



**Friday, October 20, 2023**  
 Happenings - Clinics, Million Dollar Challenge presented by Sully Ride In and Celebration of Abilities

Start	End	Activity	Location
9:00 AM	11:00 AM	Clinic – Open Water Swim	Bonita Cove Beach
9:00 AM	12:00 PM	Clinic – Adaptive Surf presented by Your Local Toyota Dealers	Mission Beach Park
1:00 PM	4:00 PM	Clinic – Adaptive Cycling	Coming soon
1:00 PM	4:00 PM	Million Dollar Challenge Ride In	La Jolla Shores
6:00 PM	9:00 PM	Celebration of Abilities	Conrad Prebys Performing Arts Center

**Saturday, October 21, 2023**  
 Happenings - Clinics and Packet Pick up

Start	End	Activity	Location
9:00 AM	12:00 PM	Clinic – Össur & CAF Running and Mobility	Bonita Cove Park
9:00 AM	12:00 PM	Clinic – Adaptive Surf presented by Your Local Toyota Dealers	Mission Beach Park
11:00 AM	3:00 PM	Registration & Packet Pickup	Bahia Resort
1:00 PM	4:00 PM	Clinic – Wheelchair Tennis	Bahia – Tennis Courts
1:00 PM	4:00 PM	Clinic – Pool Swim Clinic	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

Start	End	Activity	Location - Bonita Cove
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	Toyota Athlete Lounge
6:00 AM	6:45 AM	Athlete Check in & 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, Handcycles, MDC Cyclists	
8:30 AM	2:00 AM	Toyota Sports Fest, CAF Village, CAF Store, Silent Auction, Family Fun Zone Open	
8:45 AM		SDTC presented by Dan + Geof Run Start – Wheelchairs & 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 Stretch	
10:30 AM		Jami Marseilles Challenged Athletes Kids Run + Roll presented by Philadelphia Insurance	
11:30 AM		5K Walk, Roll, and Run presented by Nike Start	
2:00 PM		Closing Ceremony	
4:00 PM		Course Officially Closes	

\*Subject to change without notice