



VALOR GAMES FAR WEST 2015

EVENT SCHEDULE*

Friday, May 29, 2015 - Coast Guard Island; Alameda, CA

- 12:30pm - 2:30pm: Athletes Arrive at Executive Inn & Suites for Event Check-In
- 3:00pm - 4:00pm: Opening Ceremony
- 4:30pm - 6:00pm: Competition Sport Clinics in Archery, Biathlon, Field, Powerlifting & Rowing
- 6:00pm - 7:00pm: Dinner and Evening Social
- 7:00pm - 8:00pm: Competition Sport Clinics in Archery, Biathlon, Field, Powerlifting & Rowing

Saturday, May 30, 2015 - Coast Guard Island; Alameda, CA

- 8:00am - 12:00pm: Powerlifting (bench press) Competition
- 8:00am - 12:00pm: Indoor Rowing Competition
- 9:00am - 12:00pm: Resource Fair
- 12:00pm - 1:00pm: Lunch
- 1:00pm - 5:00pm: Archery Competition
- 1:00pm - 5:00pm: Interactive Sport Clinics: Boccia, CrossFit, Tennis
- 6:30pm - 9:00pm: Dinner and Evening Social at Oakland Aviation Museum

Sunday, May 31, 2015 - Coast Guard Island; Alameda, CA

- 8:00am - 12:00pm: Cycling Competition
- 12:00pm - 1:00pm: Lunch
- 1:00pm - 5:00pm: Swimming Competition
- 1:00pm - 5:00pm: Biathlon Competition
- 1:00pm - 5:00pm: Interactive Sport Clinics: Basketball
- 6:30pm - 9:30pm: Dinner and Evening Social at The Terrace Room

Monday, June 1, 2015 - Coast Guard Island; Alameda, CA

- 7:00am: Check-Out of Executive Inn & Suites
- 8:00am - 11:30am: Field (shot put and discus) Competition
- 11:45am - 1:00pm: Lunch provided by Outback Steakhouse
- 12:00pm - 1:00pm: Closing Ceremony

*Schedule is subject to change at the discretion of Local Organizing Committee.