Cayman Islands Olympic Team 2016
Follow Our Progress!

The Cayman Islands Olympic Committee will update supporters on the progress of #TeamCayman live from Rio while our athletes are competing.

Don’t miss out on the opportunity to hear updates first and foremost from the CIOC.

Good luck, team Cayman!

Log onto our website for up to date team news: www.caymanolympic.org.ky

Like us on Facebook by going to www.facebook.com/CaymanIslandsOlympicCommittee
WELCOME!

The Cayman Islands Olympic Committee, CIOC, is extremely pleased to endorse and support the 2016 Olympics athletes. We offer a hearty welcome to all of the sponsors, supporters and spectators

This is always a very exciting time as we reunite once again to celebrate our successes and those of our sportsmen and sportswomen, who continue to take great pleasure in the opportunities that hard work and passion have provided.

We are particularly optimistic that all our sportsmen and sportswomen who will travel to Rio in August will do their best and worthily represent the Cayman Islands, offering moments of national pride to our people.

We congratulate them for all of the hard work and dedication that has gone into to the development of the athletes; we acknowledge and applaud the commitment that takes place behind the scenes — efforts from coaches, family, friends, training partners, Corporate sponsors, Government and a legion of volunteers.

On behalf of the CIOC we wish all of the athletes the best of luck as they excel on the world stage to bring the much-desired distinction.

At time of going to press, Ronald, Kemar and Florence were confirmed participants. We anticipate that Lara and Geoffrey Butler will be accredited and prepared our content accordingly. Please note: The CIOC office will be closed from July 25 through August 26.
I am extremely proud of our athletes who are representing the Cayman Islands in the 2016 Summer Olympics, officially known as the Games of the XXXI Olympiad, but also known as Rio 2016.

These Olympics will see record numbers of countries traveling to Rio de Janeiro, Brazil. Our participants will join more than 10,500 athletes from 206 National Olympic Committees, including first-time entrants Kosovo and South Sudan. The Cayman Islands first participated in the Olympics at the 1976 Montreal Games and have been to all Games except for the 1980 Games that were boycotted by the United Kingdom and other countries.

The Rio Games will feature 28 Olympic sports and 306 sets of medals. The sporting events will take place at 33 venues in the host city and at five venues in the cities of Sao Paulo, Belo Horizonte, Salvador, Brasilia and Manaus.

As a cyclist, I fully appreciate the dedication, determination and commitment that our Olympians undergo daily. They have trained hard and have earned the right to be truly called Olympians. I know that they will each be excellent ambassadors of the Cayman Islands and represent our people proudly.

I am also sure that all of us back home in the Cayman Islands will be watching our televisions and computers, cheering as our athletes work to fulfil their dreams at Rio 2016.

To each of our Olympic athletes I wish you God speed and good luck this summer. I and your fellow countrymen appreciate all you have done to reach this milestone in your lives.

Hon Alden M McLaughlin Jr MBE JP MLA
Premier of the Cayman Islands

I am proud of your achievement in reaching the Rio 2016 Olympic Games. This is an outstanding accomplishment and I look forward to watching you representing the Cayman Islands at the highest level.

Nothing has more power to inspire young people than seeing athletes competing at the peak of their sport, and I thank you for encouraging our young people with stories of success and perseverance. I know that as you are putting in the long and difficult hours to perfect your performance, and, as you are competing in Rio, it might be hard to truly appreciate the impact that your performances will be having here at home. You are an inspiration and I am behind you every step of the way as ambassadors for both your sport and your country.

I wish you every success and the very best of luck.

I will be cheering on each of you over these next few weeks and I look forward to both celebrating your hard work and success and to welcoming you home very soon.

HE Helen Kilpatrick CB,
Governor of the Cayman Islands
I would like to congratulate the outstanding athletes who are taking the name of the Cayman Islands to the 2016 Olympic Games.

As you will see in this commemorative guide, we have a small, dynamic group of young people; who represent the Olympic spirit of excellence, as well as the best of our sporting community.

The Ministry of Sports does much to maintain professional and recreational sport in our Islands, working closely with sporting associations, including the Cayman Islands Olympic Committee, to develop and support our athletes.

The Government is proud to have provided facilities and coaching which fostered the development of these outstanding young athletes. In turn, they have proven themselves in various disciplines on the world stage, and we steadfastly look forward to seeing the promise of their excellence fulfilled in August.

Our Olympians are also beacons of inspiration to the many young people in their communities and districts. In addition to their sporting prowess and accomplishments, they live healthy, productive lifestyles and are also well educated, qualified and engaged in various social activities.

I applaud the coaches, relatives and fans who have enabled their positive development over the years.

