

7th Micronesian Games

Overall Schedule of Events

Date	SAT 31-Jul-10	SUN 1-Aug-10	MON 2-Aug-10	TUE 3-Aug-10	WED 4-Aug-10	THU 5-Aug-10	FRI 6-Aug-10	SAT 7-Aug-10	SUN 8-Aug-10	MON 9-Aug-10	TUE 10-Aug-10	Venue
		Opening Ceremony 5:00 pm										Palau National Track & Field
Athletics			Tech. Mtg. @ Venue	PM	PM	PM	PM					Palau National Track & Field
Baseball	Tech. Mtg.	AM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM				Asahi Ball Field
Basketball		Tech. Mtg.	PM	PM	PM	PM	PM	PM	PM	PM	PM	Palau National Gymnasium
Canoe					Tech. Mtg.	AM/PM	AM/PM	AM/PM				Meyuns Seaplane Ramp
Fastpitch		Tech. Mtg.	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM			Meyuns Ballfield
Indoor Volleyball	Tech. Mtg.		PM	PM	PM	PM	PM	PM				Palau High School Gym
Micro All Around				Tech. Mtg.	AM/PM	AM/PM						Airai Side, J-Palau Friendship Bridge
Spearfishing							Tech. Mtg.	AM	AM			Drop Off
Swimming		Tech. Mtg.	AM/PM	AM/PM	AM/PM	Ocean Swim PM						Palau National Swimming Pool
Table Tennis			Tech. Mtg.	AM/PM	AM/PM	AM/PM						Ngarachamayong Cultural Center
Tennis	Tech. Mtg.	AM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM			Airai Courts/PPR / Ngerbeched
Triathlon								Tech. Mtg.	AM			Palau Pacific Resort
Weightlifting						Tech. Mtg.	AM/PM	AM/PM				Kalau Gym
Wrestling			Tech. Mtg.	GR-Male	FS-M/F	BW-M/F						SDA Multipurpose Gym
											Closing Ceremony 5:00 pm	Palau National Track & Field

MICRONESIAN AREA CHAMPIONSHIPS

Koror, Palau - 3/08/2010 to 7/08/2010

Session Report

Session: 1 Tuesday - 3 August -Morning

Day 1 - Tuesday 3/08/2010 - Starts at 06:00 AM

	Event	Round
6:00 AM	#1 Women 10000 Metre Run	Finals
6:00 AM	#2 Men 10000 Metre Run	Finals

Session: 2 Tuesday -3 August

Day 1 - Tuesday 3/08/2010 - Starts at 05:00 PM

	Event	Round
5:00 PM	#3 Pentathlon: #1 Women Long Jump	Finals
5:30 PM	#4 Men Shot Put	Finals
5:30 PM	#5 Octathlon: #1 Men 100 Metre Sprint	Finals
6:00 PM	#6 Octathlon: #2 Men Long Jump	Finals
6:00 PM	#7 Women 100 Metre Sprint	Heats
6:00 PM	#8 Pentathlon: #2 Women Javelin Throw	Finals
6:00 PM	#9 Women High Jump SH 1.20cm	Finals
6:30 PM	#10 Women Discus Throw	Finals
6:30 PM	#11 Men 100 Metre Sprint	Heats
7:15 PM	#12 Men Triple Jump	Finals
7:15 PM	#13 Pentathlon: #3 Women 200 Metre Sprint	Finals
7:30 PM	#14 Octathlon: #3 Men Shot Put	Finals
7:30 PM	#15 Pentathlon: #4 Women Discus Throw	Finals
7:30 PM	#16 Women 800 Metre Run	Heats
7:45 PM	#17 Men 800 Metre Run	Heats
8:15 PM	#18 Pentathlon: #5 Women 800 Metre Run	Finals
8:20 PM	#19 Octathlon: #4 Men 400 Metre Sprint	Finals
8:30 PM	#20 Women 400 Metre Hurdles	Heats
8:45 PM	#21 Men 400 Metre Hurdles	Heats

