



# Daily Schedule

Day / Date: \_\_\_\_\_ Weather Forecast: \_\_\_\_\_

Race / Event: \_\_\_\_\_

Training Plan Men's: \_\_\_\_\_ Women's: \_\_\_\_\_

Luggage / Race Bags Out By: \_\_\_\_\_ Place: \_\_\_\_\_ Transfer Time: \_\_\_\_\_

Meeting Time Men's: \_\_\_\_\_ Place: \_\_\_\_\_ Women's: \_\_\_\_\_ Place: \_\_\_\_\_

### Men's

**Depart to Race Time:** \_\_\_\_\_ From: \_\_\_\_\_ By: Car A B C D E F Van Bike

Approx Dist/Time to Start By Car: \_\_\_\_\_ By Bike: \_\_\_\_\_

Men's Race Bags In: Car A B C D E F Van / Men's Caravan Car - Rain Bags In: \_\_\_\_\_

Men's Staff: \_\_\_\_\_ Departs to Start: \_\_\_\_\_

**Men's Race Start Time:** \_\_\_\_\_ Length: \_\_\_\_\_ Approx Finish: \_\_\_\_\_

Return to housing Time: \_\_\_\_\_ By: Car Van Bike / Bikes to Mechanic Time: \_\_\_\_\_

### Women's

**Depart to Race Time:** \_\_\_\_\_ From: \_\_\_\_\_ By: Car A B C D E F Van Bike

Approx Dist/Time to Start By Car: \_\_\_\_\_ By Bike: \_\_\_\_\_

Women's Race Bags In: Car A B C D E F Van / Women's Caravan Car - Rain Bags In: \_\_\_\_\_

Women's Staff: \_\_\_\_\_ Departs to Start: \_\_\_\_\_

**Women's Race Start Time:** \_\_\_\_\_ Length: \_\_\_\_\_ Approx Finish: \_\_\_\_\_

Return to housing Time: \_\_\_\_\_ By: Car Van Bike / Bikes to Mechanic Time: \_\_\_\_\_

Breakfast Plan: \_\_\_\_\_ Lunch Plan: \_\_\_\_\_

Dinner Plan: \_\_\_\_\_ Dinner Attire: \_\_\_\_\_

Airport Depart #1: \_\_\_\_\_ Time: \_\_\_\_\_ In Van Car: \_\_\_\_\_

Airport Depart #2: \_\_\_\_\_ Time: \_\_\_\_\_ In Van Car: \_\_\_\_\_

Men Athletes: (rider initials for area above)

Women Athletes: (same)

Staff: (same)