Finally, as this is the 40th anniversary of the Cayman Islands’ participation in these world sports, I must add that all our Olympians have served as stalwart members of the community, and have made — and are making — outstanding contributions in sport as well as in private and public life.

From the Ministry responsible for Sports, and on behalf of the people of the Cayman Islands, congratulations and Godspeed to you all!

Hon. Osbourne Bodden, JP Minister for Sport

The Cayman Islands Olympic Committee is very pleased to be sending a team of five athletes to the 2016 Summer Olympic Games in Rio de Janeiro, Brazil. The Cayman Islands will be represented in Athletics, Sailing and Swimming.

All of the athletes have competed at a very high level in their efforts to qualify or be invited to the Games. In a lot of cases these athletes have set national records and have attended World Championships in their efforts to attain their dreams of becoming Olympians. Three of the athletes will be attending the Olympics for the first time.

The Cayman Islands Olympic Committee wishes to congratulate these athletes for all of their hard work and dedication. It is indeed an honour to be selected to represent your country at the international level, especially the Olympics. All of the Cayman Islands will be able to see the Cayman Islands Olympic Team march into the stadium during the Opening Ceremony in its entirety for the first time.

Additionally, all of the athletes’ competitions will be broadcast locally for the first time. The Caribbean Association of National Olympic Committees (CANOC) have been awarded the broadcast rights to the Rio 2016 Olympic Games and special emphasis will be placed on showcasing Caribbean Olympic athletes in their respective countries.

Donald McLean, President of the Cayman Islands Olympic Committee
How old were you when you discovered your gift of speed?
I discovered my gift about the age of five at a very small school called Truth For Youth. This was a private Institution at the time, located close to where I lived. Going through the Institution molded me and made me the person I am today. Back then the elementary school did not have a turf track, but the school governing body found creative ways to make the best of our school resources to host sports events on the grass field. Despite the grassy conditions, I still managed to win every race I took part in! That was when I realised that something great can come from this sport someday.

Who was your biggest influence encouraging you to focus on sprinting?
My biggest influence to sprinting was coach Kenrick Williams. I was referred to him by a mutual friend, who pointed out to him that I was a very talented athlete. I am very blessed to say I’ve been around the right people to guide me on the road to great accomplishments in my life.

What was it like to participate in the 2012 London Summer Olympics?
The words “2012 London Summer Olympics” cannot explain how exciting
the Games were. Not many individuals can say that they have qualified well over the standards set by the track and field governing body, but competing with the best at that point in time was a great accomplishment. Not only did I compete, but I also made history running sub 10 seconds in the 100m dash.

**Which countries have you visited while representing the Cayman Islands at championships?**
I have competed on all continents except Australia, and Antartica. All in all, I enjoy traveling and experiencing different cultures, but on the flip side, I don’t like flying for long durations.

**Who inspires you and why?**
My family inspires me all the way through because without them being there to support me every step of the way, it would be very hard to accomplish what I have accomplished in life. Having a family foundation plays a vital role in my success.

**What are you looking forward to in Brazil?**
I’m definitely looking forward to being competitive and making it through the rounds then into the finals which would place me in good position to receiving a medal.

**At 26, what are your future sports career goals?**
My future sports career goals would definitely be to show something for all my hard work, which would be obtaining a medal at the World Championship Games, and Olympic Games.

**What is your best advice for youngsters who are keen to become athletes?**
There's no way around success. The only way to succeed is hard work, dedication, motivation, and perseverance. Once you register those elements in your life, then you just figured out the first step toward your goals.

**What is your biggest sports achievement to date?**
Semi finalist in the 100m dash at the 2012 London Olympics Games, being given the privilege to carry my country flag at the opening and close ceremony at the 2012 Olympics (flag bearer), and being a part of history to have ran a sub 10 seconds 100m dash was one of the greatest achievements of all time.

**What is your most significant personal achievement to date?**
The most significant personal achievement was graduating from Florida State University with an Economics Degree. In today’s workforce we have a lot of competition and few jobs that are available for individuals coming out of school. Having a degree is definitely a must in our society today, sports don’t last forever.
What age were you when you first discovered your love for athletics?

I’ve always loved athletics and sport in general but I could say that at the age of 13 is when I first discovered a love for the sport of Track and Field.

Who introduced you to hurdling?

It was coach Kenrick Williams that introduced me to the hurdles but I started track and field as a shot put and discus thrower in 1998 after taking up a dare during a P.E. class 1997!

What does it take to stay in top physical fitness?

It takes a tremendous amount of dedication for one to get and keep in shape. Constant evaluation on what you are doing throughout a training period and finding the small ways to keep improving and honing your skills. Nutrition, diet, rest, strength training are just some of the many aspects of what needs to be constantly monitored and improved to keep in shape.

