

**DRAFT 1****Wrestling**

Sport Venue **WJ Mouat Secondary**  
 Meals **AgRec Building-Exhibition Park**  
 Accom. **WJ Mouat Secondary**  
 Showers **Accommodation**  
 Shuttle Route **Route D**



Updated  
May 6



**SHOWERS:** the other sports staying at the accommodation site will have access to showers after the Wrestling competition is done. It is recommended that Wrestling participants use the showers as soon as their competition is finished for the day.

**TRANSPORTATION TO MEALS:** Your sport is designated to walk to/from your accommodation site and the food venue at the AgRec Building at Exhibition Park. - EXCEPT ON THURSDAY FOR THE WELCOMING BANQUET.

**Thursday** **Shift One**  
**July 21, 2016** **Zones:** All 152

Depart by shuttle from Participant Accreditation Centre to WJ Mouat Secondary	Route C
Open Practice at WJ Mouat Secondary	11:00 AM - 2:30 PM
Weigh-in/Medical at WJ Mouat Secondary	12:30 PM - 2:30 PM
Depart by bus to Welcoming Banquet	5:10 PM
Arrive at AgRec Building-Exhibition Park	5:15 PM
Dinner	5:15 PM - 5:55 PM
Depart by SHUTTLE to Opening Ceremony at Abbotsford Events Centre	6:00 PM

**At the conclusion of the Opening Ceremony walk back to the Marshalling Area on the south side of the UFV campus for bus departure to your accommodation site. Shuttles are based on assigned Shuttle Route (see top of the Bus & Meal Schedule).**

**Friday** **Shift One**  
**July 22, 2016** **Zones:** All 152

Walk to AgRec Building-Exhibition Park for breakfast	WALK
Breakfast	8:30 AM - 9:05 AM
Walk to WJ Mouat Secondary	WALK
Pre-Competition Warm-up	10:00 AM
Wrestling Opening Ceremony	11:00 AM
Lunch at WJ Mouat Secondary (166)	11:45 AM
Competition Begins	12:30 PM
Competition Ends	4:30 PM
Clinic	4:30 PM - 5:30 PM
Walk to AgRec Building-Exhibition Park for dinner	WALK
Dinner	6:15 PM - 6:55 PM
Walk to WJ Mouat Secondary for those not attending the Participant Special Event	WALK
Depart by bus to Participant Special Event	7:00 PM

**This will be the only opportunity to go to the Participant Special Event. Shuttles back to accommodation will begin at 8:30 pm and will run every 15-20 minutes. The Participant Special Event concludes at 10:00 pm.**

**DRAFT 1****Wrestling**

Sport Venue **WJ Mouat Secondary**  
 Meals **AgRec Building-Exhibition Park**  
 Accomm. **WJ Mouat Secondary**  
 Showers **Accommodation**  
 Shuttle Route **Route D**



Updated  
May 6



**Saturday**  
**July 23, 2016**

**Shift One**

**Zones: All 152**

Walk to AgRec Building-Exhibition Park for breakfast	WALK
Breakfast	8:30 AM - 9:05 AM
Walk to WJ Mouat Secondary	WALK
Pre-Competition Warm-up	8:30 AM
Competition Begins	9:15 AM
Lunch at WJ Mouat Secondary (166)	11:45 AM
Competition Ends	4:00 PM
Walk to AgRec Building-Exhibition Park for dinner	WALK
Dinner	5:00 PM - 5:40 PM
Walk to WJ Mouat Secondary for those not attending the Participant Special Event	WALK
Depart by bus from WJ Mouat Secondary for Participant Special Event	6:45 PM

**This will be the only opportunity to go to the Participant Special Event. Shuttles back to accommodation will begin at 8:30 pm and will run every 15-20 minutes. The Participant Special Event concludes at 10:00 pm.**

**Sunday**  
**July 24, 2016**

**Shift One**

**Zones: All 152**

Walk to AgRec Building-Exhibition Park for breakfast	WALK
Breakfast	8:30 AM - 9:05 AM
Walk to WJ Mouat Secondary	WALK
Pre-Competition Warm-up	8:30 AM
Competition Begins	9:15 AM
Competition Ends	11:15 AM
Medal Presentations	11:15 AM
Lunch at WJ Mouat Secondary (166)	11:15 AM
<b>Depart by bus to Closing Ceremony with all luggage</b>	12:30 PM
Arrive at Exhibition Park	12:50 PM

**Drop all checked luggage at Bus Departure Area**

Walk to Closing Ceremony marshalling area	1:00 PM
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