



Programme for UIPM Laser Run City Tour - Singapore 2019

Event Date: Sunday, 4/Aug/2019

Time			Activity	Description
Start	Duration	Finish		
9:00 AM	5 mins	9:05 AM	Race 1: Warm Up for Under 11 (F & M)	(400m run + 5 hits) X 2 times
9:05 AM	15 mins	9:20 AM	Under 11 (F & M) Final	
9:20 AM	5 mins	9:25 AM	Race 2: Warm Up for Under 13(F & M)	(400m run + 5 hits) X 3 times
9:25 AM	15 mins	9:40 AM	Under 13 Final	
9:40 AM	5 mins	9:45 AM	Race 3: Warm Up for Under 15 (F & M)	(400m run + 5 hits) X 3 times
9:45 AM	15 mins	10:00 AM	Under 15 (F & M) Final	
10:00 AM	5 mins	10:05 AM	Race 4: Warm Up for Under 17 (F & M)	(400m run + 5 hits) X 3 times
10:05 AM	15 mins	10:20 AM	Under 17 (F & M) Final	
10:20 AM	15 mins	10:35 PM	Venue re-arrangement (5m target range -> 10m target range)	
10:35 AM	5 mins	10:40 AM	Race 5: Warm Up for Elite (F)	(800m run + 10m 5 hits) X 4 times
10:40 AM	20 mins	11:00 AM	Elite (F) Final	
11:00 AM	5 mins	11:05 AM	Race 6: Warm Up for Elite (M)	(800m run + 10m 5 hits) X 4 times
11:05 AM	20 mins	11:25 AM	Elite (M) Final	
11:25 AM	45 mins	12:10 PM	Medal Ceremony Elite (F & M), Under 11 (F & M), Under 13 (F & M), Under 15 (F & M), Under 17 (F & M)	
12:10 PM	60 mins	1:10 PM	Break	
1:10 PM	5 mins	1:15 PM	Race 7: Warm Up for Master 50+ (F & M)	(400m run + 5 hits) X 2 times
1:15 PM	15 mins	1:30 PM	Master 50+ (F & M) Final	
1:30 PM	5 mins	1:35 PM	Race 8: Warm Up for Under 19, Juniors & Seniors (F & M)	(400m run + 5 hits) X 4 times
1:35 PM	15 mins	1:50 PM	Under 19, Juniors & Seniors (F & M) Final	
1:50 PM	5 mins	1:55 PM	Race 9: Warm Up for Master 40+ (F)	(400m run + 5 hits) X 3 times
1:55 PM	15 mins	2:10 PM	Master 40+ (F) Final	
2:10 PM	5 mins	2:15 PM	Race 10: Warm Up for Master 40+ (M)	(400m run + 5 hits) X 3 times
2:15 PM	15 mins	2:30 PM	Master 40+ (M) Final	
2:30 PM	5 mins	2:35 PM	Race 11: Warm up for Kaki Run	(400m run + 5 hits) X 2 times
2:35 PM	15 mins	2:50 PM	Kaki Run Final	
2:50 PM	45 mins	3:35 PM	Medal Ceremony Under 19 (F & M), Seniors (F & M), Master 40+ (F & M), Kaki Run	
3:35 PM			End of Event	