What was it like to compete in the 2008 Beijing Olympics and 2012 London Summer Olympics?

Competing in the 2008 and the 2012 Olympics were very memorable moments for me. Beijing 2008 was one of my proudest moments in life so far. Before then my objectives, concerning track and field, were to earn a scholarship...
and become hopefully one day an all American in the NCAA. When you walk into the stadium on competition day you get the feeling that your life serves a much greater purpose to the people of your respective country.

**Which countries have you visited while representing the Cayman Islands at championships?**

I’ve competed in many championships in various countries so far. A list of some those would be
- Melbourne Australia, Commonwealth Games 2006
- Beijing China, Olympics 2008
- Doha Qatar, World Indoor Championships 2010
- Deli India, Commonwealth Games 2010
- Daegu South Korea, World Outdoor Championships 2011.
- Istanbul Turkey, World Indoor Championships 2012
- London England, 2012 Olympics
- Glasgow Scotland Commonwealth Games, 2014
- Canada, Pan Am Games 2015
- Beijing China, 2015 World Championships

**How does it feel that you are now considered an inspiration to young athletes?**

It’s a very great feeling to know that others see you as someone they aspire to be on and off the track. One of the many things that I am constantly aware of is the example I am setting and how others — young and old — will view that example and incorporate it to better their lives. To know that my life serves that purpose is very fulfilling.

**What is your most significant personal achievement to date?**

I would say making it to the semifinals at the World Outdoor Championships in 2011 in Daegu South Korea. I long for a title at a Major championship.

**What are you looking forward to most in Brazil?**

I look forward most to competing very hard and continuing to advance through all the rounds and give my “all” in the finals. I want to have that final effort’s result worthy of something great.

**At 31, what are your future sports career goals?**

My future career goals are to achieve a medal worthy finish in a major championship, continue to advance my career in every single facet possible and then diversify and extend those advancements into as many various fields as possible.

**What is your best advice for youngsters who are keen to become athletes?**

Pursue sport including an external long term interest such as a specific educational training or degree and/or a trade that has longevity. Challenge what seems incapable to many (within reason). Practice the impossible so that when it comes time to do the possible, it’s impossible not to do so.
Where are you currently studying?
I am currently studying at Cayman Prep in my final year of A-levels. Next year I will hopefully go on to study Politics, Philosophy and Economics at the University of Exeter.

How old were you when you first went sailing?
7

At what age did you start to compete at competitive sailing events?
13

Describe your experience while representing Cayman at the International Sailing Federation in Langkawi, Malaysia in December 2015.
It was an absolutely incredible experience! I met a lot of my old friends again from previous regattas and clinics, and made many new friends from all over the world. It was great to be at a regatta where there was a variety of different types of boats at the event, as we never really see any other boats except for the laser. The racing was challenging but very rewarding if you were willing to push yourself and your limits, and there were a handful of races that I was quite happy with my performance. It was also a great opportunity for us to compare our skills against some of the world’s best youth sailors. I found that I had improved a great amount to previous youth regattas.
Which countries have you visited while participating at events?
Thanks to sailing I have visited the Bahamas, Antigua, America, Canada, Mexico, China, Oman, and Malaysia.

What is your training routine?
My training routine is divided between sailing and strength training through cross-fit. I sail every Tuesday, Thursday, Saturday and frequently race on Sundays. When I am not at the sailing club, I am probably at Crossfit. I go to Crossfit every Monday, Wednesday, Friday and Saturday and find that it has been a great way for me to improve my overall fitness for sailing, since the sport is so physically demanding.

How do you stay focused with balancing your training/studies/social life?
It’s obviously a challenge when you have so much happening at the same time, however sailing and school are very important to me and I dedicate as much time as I have to towards these things. Everything else is second to that. However I find it much easier to sacrifice my social life for something I’m so passionate about.

Who motivates you?
My coaches — both at crossfit and the sailing club — are incredible motivators that make me want to work really really hard for what I want. My training partner, Pablo, also pushes me well beyond the mental limitations I place on myself both on the water and at the gym. Everything between us is a competition and it makes me push myself to keep up with him.

What are your expectations of participating in the Rio Olympics?
I have no real expectation for myself at the Games since it will be the hardest competition I have yet to compete in. In Rio, I will compete for more than just the experience of being there, but there will be no expectations of positions or anything. My only goal is to be happy with the decisions I make on the water that day and knowing that I had really fought for every position. I hope that I will not be intimidated by the other sailors that I am surrounded by and try to represent Cayman as best I can.