Session: 3 Wednesday - 4 August

Day 2 - Wednesday 4/08/2010 - Starts at 06:00 PM

	Event	Round
5:30 PM	#22 Octathlon: #5 Men 110 Metre Hurdles	Finals
5:30 PM	#23 Men Discus Throw	Finals
6:00 PM	#24 Octathlon: #6 Men High Jump	Finals
6:30 PM	#25 Women Long Jump	Finals
6:30 PM	#26 Women Shot Put	Finals
7:00 PM	#29 Women 100 Metre Hurdles	Heats
7:15 PM	#30 Men 110 Metre Hurdles	Heats
7:30 PM	#31 Octathlon: #7 Men Javelin Throw	Finals
7:30 PM	#32 Men Long Jump	Finals
7:30 PM	#33 Women 400 Metre Sprint	Heats
7:45 PM	#34 Men 400 Metre Sprint	Heats

MICRONESIAN AREA CHAMPIONSHIPS

Koror, Palau - 3/08/2010 to 7/08/2010

Session Report

8:00 PM	#35 Octathlon: #8 Men 1000 Metre Run	Finals
8:20 PM	#36 Women 100 Metre Sprint	Finals
8:30 PM	#37 Men 100 Metre Sprint	Finals

Session: 4 Thursday- 4 August

Day 3 - Thursday 5/08/2010 - Starts at 06:00 PM

	Event	Round
6:00 PM	#38 Women 200 Metre Sprint	Heats
6:15 PM	#39 Men 200 Metre Sprint	Heats
6:30 PM	#40 Men High Jump SH 1.55cm	Finals
6:30 PM	#41 Women 5000 Metre Run	Finals
6:30 PM	#42 Men Javelin Throw	Finals
7:15 PM	#43 Men 5000 Metre Run	Finals
7:30 PM	#44 Women Triple Jump	Finals
7:30 PM	#45 Women Javelin Throw	Finals
8:00 PM	#46 Women 400 Metre Hurdles	Finals
8:20 PM	#47 Men 400 Metre Hurdles	Finals
8:30 PM	#48 Women 800 Metre Run	Finals
8:40 PM	#49 Men 800 Metre Run	Finals
8:50 PM	#50 Women 200 Metre Sprint	Finals
9:00 PM	#51 Men 200 Metre Sprint	Finals

Session: 6 Friday - 5 August

Day 4 - Friday 6/08/2010 - Starts at 06:30 PM

	Event	Round
6:30 PM	#52 Women 400 Metre Sprint	Finals
6:40 PM	#53 Men 400 Metre Sprint	Finals
7:00 PM	#54 Women 1500 Metre Run	Finals
7:20 PM	#55 Men 1500 Metre Run	Finals
7:40 PM	#56 Women 100 Metre Hurdles	Finals
8:00 PM	#57 Men 110 Metre Hurdles	Finals
8:15 PM	#58 Women 4x400 Metre Relay	Finals
8:30 PM	#59 Men 4x400 Metre Relay	Finals
8:45 PM	#60 Women 4x100 Metre Relay	Finals
9:00 PM	#61 Men 4x100 Metre Relay	Finals

2010 Micronesian Games Baseball Competition Schedule

Sunday August 1st - 9am – A vs B - 12pm – C vs D

Monday August 2 - 9am – E vs D - 12pm – F vs A - 3pm – B vs C – 6pm – E vs F

Tuesday August 3 - 9am – F vs B - 12pm – A vs D - 3pm – E vs C

Wednesday August 4 - 9am – A vs C - 12pm - D vs F - 3pm – E vs B

Thursday August 5 - 9am – C vs F - 12pm - A vs E - 3pm – B vs D

Friday August 6 – SEMI – FINALS – 10 am – 1 vs 2 – 2pm – 3 vs 4

Saturday August 7th – FINALS – 10 am - Loser 1 vs 2 plays Winner of 3 vs 4 – Loser gets Bronze

Gold Medal Game 2 pm - Winner of 1 vs 2 plays Winner of Bronze Medal Game

*The home team for the **SEMI-FINALS AND MEDAL GAMES** will be the team finishing higher in the round robin.

Gold, Silver and Bronze medals will be awarded immediately after the conclusion of the championship game.

THIS SCHEDULE ASSUMES THAT THERE WILL BE SIX TEAMS IN THE TOURNAMENT. IF THERE ARE A GREATER OR LESSER NUMBER OF TEAMS, A NEW SCHEDULE WILL BE PREPARED AND DISTRIBUTED.

The final schedule will be approved at the Technical Committee meeting.

The proposed team for each letter is as follows;

A. Palau – B. Yap – C. Guam – D. Pohnpei – E. CNMI – F. Kosrae

The reason for Kosrae being F is because they do not usually want to play on Sunday so I have tried to accommodate their usual request. Please get back to me asap with your comments and if all are in agreement I will replace the letters with the team names, this will give us 1 less thing we will need to do at our pre-game meeting on Saturday July 31st.

