



Schedule of Race Activities

Time	Activities
Sunday, 5th Oct 2008 – Skill Test / Refresher session – Anderson Junior College Rock Wall	
10am to 12pm 2pm to 5pm	<p>Skill Test for participants who have no prior knowledge on race disciplines:</p> <ol style="list-style-type: none"> (1) Abseil with fireman's belay (2) Rope ascend (double rope) <p>Skill tests are not required for teams / or individuals who have participated in races that includes the above rope elements. However, teams are welcome to attend the session to refresh your rope skills.</p> <p>No charges. But prior booking is required.</p>
Wednesday, 8th Oct 2008 – Race Briefing – SAFRA Yishun Country Club, Yishun Ave 4	
6.30pm	<p>Registration booth opens</p> <ul style="list-style-type: none"> - Teams to register to collect race bibs, bike tags, race passport - Sign Indemnity Forms - Light Refreshment
7.30pm	TNF Product Presentation
8pm	Race promotion – SAFRA AVventura – Rough Ramble
8.30pm	<p>AACV Race Briefing</p> <p>Q & A</p>
9.30pm	Registration continues for late comers
10pm	End of Race Briefing

Organised By:



Time	Activities
Saturday, 11th Oct 2008 – Race Day – Start point to be announced at the race briefing	
9pm	Registration open <ul style="list-style-type: none"> ▪ Teams to check-in / body marking ▪ Gear Check ▪ Bike deposit & check
10pm	All racers to gather - Issuance of Race Map
10.30pm	Clarifications on Race Map Final safety brief & update on race course or rules (if any)
10.55pm	Teams to form up at Start line
11pm	Race Flag-off – Men's & Women's team
11.30pm	Race Flag-off – Mixed team
Sunday, 12th Oct 2008 – Race Day	
4am – 8am	Teams finishing the race Food & refreshment for racers Bike collection
9am	Prize Presentation to Top 3 teams & Lucky Draw End of AACV

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