How are you going to cope with the pressure and nerves at the Olympics?
I don’t think there will be too much pressure or nerves at the Games — I expect to be more excited rather than nervous. I also think there will be more nerves in the lead up to the Games, so I will just have to put my all into training to overcome this. Like I said earlier, I would have no real expectations for myself and so I wouldn’t put any pressure on myself. I might be a bit nervous that I won’t have the same experience in Rio as the other sailors, but I would just treat the sailing as any other regatta that I was competing in.

PHOTOS COURTESY J.WEBSTER
How old were you when you learned to swim?
4/5 years old

Which is your favourite swim style?
Backstroke

How did it feel to win gold medals at the Carifta Games?
It was a pretty incredible experience, having everyone cheering and ultimately hearing the national anthem being played standing on the podium.

Which countries have you visited while participating at events?
• Youth Olympics Games 2010, Singapore
• World Short Course Championships Dubai and Doha
• World Long Course Championships Russia
• Pan Am Games Guadalajara and Toronto
• Commonwealth Games, Glasgow

Which is your most memorable swimming achievement to date?
Both getting third at BUCS, a university championship meet and being chosen for the Commonwealth Games.

What is your training routine?
MONDAY
5:15-7:30am swimming
6:00-7:00pm spinning

TUESDAY
6:15-8pm swimming
WEDNESDAY
5:15–7:30am swimming
6:00pm – 5k run

THURSDAY
6:15–8pm swimming

FRIDAY
5:15–7:30am swimming
6:00pm – 5k run

SATURDAY
12:30–2.00pm swimming

SUNDAY
7:00–8:00pm insanity

How do you stay focused with balancing your training/studies/social life?
It is difficult, but with training it does mean that everything gets done based around a time schedule so this keeps me organised, prevents me from procrastinating and keep putting off work, whereas with swimming it keeps me focused. I’ve learned that a social life is important, so it’s vital to make sure I can maintain being able to hang out with friends and go to parties, but be sensible about how I go about doing things. I make sure that I don’t miss out due to swimming commitments — I believe in the phrase “work hard, play hard” as my Mum always said.

Who motivates you?
Ultimately, both my parents and brothers.

What are your expectations of participating in the Rio Olympics?
Achieving the best times I can and being able to make my country proud.

How are you going to cope with the pressure and nerves at the Olympics?
Not focus on everyone around me but focus on my race myself — zone everyone else out.

If you are able to meet Michael Phelps, what would you say to him?
Definitely ask for a selfie!
Where are you currently studying?
Studying at the University of Edinburgh.

How old were you when you learned to swim?
I was around 3 or 4 when I started swimming on my own.

At what age did you start to compete at competitive swim events?
6

What have been your swimming achievements to date?
I have 9 Carifta medals, 6 Island Games medals and I have competed at the Commonwealth Games and World Championships.

Which countries have you visited while participating at events?
Aruba, Jamaica, Bahamas, Barbados, USA, Russia, Qatar, Holland and the UK.

How did it feel to be awarded the title of CIASA Male Swimmer of the Year 2013?
It was a great feeling which capped off a great year in my swimming career. I was surprised when I received the award as there were some other great male swims but I was exceptionally proud.

What is your training routine?
Currently I’m swimming 10 times a
week, gyming twice a week and doing a cardio circuit every week. As I have just finished my exams I’m also playing some squash for added fitness.

**How do you stay focused with balancing your training/studies/social life?**
The team are really good at allowing you to arrange your sessions around lectures to enable you to get to all of your classes without missing sessions. I try to organise my schedules in advance so I can be social and study too.

**Is there sibling rivalry between you and your sister, Lara?**
I don’t think we have much rivalry in swimming anymore. It was more intense when we were younger but she was always getting more Carifta medals than I was so it was hard to keep up! But today we try to spur the other on because she’s great fun to have at competitions.

**Who motivates you?**
Family and friends have all helped this year to keep me motivated but most of the motivation I have has come from wanting to go to the Olympics from a young age.

**What are your expectations of participating in the Rio Olympics?**
I’d like to break the Cayman national record and swim best swims.

**How are you going to cope with the pressure and nerves at the Olympics?**
I think the pressure and nerves would help me focus and I’d use them to knuckle down everything in my training in preparation for the big day at Rio.

**Which Olympics swimming heroes do you hope to meet in Rio?**
I would love to meet Michael Phelps. He is the arguably the greatest swimmer of all time and such an incredible athlete. To meet Alia Atkinson again would be fantastic also, as she proves that the Caribbean swimmers can be amongst the best in the world.
Follow our Cayman Olympians’ quest for glory

As the seasoned Cayman Olympians hang up their racing sneakers or retire their swimming caps, they cherish their memories of competing at the highest level of sportsmanship. However, it’s now time to hand over the spot light to the Cayman Island’s freshest and newest sporting talent. Having proved their personal speed and dedication to their chosen sport, here is some advice offered by Cayman’s historic superstar’s of swimming, sailing and track & field, to our 2016 Cayman Olympians.

