

Proposed Matrix 2022 - OPSS (23th to 25th May)

DAY 1																		
Group Name	1. Todak	2. Tempua	3. Memerang	4. Gelama	5. Tukang	6. Penyu	7. Pari	8. Pekaka	9. Biawak	10. Selar	11. Ketam	12. Helang	13. Siakap	14. Pipit				
0845	Initiation																	
0930	(Check-in + SMM Brief + Ice-breakers + Goal Setting + Campsite Familiarisation)																	
1000	Kayaking	Kayaking	Kayaking	TB 1	TB 1	H2O	TB 1	TB 1	Journey Prep	Journey Prep	Tent Pitching	Tent Pitching	Under The Sea	Under The Sea				
1030				Low Elements	Low Elements		Journey Prep	Journey Prep										
1100				Low Elements	Low Elements	Journey	Journey											
1130				Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch						
1200				Lunch	Lunch	Lunch	Kayaking	Kayaking	Kayaking	Journey	Journey	Lunch	Lunch	Outdoor Cooking	Outdoor Cooking	TB 1	TB 1	
1230	Lunch	Lunch	Lunch	Journey	Journey	Journey Debrief				Journey Debrief	TB 1	TB 1						
1300	Lunch	Lunch	Lunch	Journey Debrief	Journey Debrief	TB 1				TB 1	Under The Sea (R&C)	Under The Sea (R&C)						
1330	TB 1	TB 1	Tent Pitching	Journey Debrief	Journey Debrief	TB 1				TB 1								
1400	TB 1	TB 1	Tent Pitching	Journey Debrief	Journey Debrief	TB 1				TB 1								
1430	Low Elements	Low Elements	Tent Pitching	Journey Debrief	Journey Debrief	TB 1	TB 1											
1500	Day Debrief / Area Cleaning / Reset																	
1530	Depart CCOALC																	
1600	DAY 2																	
1630	DAY 2																	
0845	Under The Sea	Under The Sea	Low Elements	Low Elements	Tent Pitching	Tent Pitching	Kayaking	Kayaking	Kayaking	Outdoor Cooking	PB TIH	PB BWL	Journey	Journey				
0930			Journey Prep	Journey Prep							Journey Prep	Journey Prep	Journey Debrief	Journey Debrief				
1000			Low Elements	Low Elements	Journey	Journey					Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1030			Low Elements	Low Elements	Journey	Journey					Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1100			Low Elements	Low Elements	Journey	Journey					Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1130	Low Elements	Low Elements	Journey	Journey	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch						
1200	Lunch	Lunch	Journey	Journey	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch						
1230	Tent Pitching	Tent Pitching	Lunch	Lunch	Journey	Journey	TB 2	TB 2	Outdoor Cooking	Kayaking	Kayaking	Kayaking	Outdoor Cooking	Outdoor Cooking				
1300	Tent Pitching	Tent Pitching	Lunch	Lunch	Journey	Journey	H2O	H2O	Outdoor Cooking	Kayaking	Kayaking	Kayaking	Outdoor Cooking	Outdoor Cooking				
1330	Tent Pitching	Tent Pitching	Lunch	Lunch	Journey	Journey	H2O	H2O	Outdoor Cooking	Kayaking	Kayaking	Kayaking	Outdoor Cooking	Outdoor Cooking				
1400	Under The Sea (R&C)	Under The Sea (R&C)	TB 1	TB 2	Journey Debrief	Journey Debrief	H2O	H2O	Outdoor Cooking	Kayaking	Kayaking	Kayaking	Outdoor Cooking	Outdoor Cooking				
1430	Under The Sea (R&C)	Under The Sea (R&C)	TB 1	TB 2	Journey Debrief	Journey Debrief	H2O	H2O	Outdoor Cooking	Kayaking	Kayaking	Kayaking	Outdoor Cooking	Outdoor Cooking				
1500	Day Debrief / Area Cleaning / Reset																	
1530	Depart CCOALC																	
1600	DAY 3																	
1630	DAY 3																	
0845	TB 2	TB 2	Outdoor Cooking	Outdoor Cooking	H2O	TB 1	Low Elements	Low Elements	Under The Sea	Under The Sea	Journey	Journey	Kayaking	Kayaking				
0930	Journey Prep	Journey Prep				Low Elements	PB TIH	PB BWL	Lunch	Lunch	Journey Debrief	Journey Debrief						
1000	Journey Prep	Journey Prep				Low Elements	PB TIH	PB BWL	Lunch	Lunch	Journey Debrief	Journey Debrief						
1030	Lunch	Lunch				Low Elements	PB TIH	PB BWL	Lunch	Lunch	Journey Debrief	Journey Debrief						
1100	Lunch	Lunch				Low Elements	PB TIH	PB BWL	Lunch	Lunch	Journey Debrief	Journey Debrief						
1130	Lunch	Lunch	Low Elements	PB TIH	PB BWL	Lunch	Lunch	Journey Debrief	Journey Debrief									
1200	Journey	Journey	Lunch	Lunch	Outdoor Cooking	Outdoor Cooking	Lunch	Lunch	Low Elements	Low Elements	Lunch	Lunch	Lunch	Lunch				
1230	Journey	Journey	Lunch	Lunch	Outdoor Cooking	Outdoor Cooking	Lunch	Lunch	Low Elements	Low Elements	Lunch	Lunch	Lunch	Lunch				
1300	Journey	Journey	Lunch	Lunch	Outdoor Cooking	Outdoor Cooking	Lunch	Lunch	Low Elements	Low Elements	Lunch	Lunch	Lunch	Lunch				
1330	Journey	Journey	Lunch	Lunch	Outdoor Cooking	Outdoor Cooking	Lunch	Lunch	Low Elements	Low Elements	Lunch	Lunch	Lunch	Lunch				
1400	Journey Debrief	Journey Debrief	PB TIH	PB BWL	Outdoor Cooking	Outdoor Cooking	Tent Pitching	Tent Pitching	Under The Sea (R&C)	Under The Sea (R&C)	Low Elements	Low Elements	TB 2	TB 2				
1430	Journey Debrief	Journey Debrief	PB TIH	PB BWL	Outdoor Cooking	Outdoor Cooking	Tent Pitching	Tent Pitching	Under The Sea (R&C)	Under The Sea (R&C)	Low Elements	Low Elements	TB 2	TB 2				
1500	Consolidation																	
1530	Day Debrief / Area Cleaning / Reset																	
1600	Depart CCOALC																	
1630	DAY 3																	