

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

Bus & Meal Schedule



CITY OF VERNON



REGIONAL DISTRICT NORTH OKANAGAN



Coldstream



Okanagan Indian Band



We respectfully acknowledge the traditional and unceded territory of the s̓q̓ilx̓/syilx̓ (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.

Waxing and skis to be stored at loaded up to Sovereign Thursday afternoon. Stored securely on-site. Load out Sunday afternoon.

Thursday

March 23, 2023

	Zones:	All	77
Load skis on bus/luggage truck		12:20	
Depart by bus from Vernon Secondary to Sovereign Lake Nordic Centre		12:30	
Arrive at Sovereign Lake Nordic Centre		13:15	
Practice		13:30 - 15:30	
Team Coach Meeting at SLNC Race Office		15:00 - 16:00	
Depart by bus from Sovereign Lake Nordic Centre to Vernon Secondary		16:00	
Arrive at Vernon Secondary		16:45	
Athletes and Coaches Meeting at VSS foyer (ready to go to Ceremonies)		17:25 - 17:40	
Depart by bus from Vernon Secondary to Vernon Recreation Auditorium		17:41	17:50
Arrive at Vernon Recreation Auditorium		17:50	
Dinner		17:50	18:20
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)		18:20	
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	77
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	
Competition		10:00 - 11:30	
Medal Presentations		12:00 - 12:30	
Warm Down		12:30 - 13:30	
Informal Coaches meeting at SLNC Race Office		13:00 - 13:30	
Zone Team Photos and Officials Photos		13:30 - 14:30	
Depart by bus from Sovereign Lake Nordic Centre to Vernon Secondary		14:40	
Arrive at Vernon Secondary		15:25	
Depart by bus from Vernon Secondary to Vernon Recreation Auditorium		16:51 - 17:00	
Arrive at Vernon Recreation Auditorium		17:00	
Dinner		17:00 - 17:30	
Depart by bus to Vernon Secondary		17:30 - 17:39	
Arrive at Vernon Secondary		17:39	
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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Saturday
March 25, 2023

	Zones:	All	77
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	
Competition		10:00	- 14:45
Medal Presentations		14:45	- 15:30
Informal Coaches meeting at SLNC Race Office		15:30	- 16:00
Pack up for the day / warm down		15:30	- 16:00
Depart by bus from Sovereign Lake Nordic Centre to Vernon Secondary		16:15	
Arrive at Vernon Secondary		17:00	
Depart by bus from Vernon Secondary to Vernon Recreation Auditorium		17:51	- 18:00
Arrive at Vernon Recreation Auditorium		18:00	
Dinner		18:00	- 18:30
Depart by bus to Vernon Secondary		18:30	-
Arrive at Vernon Secondary		18:39	
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
Pre-pack luggage and tidy rooms. Prepare for efficient accommodation check out Sunday afternoon			

Sunday
March 26, 2023

	Zones:	All	77
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	
Competition		9:30	- 10:30
Medal Presentations		11:00	- 11:30
Load out skis on bus/luggage truck		10:30	- 11:45
Depart by bus from Sovereign Lake Nordic Centre to Vernon Secondary		11:45	
Arrive at Vernon Secondary		12:30	
Unload skis - leave accessible for re-sort to respective transfers		12:30	
Check out of accommodations with all belongings, tidy rooms and stack foams in foyer. Be sure to thank your volunteers		13:00	
Zone 1 West, Zone 2 (on bus-Revelstoke), Zone 6 and Zone 7 to depart accommodation site with all luggage and transfer to the Vernon Recreation Auditorium. Report to Holding Area no later than 12:45 for more departures information. Check your travel itinerary		12:30	
Own Travellers to depart for home from accommodation site with all luggage		13:30	
Zone 1 East, 4, 5, 8 will depart for home from the accommodation site. Check travel itinerary		13:30	
Games concludes. Be sure to thank your coaches. Watch for the Closing Ceremony video dropped online			