



CAF Community Weekend 2019 Schedule of Events

Fri., October 18, 2019

- 9:00 – 11:00 am** **XTERRA Wetsuits Open Water Swim Clinic**
Must register to participate
- Junior Seau Foundation Adaptive Surf Program Kids Clinic**
presented by Cavnignac & Associates
- 12:30 – 3:30 pm** **“Meet and Greet” Challenged Athletes & Family Picnic**
1:00 pm – 3:30pm **MDC cyclists arrive** at Kellogg Park, La Jolla Shores
- 6:30 pm – 8:30 pm** **Celebration of Abilities Dinner** at Qualcomm
Irwin M. Jacobs Qualcomm Hall: 5775 Morehouse Drive, San Diego
- 6:30 pm – 7:30 pm** Registration and Dinner
7:30 pm – 8:30 pm Program

Sat., October 19, 2019

- 9:00 am-12:00 noon** **Challenged Athlete Clinics** – Jewish Community Center (JCC), 4126 Executive Drive, La Jolla, CA
- **Össur Running and Mobility Clinic, presented by CAF**
 - **Challenged Athletes Wheelchair Tennis & Swim Clinics**
- 11:00 am – 3:00 pm** **SDTC Registration & Packet Pickup** – Deni & Jeff Jacobs Challenged Athletes Center, 9591 Waples Street, San Diego, CA
- **Triathlon registration, goodie bag pick-up**

Sun., October 20, 2019

ASPEN MEDICAL PRODUCTS **SAN DIEGO TRIATHLON CHALLENGE**, YMCA OF SAN DIEGO COUNTY **TOUR DE COVE**, CAF 5K RUN/WALK, KAISER PERMANENTE THRIVE YOGA BY THE SEA – **La Jolla Cove**

- 6:00 – 8:00 am** Continental Athlete Breakfast
- 6:00 am – 2:00 pm** **SDTC VIP Tent Open**
- 6:30 am** Event check-in at La Jolla Cove, Transition area open & body marking
- 7:00 am** **Parade of Athletes** legends, celebrities, challenged athletes
- 7:40 am** **National Anthem – Samuel Nehemiah**
- 8:00** Swim Start - In Waves
- 8:15 am** Bike course start time for relay cyclists, handcyclists & MDC cyclists
- 8:30 am – 2:00 pm** CAF Village, CAF Store, Silent Auction, Family Fun Zone
- 9:00 am** Alternative Start for 10 mile relay runners
- 9:00 am – 1:30 pm** YMCA of San Diego County **Tour de Cove**
- Session 1 – 9:00am – 10:30am
 - Session 2 – 10:30am – 12:00pm
 - Session 3 – 12:00pm – 1:30pm



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9:00 am – 11:00 pm	5k Fitness Walk Check In & Registration Open
9:30 am	Wheelchairs depart on wheelchair run course
9:30 am – 1:30 pm	Paul Mitchell Cut-a-thon
9:45 am	Kids Pre-Run Stretch
10:00 am	Philadelphia Insurance Challenged Athletes Kids Sprint & Run
11:00 am – 12:30 pm	Kaiser Permanente Thrive Yoga by the Sea
11:15 am	5K Fitness Walk – Staggered Start
2:00 pm	Thanks to CAF Ceremony
4:00 pm	Course officially closes