



Special Olympics *Washington*

2010 East Region Spring Games Cycling Event Schedule

Time	Event
8:30 am – 9:00 am	Bike/Helmet Safety Inspection (Participants must pass to be eligible)
9:15 am	500 M Time Trial
10:15 am	5 K Road Race – Ind. & Unified
11:00 am	1 K Time Trial – Ind. & Tandem
11:30 am	10K Time Trial – Ind. & Tandem
12:00 pm	Lunch Served
12:30 pm	1 K Road Race – Ind. & Tandem
1:00 pm	5 K Time Trial – Ind. & Tandem
2:00 pm	10 K Road Race – Ind. & Unified
2:30 pm	Awards Begin
3:15 pm	Event Clean-up All teams need to help!