Shaune Fraser

Sport: Swimming
Medals achieved (including non Olympics): Pan American Games: 2 Silver, 1 Bronze; three-time NCAA Div. 1 Champion
What it personally means to be an Olympian: To have the honour of representing your country at the world’s biggest athletic event.
Your message of support for the 2016 Cayman team members: Have fun and enjoy the moment.

Heather Roffey

Sport: Swimming — 200m Butterfly and 800m Freestyle
When and where competed in Olympics: Athens 2004
What it personally means to be an Olympian: I am very proud to have represented the Cayman Islands at the Olympic Games, both as an athlete and as Chef de Mission for two Summer Youth Olympic Games. The Olympic Movement is powerful and awe inspiring. I’m grateful for the memories and the friendships formed and hope to be a part of the Olympic Movement for many years to come.
Your message of support for the 2016 Cayman team members: Best wishes to all our Cayman Olympians competing in Rio this summer. Hoping you all have a safe and successful training camp leading up to the Games. Enjoy every moment of the Olympic Games, know that all of Cayman is cheering for you! Be kind to all the volunteers and most importantly, have fun!
Kareem Streete-Thompson

Sport: Track & Field (100m and long jump)


Medals achieved (including non Olympics): 2001 IAAF World Indoor Championships: Silver medal and 2002 Commonwealth Games: Bronze Medal

What it personally means to be an Olympian: It’s an achievement that I will cherish for the rest of my life. I have competed with some of the best athletes on the world’s biggest stage and it’s a source of immense pride for me.

Your message of support for the 2016 Cayman team members: We are a small island but we have stood strong alongside the best the world has to offer. Attitude is everything at the highest level. Act like you belong there and you will achieve results beyond your wildest dreams!

Carson Ebanks

Sport: Sailing

When and where competed in Olympics: Ontario 1976, Los Angeles 1984, Atlanta 1996

What it personally means to be an Olympian: It has been a great honour and a wonderful privilege. Among my best and dearest friends I am so blessed to count many Olympians. Competing in sports teaches one determination to strive and compete and never give up, never give up! Plus fair play, to compete fiercely while always respecting and abiding by the rules, spirit and letter of the laws.

Your message of support for the 2016 Cayman team members: I guarantee that once you join the Olympic family, your life will be irrevocably changed. You will apply your efforts to every endeavour in a Herculean manner, and you will overcome life’s challenges. Enjoy the Games and revel in the new experiences; treasure your friends, thank and love your biological family and embrace your new Olympic family. Once an Olympian always an Olympian.

CAYMAN’S OLYMPIC TEAMS SINCE 1976

1976 Sailing
Carson Ebanks
Gerald Kirkconnell
Peter Milburn

1984 Cycling
David Dibben
Alfred Ebanks
Craig Merren
Earnest Moodie
Merilyn Phillips
Alden Wint
Sailing
John Bodden
Carson Ebanks
Tim Marsh

1988 Athletics
Michelle Bush
Paul Hurlston
Cycling
Nick Baker
Alfred Ebanks
Craig Merren
Mitchell Smith
Perri Merren
Richard Pascal

1992 Athletics
Kareem Streete-Thompson
Cycling
Stefan Baraud
Dennis Brooks
Tim Byrne
Don Campbell
Alfred Ebanks
Michael Hundt
Craig Merren
Mitchell Smith
Sailing
John Bodden
Mark Clarke
Tim Marsh

1996 Athletics
Cydonie Mothersill
Cycling
Stefan Baraud
Sailing
Mark Clarke
Alun Davies
Carson Ebanks
David Grogono
Donald McLean
John Michael Stafford
Michael Joseph

2000 Athletics
Cydonie Mothersill
Kareem Streete-Thompson
Sailing
Tomeaka McTaggart

2004 Athletics
Cydonie Mothersill
Kareem Streete-Thompson
Swimming
Shaune Fraser
Andrew MacKay
Heather Roffey

2008 Athletics
Cydonie Mothersill
Ronald Forbes
Swimming
Shaune Fraser
Brett Fraser

2012 Athletics
Cydonie Mothersill
Kemar Hyman
Ronald Forbes
Swimming
Shaune Fraser
Brett Fraser
The Olympic pin tradition began with small cardboard badges worn by athletes and officials at the first modern Olympics in 1896; trading them was an early gesture of goodwill between competing nationalities. Nowadays it’s a tradition for not only athletes but also for fans, in fact, it’s like a sport itself that’s growing amongst spectators. It is usually the goal to collect pins from each country that is represented at the Olympic Games.

