



# Monday 29<sup>th</sup> August

Sponsor	Time	Event	Location
 	Registration: 8:30am <b>Start: 8:45am</b>	<b>Rise &amp; Shine Beach Yoga</b>	Harbour Beach
<b>Marcus Longbottom</b>	<b>Start: 9:45am</b>	<b>Land &amp; Sea Race</b>	Harbour Beach
	<b>Start: 10:00am</b>	<b>Sailing Race</b>	Bigbury Bay
<b>James Rossiter</b>	<b>Start: 10:45am</b>	<b>Swimming Races</b>	Harbour Beach
	<b>Start: 11:30am</b>	<b>Kayak Races</b>	Harbour Beach
	<b>Start: 12:00pm</b>	<b>Beach Flags</b>	Harbour Beach
	<b>Start: 2:00pm</b>	<b>Raffle draw Medal presentations</b>	Outer Hope Square

