

2019 CAF Sports Day Schedule of Events

Date	Time	Event	Location	
			CFB Halifax	HMC Dockyard
20-Sep-19	0630-0730	CFAST & Triathlon Club Lane Swim		
	0730-0830	S1 Lane Swim		
	0730-0745	All participants report to locations	Various locations	Various locations
	0750	MC Welcome		D201
	0755	Opening Comments		
	0800	National Anthem		
	0805	PSP-led Warm-up		Fleet Gym & D201
	0815	5K Run/Walk	Walk (S90 Garden)	D201 /Hfx Waterfront
	0815-0945	S1 Dodgeball		1/2 Fleet Gym
		S1 Volleyball		1/2 Fleet Gym
	1000-1130	Soccer	Porteous Field	
	0950-1120	Floor Hockey		Fleet Gym
	1120	PSP-led Cool Down		Fleet Gym
	1145-1230	Yoga		Fleet Gym
	1200-1245	Spin Class		1/2 Fleet Gym
	1200-1245	Badminton		1/2 Fleet Gym
	1315-1430	Open Rec		1/2 Fleet Gym
	1315-1430	Climbing		Fleet Gym

Sport

Requires registration. Please see Unit Sports Rep to register.