7TH MICRONESIAN GAMES

BASKETBALL TOURNAMENT

REVISED GAMES SCHEDULE

(Revised on July 21, 2010)

DAY	TIME	GAME NUMBER	HOME		GUEST	
Monday, Aug. 02	11:00 am	WG 1	Guam	vs	RMI	Women
	1:00 pm	MG 1	Chuuk	vs	Guam	Men
	3:00 pm	MG 2	Pohnpei	vs	CNMI	Men
	5:00 pm	WG 2	Palau	vs	CNMI	Women
	7:00 pm	MG 3	Palau	vs	RMI	Men
						Bye Kosrae Men/Chuuk Women
Tuesday, Aug. 03	11:00 am	MG 4	Chuuk	vs	Kosrae	Men
	1:00 pm	WG 3	RMI	vs	Chuuk	Women
	3:00 pm	MG 5	Guam	vs	RMI	Men
	5:00 pm	WG 4	Guam	vs	Palau	Women
	7:00 pm	MG 6	CNMI	vs	Palau	Men
						Bye Pohnpei Men/CNMI Women
Wednesday, Aug. 04	11:00 am	MG 7	RMI	Vs	Pohnpei	Men
	1:00 pm	WG 5	Chuuk	Vs	CNMI	Women
	3:00 pm	MG 8	Kosrae	Vs	CNMI	Men
	5:00 pm	WG 6	Palau	vs	RMI	Women
	7:00 pm	MG 9	Palau	Vs	Guam	Men
						Bye Chuuk Men/Guam Women
Thursday, Aug. 05	11:00 am	MG 10	CNMI	vs	Chuuk	Men
	1:00 pm	MG 11	Kosrae	vs	RMI	Men
	3:00 pm	MG 12	Pohnpei	vs	Guam	Men
	5:00 pm	WG 7	CNMI	vs	Guam	Women
	7:00 pm	WG 8	Palau	vs	Chuuk	Women
						Bye Palau Men/ RMI Women
Friday, Aug. 06	11:00 am	MG 13	RMI	vs	CNMI	Men
	1:00 pm	WG 9	RMI	vs	CNMI	Women
	3:00 pm	WG 10	Guam	vs	Chuuk	Women

	5:00 pm	MG 14	Chuuk	vs	Pohnpei	Men
	7:00 pm	MG 15	Palau	vs	Kosrae	Men
						Bye Guam Men/Palau Women
Saturday, Aug. 07	1:00 pm	WG 11	5 th Rank	vs	4 th Rank	Women Ranking Game
	3:00 pm	MG 16	RMI	vs	Chuuk	Men
	5:00 pm	MG 17	Kosrae	vs	Guam	Men
	7:00 pm	MG 18	Pohnpei	vs	Palau	Men
						Bye CNMI men
Sunday, Aug. 08	11:00 am	MG 19	Guam	vs	CNMI	Men
	1:00 pm	WG 12	1 st Rank	vs	Winner WG 11	Women Semi Finals
	3:00 pm	MG 20	Kosrae	vs	Pohnpei	Men
	5:00 pm	WG 13	2 nd Rank	vs	3 rd Rank	Women Semi Finals
	7:00 pm	MG 21	Palau	vs	Chuuk	Bye RMI Men
Monday, Aug. 09	1:00 pm	MG 22	7 th Rank	vs	6 th Rank	Ranking Game
	3:00 pm	MG 23	1 st Rank	vs	4 th Rank	Men Semi-Finals
	5:00 pm	WG 14	Loser WG 12	vs	Loser WG 13	Women Bronze
	7:00 pm	MG 24	2 nd Rank	vs	3 rd Rank	Men Semi-Finals
Tuesday, Aug. 10	9:00 am	MG 25	5 th Rank	vs	Winner MG 22	Ranking Game
	11:00 am	MG 26	Loser MG 22	vs	Loser MG 23	Men's Bronze
	1:00 pm	WG 15	Winner WG 12	vs	Winner WG 13	Women's Gold
	3:00 pm	MG 27	Winner MG 22	vs	Winner MG 23	Men's Gold

