



Labor Day 2026 (Sept 2-6)

	Team Practices		Training Heats	Continental Surf Cup	
Surf Session Times	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	Wednesday	Thursday	Friday	Saturday	Sunday
745-830	TEAM USA	TEAM EUROPE	Private Session	Private Session	Private Session
830-915			Practice Heats 24 Spots	Public Session	Public Session
915-10	TEAM EUROPE	TEAM USA		Public Session	Public Session
10-1045				Public Session	Public Session
1045-1130	Slidewaters Free	Slidewaters Free	Slidewaters Free	Slidewaters Free	Slidewaters Free
1130-1215	Slidewaters Free	Slidewaters Free	Slidewaters Free	Slidewaters Free	Slidewaters Free
1215-1245	Surf Coach Session	Surf Coach Session	Surf Coach Session	Surf Coach Session	Surf Coach Session
1245-130	TEAM USA	TEAM EUROPE	Public Session	Private Session	Private Session
130-215			Public Session	Warm-up Session	Warm-up Session
215-3	TEAM EUROPE	TEAM USA	Practice Heats		
3-345			24 spots		
345-430				Surf Cup Day 1 3:20-9:00pm Surfers Classic 3:40-4:55pm Team Heats #1 5:05-6:35pm Best Trick 6:45-8:45 Best Trick Awards 8:45-9:00pm	Surf Cup Day 2 3:20-9:00pm Team Heats #2 3:55-5:25 Team Finals 5:45-6:30 Finals 6:40-7:40 Awards Show 8:00-9:00pm
430-5	Surf Coach Session	Surf Coach Session	Surf Coach Session		
5-545	Public Session	Public Session	Public Session		
545-630	Public Session	Public Session	Public Session		
630-715	Public Session	Public Session	Public Session		
715-8	TEAM USA	TEAM EUROPE	Public Session		
8-845			Private Session		
845-930					
9:30-10					