

Time	SUN 10 DEC	MON 11 DEC	TUE 12 DEC	WED 13 DEC	THU 14 DEC	FRI 15 DEC	SAT 16 DEC
5:00AM			CYCLE FOR A CURE Orange Team	CYCLE FOR A CURE Pink Team	CYCLE FOR A CURE Purple Team		
6:00AM		RUN FOR RESILIENCE Sponsored by Coast To Mountain Running	PUSH WITH PURPOSE Sponsored by Anytime Fitness Fairy Meadow	SWIM FOR SCIENCE Sponsored by Passion In Fruit	LIFT TO LIBERATE Sponsored by Universal Supplements	STRETCH FOR A SOLUTION Sponsored by allcare	
7:15AM	SURVIVOR OPENING + TEAM MARKET STALLS 7:15 - 9:00AM Sponsored by Maguire & McInerney Lawyers		PILATES FOR PROGRESS Pink Team	PILATES FOR PROGRESS Purple Team	PILATES FOR PROGRESS Orange Team	PEAK FOR PARKINSON'S Mountain challenge 8AM - 4PM Illawarra Escarpment Sponsored by Towradgi Beach Hotel (TBH).	DODGEBALL TOURNAMENT 7:15 - 9:00AM The HUB UOW Sponsored by Harley & Johns Seafood
9:00AM							
9:30AM		STRETCH TO SUPPORT * Sponsored by Novotel Northbeach	PLAY FOR PUBLIC AWARENESS * Sponsored by Wollongong First Aid	LIFT FOR LONGEVITY * Sponsored by Rams Home Loans	PUSH TO BE PROACTIVE * Sponsored by Independent Steel Company		AWARDS PRESENTATION From 9:30 Pepe's on the Beach
5:00PM			PILATES FOR PROGRESS Orange Team Sponsored by Skydive Australia	PILATES FOR PROGRESS Pink Team Sponsored by Skydive Australia	PILATES FOR PROGRESS Purple Team Sponsored by Skydive Australia	FUN FOR FUNDRAISING 4PM - 7PM Diggies Sponsored by Diggies	
6:00PM		LIFT FOR LIFE Sponsored by Ericom	FLY FOR A FUTURE Sponsored by HomeRight Building & Pest Inspections	PLAY FOR POWER Sponsored by Peoplecare	RELAY FOR RESEARCH Sponsored by Chimichangas		
7:15PM			CYCLE FOR A CURE Purple Team Sponsored by Bridgestone Select Fairy Meadow	CYCLE FOR A CURE Orange Team Sponsored by Bridgestone Select Fairy Meadow	CYCLE FOR A CURE Pink Team Sponsored by Bridgestone Select Fairy Meadow		