

# Schedule of Events

Schedule subject to change, last updated  
 November 14, 2017

	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	Friday, December 1	Saturday, December 2
	PRECON DAY 1	PRECON DAY 2	TRIVENTURE DAY 1	TRIVENTURE DAY 2	TRIVENTURE DAY 3
7:00am				Early Morning Workout 7:00am-8:00am	Early Morning Workout 7:00am-8:00am
8:00am	Registration/Check-in for Precons 7:30am-8:30am		Registration/Check-in 7:30am-8:45am		Sessions 8:00am-10:15am
9:00am	*PRECON: Lifeguard Instructor/Trainer Review Course 9:00am-3:00pm	Registration/Check-in for Precons 8:30am-1:00pm	Welcome & Keynote 9:00am-10:30am	Sessions 8:30am-9:30am	
10:00am		*PRECON: Lifeguard Instructor/Trainer Review Course 9:00am-3:00pm		Coffee Break 9:30am-10:00am	
11:00am		*PRECON: Facility Tours 10:00am-9:30pm	Sessions 10:45am-11:45am	Sessions 10:00am-11:00am	Coffee Break 10:15am-10:45am
Noon			Lunch (boxed lunch provided) 11:45am-1:00pm	Expo & Networking Luncheon 11:00am-1:00pm	Sessions 10:45am-1:00pm
1:00pm		*PRECON: TriggerPoint Foam Rolling Level I 1:00pm-5:00pm	Sessions 1:00pm-4:30pm	Sessions 1:00pm-3:15pm	
2:00pm					
3:00pm					
4:00pm				Facility Tours 3:30pm-8:30pm	
5:00pm			Late Afternoon Workout 4:45pm-5:45pm		
6:00pm					
7:00pm			Welcome Social 6:30pm-8:00pm		
8:00pm					
9:00pm					

\*Preconference activities, additional registration required