- **2nd Revised schedule was done on July 21, 2010 @ 1:00 pm by K. "Topps" Sungino (Tournament Director) to fit the ranking games of both men and women competitions. Please advice if there is any error on the schedule, also note the time of the technical meeting and referees meetings have been changed.**
- **Technical Meeting will be held at Palau NOC Conference Room @ 1:00 pm on Sunday, August 1st. The Micronesian Basketball Confederation (MBC) meeting will be held immediately after the technical meeting.**
- **Referees meeting will be held at the Palau National Gym @ 1:30 pm on Sunday, August 1st.**
- **Medal presentations will be after the men's gold medal game.**
- **7th Micronesian Games closing ceremony – 5:00 pm on Tuesday 10th August @ Palau Track and Field.**

- If any teams have a MAJOR concern regarding the schedule, please contact Kazuki “Topps” Sungino @ pbfpalau@yahoo.com or Jubilee “Kiruu” Kuartei @ jkkuarte@yahoo.com by Friday 23rd July.
- Teams MUST also submit the list of their referees by Friday 23rd July so we can start working on the schedule.
- Good Luck to all the Teams and have a safe trip to Palau.

Fast Pitch Schedule
2nd – 8th August 2010

Country/State assigned #:

Men's Division:

1) Palau 2) Yap 3) Guam 4) Kosrae 5) Phonpei 6) RMI

Women's Division:

1) Palau 2) Yap 3) Guam 4) Phonpei 5) RMI

<u>Game #</u>	<u>Time</u>	<u>Teams</u>	<u>Division</u>	<u>Venues</u>
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Monday, August 02

1	9:00 am	3vs 5	M-FP	Meyuns
2	11:30am	1vs 5	W-FP	Meyuns
3	2:00pm	4 vs 6	M-FP	Meyuns
4	4:30 pm	2 vs 3	W-FP	Meyuns
5	7:00 pm	1 vs 2	M-FP	Meyuns

Tuesday, August 03

6	9:00am	1 vs 3	W-FP	Meyuns
7	11:30am	3 vs 4	M-FP	Meyuns
8	2:00pm	4 vs 5	W-FP	Meyuns
9	4:30pm	1 vs 6	M-FP	Meyuns
10	7:00pm	2 vs 5	M-FP	Meyuns

Wednesday, August 04

11	9:00am	5 vs 6	M-FP	Meyuns
12	11:30am	2 vs 4	W-FP	Meyuns
13	2:00pm	2 vs 3	M-FP	Meyuns
14	4:30pm	3 vs 5	W-FP	Meyuns
15	7:00pm	1 vs 4	M-FP	Meyuns

Fast Pitch Schedule 2nd – 8th August 2010

Thursday, August 05

16	9:00am	2 vs 4	M-FP	Meyuns
17	11:30am	1 vs 2	W-FP	Meyuns
18	2:00pm	1 vs 5	M-FP	Meyuns
19	4:30pm	3 vs 4	W-FP	Meyuns
20	7:00pm	3 vs 6	M-FP	Meyuns

Friday, August 06

21	9:00am	5 vs 2	W-FP	Meyuns
22	11:30am	1 vs 3	M-FP	Meyuns
23	2:00pm	1 vs 4	W-FP	Meyuns
24	4:30pm	2 vs 6	M-FP	Meyuns
25	7:00pm	4 vs 5	M-FP	Meyuns

Page system Playoff

The page system shall comprise of two semi-finals, one final and final and one grand final.

The Page system will take place over competition days. The two semi-finals and the final will play on the second to the last day and the grand final will be played on the last day.

First semi-final: The teams ranked third and fourth in the round robin shall play for a place in the final; the loser is the fourth.

Second semi-final: The teams ranked first and second in the round robin will play for a place in the grand final; the loser will play in the final.

Final: The winner of the first semi-final and the loser of the second semi-final shall play for the second place in the grand final; the loser is the third.

Grand final: The winner of the second semi-final and the winner of the final will play for the first place; the loser is the second.

* The final four on both men and women Fast Pitch will play at Meyuns ball field

Fast Pitch Schedule 2nd – 8th August 2010

Saturday, August 7

26	9:00am	1 st vs. 2 nd	M-FP	Meyuns
27	11:30am	1 st vs. 2 nd	W-FP	Meyuns
28	2:00pm	3 rd vs. 4 th	M-FP	Meyuns
29	4:30 pm	3 rd vs. 4 th	W-FP	Meyuns

Break.....Break.....Break

Sunday, August 08

30	9:00am	L – 27 Vs W- 29	W-FP
	(Loser: Bronze)		
31	11:30am	L -26 Vs W- 28	M-FP
	(Loser: Bronze)		
32	2:30pm	W-27 vs. W- 30	W-FP
	(Gold & Silver)		
33	5:30pm	W- 27 vs. W- 31	M-FP
	(Gold & Silver)		

Medal ceremonies will follow the last Game.

