

## TEAM NAMBIA COMPETITION SCHEDULE

(preliminary schedule as on 17 August - excluding events subject to qualification)

<u>Date</u>	<u>Sport</u>	<u>Athlete</u>	<u>Event</u>	<u>Time (local)</u>	<u>Time (Nam)</u>
17-Aug	Cycling	Tristan de Lange	XCE	9:00	2:00
	Swimming	Luschano Lamprecht	100m Backstroke	10:00	3:00
	Swimming	Sonja Adelaar	200m IM	10:00	3:00
	Swimming	Zanre Oberholzer	100m Backstroke	10:00	3:00
	Beach Volleyball	Kim & Stephanie	Namibia vs Italy	10:00	3:00
	Football	Team	Namibia vs Mexico	20:45	13:45
18-Aug	Cycling	Pascal Margraff	Time Trial	9:00	2:00
	Tennis	Sedi Jacobs	First Round	15:00	8:00
	Beach Volleyball	Kim & Stephanie	Namibia vs Canada	21:00	14:00
19-Aug	Cycling	Pascal Margraff	BMX	9:00	2:00
	Swimming	Zanre Oberholzer	200m Backstroke	10:00	3:00
	Beach Volleyball	Kim & Stephanie	Namibia vs Kazakstan	15:00	8:00
20-Aug	Cycling	Tristan de Lange	Cross Country	9:00	2:00
	Swimming	Zanre Oberholzer	50m Backstroke	10:00	3:00
	Swimming	Sonja Adelaar	200m Freestyle	10:00	3:00
	Football	Team	Namibia vs China	20:45	13:45
21-Aug	Gymnastics	Jivanka Kruger	Trampoline	13:30	6:30
	Beach Volleyball	Kim & Stephanie	Namibia vs Equador	10:00	3:00
22-Aug	Swimming	Lushano Lamprecht	200m Backstroke	9:00	2:00
	Archery	Xander Reddig	Recurve	9:30	2:30
	Cycling	Tristan and Pascal	Road Race	10:30	3:30
	Gymnastics	Reinhard van Zyl	Trampoline	13:30	6:30
	Archery	Xander Reddig	Mixed Team Elimination	15:00	8:00
	Athletics	Eugene Niemann	Javellin	20:20	13:20
	Beach Volleyball	Kim & Stephanie	Namibia vs Latvia	21:00	14:00
23-Aug	Archery	Xander Reddig	Men 1/16 Elimination	9:00	2:00
24-Aug	Archery	Xander Reddig	Mixed team 1/8 elimination	9:30	2:30
25-Aug	Athletics	Eugene Niemann	Javelin	TBC	
	Football	Team	Playoffs for 5 <sup>th</sup> & 6 <sup>th</sup>	TBC	
26-Aug	Archery	Xander Reddig	Men eliminations & finals	9:30	2:30