

Day	Time	Task	Location
Tuesday March 6	All day	Travel Day	
Wednesday March 7	8am-10am	Team Breakfast/Meeting	Delta (Team Hotel)
	1pm-2pm	Kata Team Training	Nova Scotia A, B, C, D (Marriott)
	2pm-3pm	Kumite Team Training	Nova Scotia A, B, C, D (Marriott)
	3pm-6pm	BC Team only Sport Massage Therapist	Lifemark <5min walk in pedway)
	5pm-7pm	HP Presentation (coaches only)	Halifax A - Marriott
	10:00 PM	Curfew	Room Checks
Thursday March 8th	8am-10am	Team Breakfast/Meeting	Delta (Team Hotel)
	10:00 AM	Weigh-in's	Marriott
	3pm-6pm	BC Team only Sport Massage Therapist	Lifemark <5min walk in pedway)
	6pm-6:45pm	Kata Team Training	Nova Scotia A, B, C, D (Marriott)
	6:45-7pm	Team Photo	Nova Scotia A, B, C, D (Marriott)
	7pm-7:45pm	Kumite Team Training	Nova Scotia A, B, C, D (Marriott)
	6pm-8pm	Coaches/Technical Meeting	Acadia A (Marriott)
	10:00 PM	Curfew	Room Checks
Friday March 9th	6:30 AM	All athletes in first 2 divisions of the day	Bus @ Marriott
	7:30 & 8:30	All athletes catch bus to venue	Bus @ Marriott
	9:30am-6pm	Competition	Canada Games Centre
	1pm-2pm	Welcoming Ceremony (full tracksuit)	Canada Games Centre
	6pm-7pm	Medal Ceremony	Canada Games Centre
	10:00 PM	Curfew	Room Checks
Saturday March 10th	6:30 AM	All athletes in first 2 divisions of the day	Bus @ Marriott
	7:30 & 8:30	All athletes catch bus to venue	Bus @ Marriott
	8am-6pm	Competition	Canada Games Centre
	6pm-7pm	Medal Ceremony	Canada Games Centre
	10:00 PM	Curfew	Room Checks
Sunday March 11th	6:30 AM	All athletes in first 2 divisions of the day	Bus @ Marriott
	7:30 & 8:30	All athletes catch bus to venue	Bus @ Marriott
	8am-3pm	Competition	Canada Games Centre
	2:30-4pm	Medal Ceremony	Canada Games Centre
	7pm-12am	Awards Gala	Nova Scotia A, B, C, D (Marriott)
	12:30 AM	Curfew	Room Checks