Note: this schedule is based on six each man's and women's Fast-Pitch. IF THE ACTUAL NUMBER OF TEAMS IS DIFFERENT, A NEW SCHEDULE WILL BE PREPARED. An amended schedule will be distributed as soon as we have information.

The assignment of schedule numbers to teams will be made at the Technical Committee meeting.

Micro Games 2010

Provisional Program – Swimming (Last update 3-4-2010)

August 2 (Monday)		August 3 (Tuesday)		August 4 (Wednesday)		August 5 (Thursday)	
Event #	Event	Event #	Event			Event #	Event
Preliminaries start at 9 – Finals start at 5 PM							
1.1	IM 200 – Men	6.1.	Breast 50 – Men	12.1.*	IM 400 – Men	OW1.1 OW1.2	1 PM Start 5 KM – Men 5 KM – Women Men & Women swim simultan- eously
1.2.	IM 200 – Women	6.2.	Breast 50 – Women	12.2.*	IM 400 - Women		
2.1	Back 100 – Men	7.1.	Free 100 – Men	13.1	Free 50 – Men		
2.2.	Back 100 - Women	7.2.	Free 100 – Women	13.2	Free 50 – Women		
3.1.	Free 200 – Men	8.1.	Back 50 – Men	14.1	Breast 100 – Men		
3.2.	Free 200 - Women	8.2.	Back 50 – Women	14.2	Breast 100 – Women		
4.1.	Fly 100 – Men	9.1	Fly 200 – Men	15.1.	Fly 50 Men		
4.2.	Fly 100 – Women	9.2.	Fly 200 - Women	15.2.	Fly 50 Women		
5.1.	Breast 200 – Men	10.1	Free 400 – Men	16.1.	Back 200 - Men		
5.2.	Breast 200 – Women	10.2	Free 400 - Women	16.2.	Back 200 – Women		
Start ½ hour after end of morning program							
		11.2.*	Free 800 – Women	17.1 *	Free 1500 - Men		
Events Swum as Finals – Evening Program Only							
R1.1.*	Medley Relay 50 X 4 – Men						
R1.2.*	Medley Relay 50 X 4 - Women						
R2.1. *	Free Relay 200 X 4 - Men	R3.1.*	Free Relay 100 X 4 – Men	R4.1.*	Medley Relay 100 X 4 - Men		
R2.2. *	Free Relay 200 X 4 - Women	F3.2.*	Free Relay 100 X 4 - Women	R4.2 *	Medley Relay 100 X 4 - Women		
<ul style="list-style-type: none">Swum as finals only.Note there is no event #11.1 or #17.2.							

During pool competition days (August 2, 3, and 4), the pool schedule is as follows:

- Pool opens for practice and warm-up, 6 AM
- Pool closes for practice and warm-up, 8:30 AM
- Preliminary competition begins, 9 AM
- Pool closes 15 minutes after completion of the last morning event
- On Tuesday, August 3, women's 800meter freestyle event begins 1/2 hour after conclusion of short distance morning program
- On Wednesday, August 4, men's 1500meter freestyle event begins 1/2 hour after conclusion of short distance morning program
- Pool opens for practice and warm-up, 3 PM
- Pool closes, 4:30 PM
- Competition begins, 5 PM
- Award ceremony for the competitions of the day begins 30 minutes after the last event of the evening

For the Open Water Competition on August 5, the tentative schedule is subject to confirmation by the operators of the venue. The tentative schedule for Open Water is:

- Venue to officially open for warm-up and practice, 11 AM
- Meeting of team managers, 12:15 PM
- Swimmers clear the water, 12:45 AM
- The competition begins, 1 PM.

