



# 2022 Regional Talent ID Camp/ Ontario Sailing Combine

## Schedule

### Friday September 2nd, 2022

8:00 AM	8:45 AM	Boat Drop Off / Registration
9:00 AM	9:15 AM	Coaches Meeting
9:00 AM	9:30 AM	Rigging/ Boat Set-up
9:30 AM	10:30 AM	Warm- Up and Briefing
11:00 AM	3:00 PM	Sailing
3:30 PM	4:30 PM	Cool down & debrief

### Saturday September 3rd, 2022

9:00 AM	9:15 AM	Coaches Meeting
9:00 AM	9:30 AM	Rigging/ Boat Set-up
9:30 AM	10:30 AM	Warm- Up and Briefing
11:00 AM	3:00 PM	Sailing
3:30 PM	4:30 PM	Cool down & debrief

### Sunday September 4th, 2022

9:00 AM	9:15 AM	Coaches Meeting
9:00 AM	9:30 AM	Rigging/ Boat Set-up
9:30 AM	10:00 AM	Warm- Up and Briefing
10:30 AM	2:00 PM	Sailing
2:30 PM	3:00 PM	Cool down/ Debrief
3:00 PM	3:30 PM	Wrap up/ info about OST

