

ONTARIO SAILING COMBINE

2013 Schedule

| <u>DATE</u> | <u>TIME</u> | <u>WHAT'S HAPPENING</u> |
|---------------------------------|-------------------|--|
| Thursday, September 19, 2013 | 8:30AM - 9:00AM | Registration Portsmouth Harbour Sail measurement hall |
| | 9:00AM - 9:10AM | Welcoming |
| | 9:15AM - 11:30AM | Fitness Testing |
| | 11:30AM - 12:15PM | Lunch - Athletes responsible for own lunch |
| | 12:20PM | Briefing |
| | 1:00PM - 4:00PM | On-water Session One |
| | 4:30PM - 5:15PM | De-brief |
| | After Sailing | Quest for Gold presentation for Athletes, Parents and Coach's |
| Friday, September 20, 2013 | 9:30AM - 10:00AM | Morning Fitness |
| | 10:05AM | Morning Briefing |
| | 11:00AM - 2:00PM | On-water Session Two - Athletes bring energy bars & hydration on the water with them |
| | 2:30PM - 3:30PM | Debrief / Closing Remarks |
| | 2:30PM - 4:30PM | Targeted Individual Interviews |
| | 5:00PM | Rule 42 Seminar in the Press Room |
| | Day Ends | |
| Saturday 21-Sunday 22 | All Day | Fall CORK (Please NOTE: You must register separately for Fall CORK) |

What to Bring

- Boat
- Sailing gear
- Fitness gear (running shoes, shorts, shirt)
- Yearly training Plan
- Logbook
- Racing Rules Book