TABLE TENNIS COMPETITION
3RD – 5TH AUGUST 2010
NGARACHAMAYONG CULTURAL CENTER

Tournament Director: Burton Wenty
680 488 6462
burtonwenty@yahoo.com

Technical Meeting: Monday, 2nd August 2010 @ 6:00 p.m.
Ngarachamayong Cultural Center

DAY	DATE	START TIME	GENDER	EVENT	COMPETITION
1	3 August 2010	9:00 am	Men / Women	Men's Team Women's Team	Round 1 Round 1
		12:00 nn	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
		1:00 pm	Men / Women	Men's Team Women's Team	Round 2 Round 2
		4:30 pm	Men / Women	Men's Team Women's Team	Round 3 Round 3
2	4 August 2010	9:00 am	Men / Women	Men's Team Women's Singles	Round 4 Round of 16
		12:00 nn	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
		1:00 pm	Men / Women	Men's Team Women's Doubles Women's Singles	Round 5 Round of 8 Semi-Finals Quarterfinals
		4:30 pm	Men / Women	Mixed Doubles Men's Singles Women's Singles	Round of 32 Round of 16 Quarterfinals Semi-Finals Round of 32 Semi-Finals
3	5 August 2010	9:00 am	Men	Men's Doubles	Qualifying Match Round of 32 Round of 16 Quarterfinals Semi-Finals
		12:00 nn	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
		1:00 pm	Men / Women	Men's Singles Mixed Doubles Women's Doubles Men's Doubles Women's Singles Men's Singles	Round of 16 Quarterfinals Semi-Finals Finals Finals Finals Finals Finals
		4:30 pm	Men / Women	Medals	Awarding Ceremonies

TENNIS SCHEDULE
1st – 8th August 2010

	Day	Date	Session Time	Gender	Event
1	Sunday	August 01	8:00 am – 3:00 pm	Men/Women	Team/Team
2	Monday	August 02	8:00 am – 9:00 pm	Men/Women	Team/Team
3	Tuesday	August 03	8:00 am – 9:00 pm	Team even finals Singles/Doubles	
4	Wednesday	August 04	8:00 am – 9:00 pm	Singles/Doubles	
5	Thursday	August 05	8:00 am – 9:00 pm	Singles/Dbls Mixed Doubles	
6	Friday	August 06	8:00 am – 9:00 pm	Final – Singles/Dbls Mixed Dbls	
7	Saturday	August 07	8:00 am – 9:00 pm	Mixed Dbls	
8	Sunday	August 08	8:00 am – 9:00 pm	Mixed Dbls Final Medal Ceremony	

VA'A (CANOE) COMPETITION
5TH – 7TH AUGUST 2010
MEYUNS SEAPLANE RAMP

Tournament Director: Baklai Temengil
680 488 6562
pnoc@palaunet.com

Technical Meeting: Wednesday, 4th August 2010 @ 9:00 a.m.
Meyuns Seaplane Ramp

Day	Date	Session Time	Event	Competition
1	Thursday Aug 5	0700 – 0730 0730 – 1700	V6 1,500 Sprints V1 500m Sprints V6 500m Sprints	Blessing of the canoes Heats Repechage
2	Friday Aug 06	0700 – 1200 1300 – 1400	V6 1,500 Sprints V1 500m Sprints V6 500m Sprints V1 Long Distance	Semi Finals Finals <i>Victory Ceremony</i>
3	Saturday Aug 07	0700 – 1200 1300 – 1700 1700 – 1800	 V6 20km Long Distance V6 15km Long Distance	Final Final <i>Victory Ceremony</i> Final Final <i>Victory Ceremony</i>

EVENTS

MEN

V6 500m Sprint
V1 500m Sprint
V6 1500m Sprint
V6 20km Long Distance
V1 15km Long Distance

WOMEN

V6 500m Sprint
V1 500m Sprint
V6 1500m Sprint
V6 15km Long Distance
V1 10km Long Distance

7th Micronesian Games
August 1st – 10th 2010
Republic of Palau

Men's Indoor Volleyball Schedule

<u>Game Date</u>	<u>Time:</u>	<u>Teams:</u>
August 2 nd August 2 nd	5:00pm 6:00pm	Guam Vs. Pohnpei Palau Vs. Kosrae
August 3 rd August 3 th	1:00pm 2:00pm	Kosrae Vs. Guam Pohnpei Vs. Palau
August 4 th August 4 th	5:00pm 6:00pm	Palau Vs. Guam Kosrae Vs. Pohnpei
August 5 th August 5 th	5:00pm 6:00pm	1 Vs. 4 2 Vs. 3
August 6 th August 6 th	5:00pm 6:00pm	Consolation Game Championship

