

Welcome to Festival of Sport

Friday 13th What's going on...

14:00 Gates open

Check in, get settled and come and see which sports are open for pitch up and play activity!

16:00 Daytime Yoga

17:30 Welcome on the main stage

18:00 BBQ commences with music from Nelson's Shantymen

18:15 Music medley on the main stage
Open air cinema and entertainment

19:00 Twilight Yoga

22:00 Bars and concessions to close
Sleep well and see you bright and early!



Saturday 14th What's going on...

07:00 Breakfast is served

08:00 Wake up with Yoga (Wellness Zone)

09:00 Welcome to Festival of Sport (main stage)

09:30 Sign up for optional sports in the sports zones

10:00 Main sporting sessions commence (refer to Activity Finder)

Check out the Tots Section (0-4 years)

Minis Section (Ages 5 and 6)

Ladies Combat (Combat Zone)

11:15 Second sporting sessions commence

12:30 Third sporting sessions commence

Adult Dodgeball (Dodgeball Zone)

Daytime Yoga (Wellness Zone)

13:15 Main sporting sessions stop for lunch

14:15 Fourth sporting sessions commence

15:30 Fifth sporting sessions commence

Adult Netball (Netball Zone)

16:45 Sixth sporting sessions commence

17:45 All sporting sessions end for the day

18:00 Football Super-Slalom Challenge (Football Zone)

Adult Touch Rugby

Sporting Exhibitions

Check all sporting zones and listen to announcements for other have-a-go activities

19:00 Twilight Yoga (Wellness Zone)

19:45 Get your dancing shoes on and see you at the main stage for a night of music

22:30 Concessions and bars to close

23:00 Sleep well and see you bright and early!

Sunday 15th What's going on...

07:00 Breakfast is served

08:00 #Run4Ruth 5K Fun Run with triathlete Kimberley Morrison
(meet at the stage for a message from Andrew Strauss)

Wake up with Yoga (Wellness Zone)

09:00 Sign up for optional sports in the sports zones

09:30 Seventh sporting sessions commence

Adult Archery Challenge (Archery Zone)

10:45 Eighth sporting sessions commence

Adult Golf Challenge (Golf Zone)

Daytime Yoga (Wellness Zone)

12:00 Ninth sporting sessions commence

12:45 Main sporting sessions stop for lunch

13:45 Tenth sporting sessions commence

15:00 Eleventh sporting sessions commence

16:15 Final sporting sessions commence

17:15 All sporting sessions end for the day

Awards and Farewell on the main stage



**Check out all the activities
for adults in this section.**

Head to each zone to take part.