose Center
11:00 am	Freestyle - 100 yds	Dulles So Multipurpose Center
11:30 am	Backstroke - 50 yds	Dulles So Multipurpose Center
12:00 pm	Freestyle - 900 yds (~1/2 mile) #	Dulles So Multipurpose Center

9:00am	Beach Ball Wallyball (If needed)	Providence RECenter
9:00 am	Cornhole Toss Singles	Arlington Mill Com Center
11:00 am	Cornhole Toss Mixed Doubles	Arlington Mill Com Center
1:00 pm	Cornhole Toss Doubles	Arlington Mill Com Center
1:00 pm	Sudoku	Arlington Mill Com Center
10:00 am	Handball Singles	Audrey Moore RECenter
10:00 am	Tennis Singles (70+ finals)	Wakefield District Park

SATURDAY, SEPTEMBER 22

Time	Event	Location
8:00 am	Volleyball (women)	Lake Braddock Secondary Sch
9:00 am	Table Tennis	Providence Com Center
9:00 am	Pickleball (50-59, All events)	Manassas Park Com Center
9:00 am	Badminton Singles	No. Virginia Badminton Club
10:00 am	Badminton Doubles & Mixed	No. Virginia Badminton Club
11:00 am	Basketball Field Goals	Thomas Jefferson Com Center
11:30 am	Basketball Free Throws	Thomas Jefferson Com Center
1:00 pm	Men's 3x3 Basketball	Thomas Jefferson Com Center
6:00 pm	5K Road Race (check-in 5 pm)	South Lakes High School

SUNDAY, SEPTEMBER 23

Time	Event	Location
8:30 am	Volleyball (Men)	Lake Braddock Secondary Sch
1:00 pm	Mah Jongg	The Virginian

Field Events (TBD)

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 24

Time	Event	Location
9:00 am	Pickleball - Mixed Doubles (60+)	Thomas Jefferson Com Center
10:00 am	Handball Doubles	Audrey Moore RECenter
1:00 pm	Canasta	The Jefferson

TUESDAY, SEPTEMBER 25

Time	Event	Location
9:00 am	Pickleball - Doubles (60+)	Thomas Jefferson Com Center
10:00 am	Croquet-9 Wicket (Rain date 9/26)	Walter Reed Com Center
10:30 am	Mini-Golf (rain date 10/2)	Oak Marr RECenter Mini-Golf
9:00 am	Golf (Rain Date TBD) Checkin 8am	Prince William Golf Course

WEDNESDAY, SEPTEMBER 26

Time	Event	Location
9:00 am	Pickleball - Singles (60+)	Thomas Jefferson Com 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: Check-in 11:30 am; 1/2 mile competitors may be assigned 2 swimmers per lane depending on number of participants.