

VIRTUAL TOURNAMENT 2021

MONDAY 22ND			TUESDAY 23RD			WEDNESDAY 24TH			THURSDAY 25TH			FRIDAY 26TH		
Juniors' Day U11 & U13 Competitions U13 Prep & Junior Waterfall are played together in the same competition			U14 Competition			U16 Competition			Women's Day U15 & U18 Competitions U18 ASSE & Girls are played together in the same competition			U18 Competition runs through the day U18 Cup & Vase are played together in the same competition		
TIME / EVENT		PLATFORM	TIME / EVENT		PLATFORM	TIME / EVENT		PLATFORM	TIME / EVENT		PLATFORM	TIME / EVENT		PLATFORM
9:30am	NEXTGENXV Introduction to the RPNS7 Virtual Tournament	Twitter @nextgenxv & @RPNS7	10am - 12.30pm	U14 Group Stages	Twitter @RPNS7	10am - 12.30pm	U16 Group Stages	Twitter @RPNS7	8.55am - 9am	Maggie Alphonsi Welcome Message	IGTV Instagram @rosslyn_park_school_7s	10am - 12.30pm	U18 Boys Group Stages	Twitter @RPNS7
10am	U11 Group Stages	Twitter @RPNS7	12.30pm - 1pm	Insight & Analysis in Rugby with VEO	Instagram @rosslyn_park_school_7s	12.30pm - 1pm	WRU Strength & Conditioning Session with Huw Bennett	IGTV Instagram @rosslyn_park_school_7s	9am - 12pm	U15 Girls Competition	Twitter @RPNS7	12.30pm - 1pm	Coach Logic feat. Bath & Scotland Star Cam Redpath	Twitter @RPNS7
12:00/ 12:30 pm	U11 QFs, SFs & Final	Twitter @RPNS7	1pm - 4.30pm	U14 Last 16, QFs & SFs	Twitter @RPNS7	1pm - 4.30pm	U16 Last 16, QFs & SFs	Twitter @RPNS7	11am	U15 Final	Twitter @RPNS7	1pm - 5pm	U18 Boys Knockout Stages	IGTV Instagram @rosslyn_park_school_7s
2pm	U13 Group Stages Start	Twitter @RPNS7	4.30pm - 5pm	SKRUM	Instagram @rosslyn_park_school_7s	4.30pm - 5pm	Q&A w/Northampton Saints' James Grayson (Sponsored by Perform Better)	IGTV Instagram @rosslyn_park_school_7s	12.30pm - 1pm	England Women's Rugby Star Rachael Burford interview with Nick Heath	IGTV Instagram @rosslyn_park_school_7s	4pm - 5pm	U18 Boys FINAL	Twitter @RPNS7
4pm - 6pm	U13 QFs, SFs & Final	Twitter @RPNS7	5pm	U14 Final	Twitter @RPNS7	5pm	U16 Final	Twitter @RPNS7	1pm - 5pm	U18 Girls Group & Knockout Stages	Twitter @RPNS7	5pm	Rosslyn Park Closing presented by Nick Heath	Twitter @RPNS7
									5pm	U18 Girls Final	Twitter @RPNS7			