Tens of millions of them are sold at each Olympic Games, while the tradition of swapping and gifting pins creates personal connections between people of different origins. About 800 models are expected to be sold, swapped and gifted at first stage of the Olympic Games in Rio, South America.

Some countries choose to use the same pin each time, while others like the Cayman Islands, create a new unique pin for each Olympic Games that they participate in. Various Caymanian artists design each pin; the artists submit their work to the Cayman Islands Olympic Committee (CIOC) for consideration and have the chance for their piece to represent their country. This year’s Cayman Islands’ pin is a former design that has been resurrected — the turtle designed by Wray Banker for the 1996 Olympics proved to be so popular that the CIOC has decided to re-use it for Rio.

Pins are generally manufactured in limited numbered editions and those with the smallest quantities, or from the earliest Olympic Games, are typically...
most desirable. With the small batch numbers and number of athletes at each Olympic Games, it is difficult to track down and obtain a Cayman Islands pin. Between their great design and the small number produced, the Cayman Islands pins are always one of the most highly sought after pin.

Purchasing a pin assists the athletes in more ways than one. Not only do you support the Cayman Islands National Athletes by wearing and sharing the pins, but all proceeds go directly into the “Fundraising account”, which is used specifically for direct athlete funding. This money helps with their training and competition expenses including, but not limited to, airfares, accommodations, and gear and competition fees.

**Purchasing Information**

Pins are KYD5.00 if purchased locally. They are USD10.00 plus the cost of shipping if you are ordering from overseas. If you are buying more than 25 pins, contact us about a discounted rate.

Cay-Fan T-Shirts are KYD25.00 or USD30.00. Cay-Fan Hats are KYD10.00 or USD12.50.

You can purchase Cayman Islands 2016 pins by stopping by our office or by placing an order by email or over the phone and we will ship it to you for an additional cost.

**EMAIL:** noc@caymanolympic.org.ky

**PHONE:** 345 9466984

**ADDRESS:** #6 Windward Centre, 93 Smith Rd; George Town, Grand Cayman. Cayman Islands.

**PLEASE NOTE:** The CIOC office will be closed from July 25 through August 26.
Event schedule

Whether you are watching from the comfort of your sofa at home or at the local pub, be sure to make note of the times of the Cayman athletes’ races. Check local TV listings on a daily basis to learn which events will be covered, and in case of schedule changes.

Scheduled competition times for Cayman Islands athletes

FLORENCE ALLAN, Sailing Women’s Laser Radial One Person Dinghy
• August 8th 11:15am
• August 9th 11:05am
• August 10th 3:15pm
• August 13th 11:00am
• MEDAL RACE August 15th 11:05am

KEMAR HYMAN – 100m
• PRELIMS August 13th 7:30am
• ROUND 1 August 13th 10:00am
• SEMI-FINALS August 14th 7:00pm
• FINALS August 14th 8:25pm

RONALD FORBES – 110m Hurdles
• ROUND 1 August 15th, 6:40pm
• SEMI-FINAL August 16th 6:40pm
• FINAL August 16th 8:45pm

LARA BUTLER – 100m Backstroke
• HEATS August 7th, afternoon
• SEMI-FINALS August 7th, evening
• FINALS August 8, evening

GEOFFREY BUTLER – 1500m Backstroke
• HEATS August 12th, afternoon
• FINALS August 13th, evening

Thursday 4 August
FOOTBALL

Friday 5 August
6:00 Opening Ceremony

Saturday 6 August
ARCHERY
BASKETBALL
BEACH VOLLEYBALL
BOXING
CYCLING
EQUESTRIAN
FENCING
GYMNASTICS
HANDBALL
HOCKEY
JUDO
ROWING
RUGBY
SAILING
SHOOTING
SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

Sunday 7 August
ARCHERY
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
CYCLING
DIVING
EQUESTRIAN
FENCING
GYMNASTICS
HANDBALL
HOCKEY
JUDO
ROWING
RUGBY
SHOOTING
SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

Monday 8 August
ARCHERY
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
DIVING
EQUESTRIAN
FENCING
GYMNASTICS
HANDBALL
HOCKEY
JUDO
ROWING
RUGBY
SAILING
SHOOTING
SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

Tuesday 9 August
ARCHERY
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
DIVING
EQUESTRIAN
FENCING
GYMNASTICS
HANDBALL
HOCKEY
JUDO
ROWING
RUGBY
SAILING
SHOOTING
SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

