



**Programme for UIPM Laser Run City Tour - Singapore 2018 (version 2.0)**

Event Date: Sunday, 5/Aug/2018

Time			Activity	Description
Start	Duration	Finish		
9:30 AM	5 mins	9:35 AM	<b>Race 1: Warm Up for Under 9 (F &amp; M)</b>	(400m run + 5 hits) X 1 times
9:35 AM	5 mins	9:40 AM	<b>Under 9 (F &amp; M) Final</b>	
9:45 AM	5 mins	9:50 AM	<b>Race 2: Warm Up for Under 11 (F &amp; M) &amp; Master 60+ (F)</b>	(400m run + 5 hits) X 2 times
9:50 AM	10 mins	10:00 AM	<b>Under 11 (F &amp; M) &amp; Master 60+ (F) Final</b>	
10:10 AM	5 mins	10:15 AM	<b>Race 3: Warm Up for Under 13 (F &amp; M), Under 15 (F &amp; M) &amp; Master 50+ (F &amp; M)</b>	(400m run + 5 hits) X 3 times
10:15 AM	15 mins	10:30 AM	<b>Under 13 (F &amp; M), Under 15 (F &amp; M) &amp; Master 50+ (F &amp; M) Final</b>	
10:45 AM	5 mins	10:50 AM	<b>Race 4: Warm Up for Under 17 (F &amp; M), Under 19 (F &amp; M) &amp; Juniors (F &amp; M)</b>	(400m run + 5 hits) X 4 times
10:50 AM	15 mins	11:05 AM	<b>Under 17 (F &amp; M), Under 19 (F &amp; M) &amp; Juniors (F &amp; M) Final</b>	
11:10 AM	50 mins	12:00 PM	<b>Medal Ceremony</b> Under 9 (F & M), Under 11 (F & M), Under 13 (F & M), Under 15 (F & M) Under 17 (F & M), Under 19 (F & M), Juniors (F & M) <b>Lucky Draw</b>	
12:00 PM	60 mins	1:00 PM	Break	
1:00 PM	5 mins	1:05 PM	<b>Race 5: Warm Up for Seniors (F)</b>	(400m run + 5 hits) X 4 times
1:05 PM	15 mins	1:20 PM	<b>Seniors (F) Final</b>	
1:25 PM	5 mins	1:30 PM	<b>Race 6: Warm Up for Seniors (M)</b>	(400m run + 5 hits) X 4 times
1:30 PM	15 mins	1:45 PM	<b>Seniors (M) Final</b>	
1:50 PM	5 mins	1:55 PM	<b>Race 7: Warm Up for Master 40+ (F)</b>	(400m run + 5 hits) X 3 times
1:55 PM	15 mins	2:10 PM	<b>Master 40+ (F) Final</b>	
2:10 PM	5 mins	2:15 PM	<b>Race 8: Warm Up for Master 40+ (M)</b>	(400m run + 5 hits) X 3 times
2:15 PM	15 mins	2:30 PM	<b>Master 40+ (M) Final</b>	
2:35 PM	50 mins	3:25 PM	<b>Medal Ceremony</b> Seniors (F & M), Master 40+ (F & M) <b>Lucky Draw</b>	
3:25 PM			End of Event	