

APEX

Event Day SCHEDULE

9:00am-9:30am	4th / SDC	9:00am	Arrive	5 min.
		9:05am	Intro	5 min.
		9:10am	JOG	15 min.
		9:25am	Depart	5 min.
9:30am-10:00am	5th	9:30am	Arrive	5 min.
		9:35am	Intro	5 min.
		9:40am	JOG	15 min.
		9:55am	Depart	5 min.
10:00am-10:30am	1st	10:00am	Arrive	5 min.
		10:05am	Intro	5 min.
		10:10am	JOG	15 min.
		10:25am	Depart	5 min.
10:30am-11:00am	3rd	10:30am	Arrive	5 min.
		10:35am	Intro	5 min.
		10:40am	JOG	15 min.
		10:55am	Depart	5 min.
11:00am-11:30am	TK	11:00am	Arrive	5 min.
		11:05am	Intro	5 min.
		11:10am	JOG	15 min.
		11:25am	Depart	5 min.
11:30am-12:00pm	2nd	11:30am	Arrive	5 min.
		11:35am	Intro	5 min.
		11:40am	JOG	15 min.
		11:55am	Depart	5 min.
----- 1.5 hour break -----				
1:35pm-2:05pm	Kinder	1:35pm	Arrive	5 min.
		1:40pm	Intro	5 min.
		1:50pm	JOG	15 min.
		2:00pm	Depart	5 min.
		2:05pm	Event OVER	