

Sport Venue **Sovereign Lake Nordic Centre**
 Breakfast **Vernon Secondary Cafeteria**
 Dinner **Vernon Recreation Auditorium**
 Accommodation **Vernon Secondary**
 Showers **Vernon Secondary Gym**
 Shuttle Route **C**

Bus & Meal Schedule



We respectfully acknowledge the traditional and unceded territory of the sqilx[®]/syilx (Okanagan) peoples.

The Bus and Meal schedule is the Games itinerary by Sport. It starts as of Thursday morning from respective accommodation sites. Participant Accreditation will occur at accommodation sites. All transportation and appropriate meal arrangements will be in place to get participants to Greater Vernon.

Rifles will be loaded onto a designated luggage truck upon arrival and safely secured at the Sovereign Lake. Skis will be stored at Sovereign Lake

Thursday

March 23, 2023

	Zones:	All	45
Load skis on bus/luggage truck. Load rifles on designated luggage truck.		11:55	
Depart by bus from Vernon Secondary to Sovereign Lake Nordic Centre		12:05	
Arrive at Sovereign Lake Nordic Centre		12:50	
Venue Orientation and Open Practice		13:00	- 15:00
Store skis and rifles in secure storage		14:45	- 15:10
Athlete, Coaches and Team Captain's Meeting at SLNC Old Day Lodge		15:15	- 16:15
Depart by bus to Vernon Secondary		16:30	
Arrive at Vernon Secondary		17:15	
Depart by bus from Vernon Secondary to Vernon Recreation Auditorium for dinner		17:16	- 17:25
Arrive at Vernon Recreation Auditorium		17:25	
Dinner		17:25	- 17:55
Depart by the next available shuttle bus and enjoy activities at the marshalling area prior to the Opening Ceremony (show expected to run approximately 19:00-21:30)		17:55	
At the conclusion of the Opening Ceremony follow volunteers to the next available shuttle bus and board by the assigned 'Route' letter (located on your accreditation badge or on top of this schedule) for return to respective accommodation sites			

Friday

March 24, 2023

	Zones:	All	45
Walk to Vernon Secondary Cafeteria for breakfast		7:42	
Breakfast and pack your own Grab and Go lunch		7:45	- 8:15
Depart by bus from Vernon Secondary to Sovereign Lake Nordic Centre		8:15	
Arrive at Sovereign Lake Nordic Centre		9:00	
Welcome Ceremony		9:30	- 9:45
Warm Up and Zero		10:00	- 10:35
Competition		10:45	- 11:45
Lunch		11:45	- 12:45
Afternoon Zero		12:50	- 13:20
Competition resumes		13:30	- 15:00
Medal Presentations		15:30	- 16:00
Zone Team and Officials Photos		16:00	- 16:30
Store skis and rifles in secure storage		16:00	- 16:30
Depart by bus to Vernon Recreation Auditorium for dinner		16:30	- 17:15
Arrive at Vernon Recreation Auditorium		17:15	
Dinner		17:15	- 17:45
Depart by bus to Vernon Secondary		17:45	
Arrive at Vernon Secondary		17:54	
Those wishing to attend the Participant Special Event board shuttle buses running to/from event approximately every 20 minutes from accommodation sites starting at 6:45-10:00pm		19:00	22:00

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Bus & Meal Schedule



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Saturday

March 25, 2023

	Zones:	All	45
Walk to Vernon Secondary Cafeteria for breakfast		7:42	
Breakfast and pack your own Grab and Go lunch		7:45	- 8:15
Depart by bus from Vernon Secondary to Sovereign Lake Nordic Centre		8:15	
Arrive at Sovereign Lake Nordic Centre		9:00	
Warm Up and Zero		9:15	- 9:50
Competition		10:00	- 11:30
Lunch		11:30	- 12:45
Afternoon Zero		12:50	- 13:20
Competition resumes		13:30	- 15:00
Medal Presentations		15:30	- 16:00
Participants on Own Travel (Zone 2 and/or parents driving) are required to retrieve biathlon rifles and skis from the sport venue at end of competition		16:15	- 16:35
Load out all skis from venue on bus. Load all other rifles on designated luggage truck		16:25	
Depart by bus to Vernon Recreation Auditorium for dinner		16:35	- 17:20
Arrive at Vernon Recreation Auditorium		17:20	
Dinner		17:20	- 17:50
Depart by bus to Vernon Secondary		17:50	- 17:59
Arrive at Vernon Secondary		17:59	
Those wishing to attend the Participant Special Event board shuttle buses running to/from event approximately every 20 minutes from accommodation sites starting at 6:45-10:00pm		19:00	22:00

Sunday

March 26, 2023

	Zones:	All	45
Walk to Vernon Secondary Cafeteria for breakfast		7:42	
Breakfast and pack your own Grab and Go lunch		7:45	- 8:15
Walk back to dorm rooms and pre-pack belongings, tidy rooms and stack foamies in foyer - prepare for quick accommodations departure later in day		8:15	
Zones 1, 6 and 7 need to transfer luggage and gear to the Departure Area at Vernon Recreation Centre. Check out with all luggage and load onto bus or luggage truck			
Depart by bus from Vernon Secondary to Vernon Recreation Centre and walk to Priest Valley Gym		8:25	- 8:34
Arrive at Priest Valley Gym		8:40	
Podium Search - Athlete fitness testing. Dress appropriately in active gear and coach presence expected		8:45	- 9:45
Walk from Priest Valley Gym to Vernon Recreation Centre		9:50	- 9:55
Zones 1, 6 and 7 remain at Vernon Recreation Auditorium and report to the Holding Area no later than 12:30 for more departures information. Check travel itinerary		12:30	
All other Zones depart by bus from the Vernon Recreation Centre to Vernon Secondary		10:00	- 10:09
Arrive at Vernon Secondary		10:09	
Own Travellers to depart for home with parents from accommodation site		11:00	
Zone 5 and Zone 8 will depart for home from the accommodation site. Check specifics on travel itinerary		13:30	
Games concludes. Be sure to thank your coaches. Watch for the Closing Ceremony video dropped online			