7th Micronesian Games
August 1st – 10th 2010
Republic of Palau

Women's Indoor Volleyball Schedule

<u>Game Date:</u>	<u>Game Time:</u>	<u>Team Name:</u>
Aug 2 nd	1:00pm	Guam Vs. Yap
Aug 2 nd	2:00pm	Pohnpei Vs. RMI
Aug 2 nd	3:00pm	Kosrae Vs. Palau
Aug 3 rd	3:00pm	Chuuk Vs. Pohnpei
Aug 3 rd	4:00pm	Guam Vs. RMI
Aug 3 rd	5:00pm	Palau Vs. Yap
Aug 4 th	1:00pm	RMI Vs. Kosrae
Aug 4 th	2:00pm	Yap Vs. Pohnpei
Aug 4 th	3:00pm	Guam Vs. Palau
Aug 5 th	1:00pm	Palau Vs. Chuuk
Aug 5 th	2:00pm	Guam Vs. Kosrae
Aug 5 th	3:00pm	RMI Vs. Yap
Aug 6 th	9:00pm	Kosrae Vs. Chuuk
Aug 6 th	1:00pm	Pohnpei Vs. Guam
Aug 6 th	2:00pm	RMI Vs. Palau
Aug 6 th	3:00pm	Chuuk Vs. Yap
Aug 7 th	9:00pm	Guam Vs. Chuuk
Aug 7 th	10:00pm	Palau Vs. Pohnpei
Aug 7 th	11:00pm	Yap Vs. Kosrae
Aug 7 th	5:00pm	Pohnpei Vs. Kosrae
Aug 7 th	6:00pm	RMI Vs. Chuuk
Aug 8 th	5:00pm	1 Vs. 4
Aug 8 th	6:00pm	2 Vs. 3
Aug 9 th	5:00pm	Consolation Game
Aug 9 th	6:00pm	Championship Game

7th Micronesian Games
1 - 10 August 2010 PALAU
Sports Technical Meetings Schedule

Sport	Day	Date	Time	Location	Tournament Director	Contact Number	E-mail Address
Athletics	Monday	2 Aug. 2010	12:00 p.m.	Venue	Russell Roman	680 488 2410	r_ulitech@yahoo.com
Baseball	Saturday	31 Jul. 2010	9:00 a.m.	MGOC Conference Room	D. Ling Inabo	680 488 4252	tebang@palaunet.com
Basketball	Sunday	1 Aug. 2010	1:00 p.m.	PNOC Conference Room	K. Topps Sungino	680 488 4491	pbfpalau@yahoo.com
Canoe (Va'a)	Wednesday	4 Aug. 2010	9:00 a.m.	Venue	Baklai Temengil	680 488 6562	pnoc@palaunet.com
Fastpitch Softball	Sunday	1 Aug. 2010	11:00 a.m.	MGOC Conference Room	Dwight Ngirai bai	680 488 2109	baidwight@yahoo.com
Micro All Around	Tuesday	3 Aug. 2010	5:00 p.m.	Venue	Benraik Isaac	680 488 4367	marcytellei@hotmail.com
Spearfishing	Friday	6 Aug. 2010	9:00 a.m.	MGOC Conference Room	Aldrin Tellei	680 488 4367	marcytellei@hotmail.com
Swimming	Sunday	1 Aug. 2010	9:00 a.m.	Venue	Judy Otto	680 488 3448	judyotto@live.com
Table Tennis	Monday	2 Aug. 2010	6:00 p.m.	Venue	Burton Wenty	680 488 0921	burtonwenty@yahoo.com
Tennis	Saturday	31 Jul. 2010	1:00 p.m.	MGOC Conference Room	Mario Katosang	680 488 2543	udui10013@yahoo.com
Triathlon	Saturday	7 Aug. 2010	3:00 p.m.	MGOC Conference Room	Frida Delmau	680 488 6207	palpha@palaunet.com
Volleyball	Saturday	31 Jul. 2010	11:00 a.m.	Venue	Kenny Reklai	680 488 4446	reklai8@yahoo.com
Weightlifting	Friday	6 Aug. 2010	9:00 a.m.	Venue	Jason Timulch	680 488 5206	belauweightlifting@gmail.com
Wrestling	Monday	2 Aug. 2010	9:00 a.m.	Venue	Eric Carlson	680 488 6462	alaskacs@gmail.com