



# SCHEDULE OF EVENTS\*

## FRIDAY, OCTOBER 20, 2023

### Happenings | Clinics, Million Dollar Challenge presented by Sully Ride In, and Celebration of Abilities

- 9:00 am - 11:00 am ..... Clinic - Open Water Swim at Bonita Cove Beach
- 9:00 am - 12:00 pm ..... Clinic - Adaptive Surf presented by Your Local Toyota Dealers at Misson Beach Park
- 1:00 pm - 4:00 pm ..... Million Dollar Challenge Ride In at La Jolla Shores
- 6:00 pm - 9:00 pm ..... Celebration of Abilities at The Conrad Prebys Performing Arts Center

## SATURDAY, OCTOBER 21, 2023

### Happenings | Clinics and Packet Pick up

- 9:00 am - 12:00 pm ..... Clinic – Össur & CAF Running and Mobility at Bonita Cove Park
- 9:00 am - 12:00 pm ..... Clinic - Adaptive Surf presented by Your Local Toyota Dealers at Misson Beach Park
- 9:00 am - 12:00 pm ..... Clinic - Adaptive Cycling, Location TBD
- 11:00 am - 3:00 pm ..... Registration & Packet Pickup at Bahia Resort
- 1:00 pm - 4:00 pm ..... Clinic – Wheelchair Tennis at Bahia Resort Tennis Courts
- 1:00 pm - 4:00 pm ..... Clinic – Pool Swim at T. Claude and Gladys B. Ryan Family YMCA

## SUNDAY, OCTOBER 22, 2023

### Happenings | San Diego Triathlon Challenge presented by Dan + Geof, Tour de Cove presented by EōS Fitness, 5k Walk, Run & Roll presented by Nike and Toyota Sports Fest

- 6:00 am - 2:00 pm ..... Hospitality Tent Open
- 6:00 am - 2:00 pm ..... Toyota Athlete Lounge Open
- 6:00 am - 8:00 am ..... Athlete Breakfast at the Toyota Athlete Lounge
- 6:00 am - 6:45 am ..... Athlete Check-in, Transition Open & Body Marking
- 7:00 am - 7:40 am ..... Opening Ceremony & Parade of Athletes
- 7:40 am ..... National Anthem performed by Samuel Nehemiah
- 8:00 am ..... SDTC Presented by Dan + Geof **SWIM START**
- 8:15 am ..... SDTC Presented by Dan + Geof **BIKE START**  
(Relay Cyclists, Handcyclists & MDC Cyclists)
- 8:30 am - 2:00 pm ..... Toyota Sports Fest, CAF Village, CAF Store,  
Silent Auction, Family Fun Zone & Expo Tents Open
- 8:45 am ..... SDTC Presented by Dan + Geof **RUN START**  
Racing chairs & 10-mile relay
- 9:00 am - 1:30 pm ..... Tour de Cove Presented by EōS Fitness
- 10:00 am - 10:15 am ..... Kids Pre-Run + Roll Stretch at the Main Stage
- 10:30 am ..... Jami Marseilles Challenged Athlete Kids Run + Roll  
Presented by Philadelphia Insurance Companies
- 11:30 am ..... 5K Fitness Walk, Run + Roll Presented by Nike **START**
- 2:00 pm ..... Closing Ceremony
- 4:00 pm ..... Course officially closes

\* Schedule subject to change.