Wednesday 10 August
ARCHERY
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
CYCLING
DIVING
EQUESTRIAN
FENCING
GYMNASTICS
HANDBALL
HOCKEY
JUDO
ROWING
RUGBY
SAILING
SHOOTING
SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

Thursday 11 August
ARCHERY
BADMINTON
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
CYCLING
EQUESTRIAN
FENCING
GOLF
GYMNASTICS
HANDBALL
HOCKEY
JUDO
ROWING
RUGBY
SAILING
SHOOTING
SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
Friday 12 AUGUST
ARCHERY
ATHLETICS
BADMINTON
BASKETBALL
BEACH VOLLEYBALL
BOXING
CYCLING
DIVING
EQUESTRIAN
FENCING
GOLF
GYMNASTICS
HANDBALL
HOCKEY
JUDO
ROWING
SAILING
SHOOTING
SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

Saturday 13 AUGUST
ATHLETICS
BADMINTON
BASKETBALL
BEACH VOLLEYBALL
BOXING
CYCLING
DIVING
FENCING
GOLF
GYMNASTICS
HANDBALL
HOCKEY
JUDO
ROWING
SAILING
SHOOTING
SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

Sunday 14 AUGUST
ATHLETICS
ATHLETICS–MARATHON
BADMINTON
BASKETBALL
BEACH VOLLEYBALL
BOXING
CYCLING
DIVING
EQUESTRIAN
FENCING
GOLF
GYMNASTICS
HANDBALL
HOCKEY
SAILING
SHOOTING
SYNCHRONIZED SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING

Monday 15 AUGUST
ATHLETICS
BADMINTON
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
CYCLING
DIVING
EQUESTRIAN
GYMNASTICS
HANDBALL
HOCKEY
MARATHON SWIMMING
SAILING
SYNCHRONIZED SWIMMING
TABLE TENNIS
TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING

Tuesday 16 AUGUST
ATHLETICS
BADMINTON
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
CYCLING
DIVING
EQUESTRIAN
GYMNASTICS
HANDBALL
HOCKEY
MARATHON SWIMMING
SAILING
SYNCHRONIZED SWIMMING
TABLE TENNIS
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING

Wednesday 17 AUGUST
ATHLETICS
BADMINTON
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
CYCLING
DIVING
EQUESTRIAN
GOLF
HANDBALL
HOCKEY
SAILING
SYNCHRONIZED SWIMMING
TABLE TENNIS
WATER POLO
WEIGHTLIFTING
WRESTLING

Thursday 18 AUGUST
ATHLETICS
BADMINTON
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOE
CYCLING
DIVING
GOLF
HANDBALL
HOCKEY
MODERN PENTATHLON
SAILING
SYNCHRONIZED SWIMMING
TAEKWONDO
WATER POLO
WRESTLING

Friday 19 AUGUST
ATHLETICS
BADMINTON
BASKETBALL
BOXING
CANOE
CYCLING
DIVING
EQUESTRIAN
GOLF
GYMNASTICS
HANDBALL
HOCKEY
MODERN PENTATHLON
SYNCHRONIZED SWIMMING
TAEKWONDO
VOLLEYBALL
WATER POLO
WRESTLING

Saturday 20 AUGUST
ATHLETICS
BADMINTON
BASKETBALL
BOXING
CANOE
CYCLING
DIVING
GOLF
GYMNASTICS
HANDBALL
MODERN PENTATHLON
TAEKWONDO
TRIATHLON
VOLLEYBALL
WATER POLO
WRESTLING

