



WRESTLING

Rutland Senior Secondary

705 Rutland Rd N, Kelowna



We respectfully acknowledge the unceded territory of the sḵwéx̣w/sylix (Okanagan) peoples, on whose land we live, work, and play.

Updated June 26, 2026

THURSDAY, JULY 23

Start	End	Event
9:00 AM	1:00 PM	Practice Sessions
1:00 PM	2:00 PM	Weigh-ins
2:00 PM	2:45 PM	Zone Team Photos
2:45 PM	3:15 PM	Athletes and Coaches Meeting

FRIDAY, JULY 24

Start	End	Event
8:00 AM	9:00 AM	Warm-up
9:00 AM	4:00 PM	Individual Competition
4:00 PM	5:00 PM	Medal Presentations
5:00 PM	5:30 PM	Coaches Meeting

SATURDAY, JULY 25

Start	End	Event
8:00 AM	9:00 AM	Warm-up
9:00 AM	4:00 PM	Team Dual Competition
4:00 PM	5:00 PM	Medal Presentations
5:00 PM	5:30 PM	Coaches Meeting

SUNDAY, JULY 26

Start	End	Event
9:00 AM	11:00 AM	Athlete and Officials Development Sessions
10:00 AM	10:30 AM	Coaches Meeting