



## COW Week 2017 Itinerary

Day	7th August	8th August	9th August	10th August	11th August
	Monday	Tuesday	Wednesday	Thursday	Friday
Before Water Activity	None	None	Crabbing Competition 10:30	Model Yachts (Time TBC)	Fancy Dress
Safety Briefing	10:45	11:15	11:45	12:30	13:00
Main Briefing	11:00	11:30	12:00	12:30	13:15
On The Water	11:15	11:45	12:15	13:00	13:30
High Water	12:22	12:57	13:31	14:07	14:44
Est End of On Water Time	14:00	14:30	15:00	15:30	16:00
On Water Activity	Around the Harbour	Cakes on Fowley	Ice Creams at Nore Barn Woods	General Sail	Townsend Cup Race
On Shore Activity	Quiz & Treasure Hunt (James Taylor)	Water Polo (Junior Captains)	Beach BBQ Older Juniors Movie Night	Movie & Pizza Finding Dory	BBQ & Hippos (Fancy dress result)
Start Time	14:30	15:00	15:00	17:00	17:00
End Time	16:00	16:30	that's up to you!	19:00	that's up to you!