Sunday 21 AUGUST
ATHLETICS
BASKETBALL
BOXING
CYCLING
GYMNASICS
HANDBALL
VOLLEYBALL
WRESTLING

6:00
Closing Ceremony
Viewing locations

If you’re not going to Rio in person to attend the Olympic Games, then you’ll be able to view the sporting events at the following locations while enjoying time with friends, eating a meal and watching the world’s finest athletes compete against each other.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abacus Restaurant &amp; Lounge</td>
<td>45 Market St, Camana Bay, Grand Cayman</td>
<td>623-8282</td>
</tr>
<tr>
<td>Billy Bones Pool Bar</td>
<td>West Bay Road, Grand Cayman</td>
<td>943-2663</td>
</tr>
<tr>
<td>Bananas Restaurant</td>
<td>Dolphin Centre, Eastern Ave, George Town, Grand Cayman</td>
<td>949-0859</td>
</tr>
<tr>
<td>Bar Crudo</td>
<td>55 S Church St, George Town, Grand Cayman</td>
<td>946-9000</td>
</tr>
<tr>
<td>Chelsea’s Sports Bar</td>
<td>West Shore Center, West Bay Road, Grand Cayman</td>
<td>945-2022</td>
</tr>
<tr>
<td>Coconut Joe’s</td>
<td>362 West Bay Rd, Grand Cayman</td>
<td>943-5637</td>
</tr>
<tr>
<td>Fidel Murphy’s Irish Pub &amp; Restaurant</td>
<td>West Bay Road, Grand Cayman</td>
<td>949-5189</td>
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<tr>
<td>Karoo</td>
<td>The Crescent, Camana Bay, Grand Cayman</td>
<td>946-6633</td>
</tr>
<tr>
<td>George Town Yacht Club</td>
<td>606 N Sound Rd, George Town, Grand Cayman</td>
<td>947-4892</td>
</tr>
<tr>
<td>Da Fish Shack</td>
<td>127 N Church St, George Town, Grand Cayman</td>
<td>947-8126</td>
</tr>
<tr>
<td>Lone Star</td>
<td>688 West Bay Road, Grand Cayman</td>
<td>945-5175</td>
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<tr>
<td>Pirate’s Den</td>
<td>West Bay Road, Grand Cayman</td>
<td>949-7144</td>
</tr>
<tr>
<td>The Attic</td>
<td>Queen’s Court Plaza, George Town, Grand Cayman</td>
<td>949-7665</td>
</tr>
<tr>
<td>Macabuca</td>
<td>North West Point, West Bay, Grand Cayman</td>
<td>945-5217</td>
</tr>
<tr>
<td>Whiskey Mist</td>
<td>Unit 19, The Strand, Seven Mile Beach, George Town, Grand Cayman</td>
<td>323-1669</td>
</tr>
<tr>
<td>XQs Pizza, Bar, Grill</td>
<td>233 West Bay Road, Grand Cayman</td>
<td>947-9770</td>
</tr>
<tr>
<td>Stingers Restaurant</td>
<td>Comfort Suites, West Bay Road, Grand Cayman</td>
<td>945-3000</td>
</tr>
<tr>
<td>South Coast Bar &amp; Grill</td>
<td>2054 Breakers, Grand Cayman</td>
<td>947 2517</td>
</tr>
<tr>
<td>Peppers Smokehouse</td>
<td>426 West Bay Road, Grand Cayman</td>
<td>943-3000</td>
</tr>
<tr>
<td>Sunshine Grill</td>
<td>Esterly Tibbetts Highway, Grand Cayman</td>
<td>946-5848</td>
</tr>
<tr>
<td>Tipsy Turtle Pub</td>
<td>Bert Marson Dr, Cayman Brac</td>
<td>948-1523</td>
</tr>
<tr>
<td>Guy Harvey’s Island Grill</td>
<td>55 S. South Church Street, George Town, Grand Cayman</td>
<td>946-9000</td>
</tr>
<tr>
<td>Hard Rock Café</td>
<td>43 S Church Street, George Town, Grand Cayman</td>
<td>947-2020</td>
</tr>
<tr>
<td>The Rivera Bar</td>
<td>South Church St, George Town, Grand Cayman</td>
<td>623-4372</td>
</tr>
<tr>
<td>The Grand Palms Restaurant</td>
<td>383 Channel Road, Cayman Brac</td>
<td>948-1323</td>
</tr>
<tr>
<td>The Brasserie</td>
<td>Cricket Square, Elgin Ave, George Town, Cayman Islands</td>
<td>945-1815</td>
</tr>
</tbody>
</table>

Watch the Olympics in comfort

Budweiser Bucket Specials during every event, see our fixtures board at fidelmurphys.com for listings.

Fidel Murphy’s
PUBLIC HOUSE
8am - midnight
197 Queens Court Plaza
SMB, Grand Cayman, Cayman Islands
(345) 949-5189
E-Mail: info@fidelmurphys.com
Win Cayman Islands’ Olympic Team 2016 Merchandise

Answer these trivia Olympic questions correctly for your chance to win great prizes

1. a) Who were the first Caymanian Olympians?
   b) What year and city did they participate?
   c) What sport?

2. What sport in the Cayman Islands has sent the most athletes to the Olympic Games?

3. a) What year did Cayman send its first female athlete?
   b) What was her name and sport?

Submit your answers at caymanolympic.org.ky

DEADLINE TO ENTER: Midnight on Wednesday, 31st August, 2016
Terms and conditions apply, please see www.caymanolympic.org.ky
Olympic Day 5k Run / Walk — fun for everyone!

The 2016 Olympic Day 5k Run/Walk took place at the Truman Bodden Sports Complex on Saturday June 25th at 7am.

The Olympic Day 5K is a favourite for runners, joggers and walkers. It’s a fun family-oriented 5k, enjoyed by all ages and abilities.