

TIME	ACTIVITIES	PLACE	
<b>Friday 08/11/2019</b>			
15.00 – 20.00	Collect Swimmers pack		
<b>Saturday 09/11/2019</b>			
08.00 – 20.00	collect Swimmers pack	St Raphael Resort	
12.00	Oceankid	St Raphael Resort	
17.00	Oceanteam	St Raphael Resort	
20.00	Techincal Meeting- Awards	St Raphael Resort	
<b>Sunday 10/11/2019</b>			
06.00-07.30	Collect Swimmers pack	St Raphael Resort	
07.30	Ocean man race 10K	St Raphael Resort	
07.45	Half Ocean man	St Raphael Resort	
12.00	Sprint Distance	St Raphael Resort	
13.00	Awards	St Raphael Resort	