



## Wounded Warrior Pacific Invitational

05 - 11 January 2014

### Travel Schedule

#### Friday, January 3 - Bacik Group and NWW-SH Staff Arrive

Logistics review and equipment set-up

#### Saturday, January 4 - Athletes and Coaches arrive

Athlete Pickup: HNL airport - All day evolution

1800: Navy Team Meeting at Ohana Waikiki West

#### Sunday, January 12 (Athletes and Staff Depart)

### Training Schedule

#### Sunday, January 5 (Training Day)

0630-0730: Breakfast at the hotel

0730-0830: Transit to JBPHH

0830-1200: Field - Earhart Field

1000-1300: Swimming - Scott Pool - Air Force Athletes only

1200-1300: Lunch at Silver Dolphin Bistro

1300-1500: Wheelchair Basketball - JBPHH Fitness Center

1500-1700: Sitting Volleyball - JBPHH Fitness Center

1730-1900: Dinner - out in town

#### Monday, January 6 (Training Day)

0630-0730: Breakfast at the hotel

0730-0830: Transit to JBPHH

0830-1200: Track and Field Practice - Earhart Field

0900-1200: Cycling Equipment Setup - Club Pearl

1200-1300: Lunch at Silver Dolphin Bistro

1330-1630: Cycling and Swimming Practice - Club Pearl and Scott Pool

1630-1730: Dinner at Silver Dolphin Bistro

1800-2000: Sitting Volleyball - JBPHH Fitness Center

1800-2000: Cycling Equipment Setup - Club Pearl

#### Tuesday, January 7 (Training Day)

0630-0730: Breakfast at the hotel

0730-0830: Transit to JBPHH

0830-1200: Cycling Practice - Club Pearl

0830-1200: Track Practice - Earhart Field

1200-1300: Lunch at Silver Dolphin Bistro

1330-1630: Track Practice - Earhart Field

1330-1630: Swimming Practice - Scott Pool

1330-1630: Cycling Practice - Club Pearl

1530-1730: Sitting Volleyball - JBPHH Fitness Center

1630-1730: Dinner at Silver Dolphin Bistro

1800-2000: Wheelchair Basketball Practice - JBPHH Fitness Center



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### Exhibition Schedule

#### Sports and Classes that will be contested at the Pacific Competition

Wheelchair Basketball (Three disabled players on the court at a time)

Cycling (M&W Permanent Disability, M&W hand cycle, M&W recumbent, M&W open, tandem)

Swimming (Lower body amputee and impairment, upper body amputee and impairment, SCI, open)

Track & Field (Lower body amputee and impairment, upper body amputee and impairment, SCI, open)

Sitting Volleyball (Four disabled players on the court at all times)

#### Wednesday, January 8 (Competition)

0630-0730: Breakfast at the hotel

0730-0800: Transit to Iolani High School

0800-1200: Track and Field Meet: Iolani High School

1200-1230: Lunch - Boxed Lunches at Iolani High School

1230-1330: Transit to JBPHH

1400-1800: Cycling Competition - Freedom Tower - Time Trials Only

1630-1730: Dinner at Silver Dolphin Bistro

1830-2100: Wheelchair Basketball Competition - JBPHH Fitness Center - Game 1 and 2

#### Thursday, January 9 (Competition)

0630-0730: Breakfast at the hotel

0730-0800: Transit to Iolani High School

0900-1200: Swim Meet: Iolani High School

1130-1200: Lunch - Boxed Lunches at Iolani High School

1200-1230: Transit to JBPHH

1330-1630: Wheelchair Basketball Competition - JBPHH Fitness Center - Game 1 and 2

1630-1730: Dinner at Silver Dolphin Bistro

1830-2100: Wheelchair Basketball Competition - JBPHH Fitness Center - Game 3 and 4

#### Friday, January 10 (Competition)

0630-0730: Breakfast at the hotel

0730-0800: Transit to JBPHH

0900-1200: Sitting Volleyball Competition - JBPHH Fitness Center - Game 1, 2 and 3

1130-1230: Lunch at Silver Dolphin Bistro

1330-1630: Sitting Volleyball Competition - JBPHH Fitness Center - Game 4, 5, and 6

1630-1730: Dinner at Silver Dolphin Bistro

1830-2100: Sitting Volleyball Competition - JBPHH Fitness Center - Game 7 and 8

#### Saturday, January 11 (Recreational)

0630-0700: Breakfast at the hotel

0700-0800: Transit to JBPHH

TBD: Tennis - TBD

1130-1200: Lunch - Boxed Lunches

1200-1300: Transit back to the hotel

1430-1500: Transit to Hale Koa

1500-1800: LUAU, Hosted by US PACFLT - Hale Koa Hotel