FINAL - Feb 5, 2024 **Karate**

Bus & Meal Schedule

Sport Venues **Barlow Creek**
Breakfast and Dinner **Quesnel Seniors Centre**
Accommodation **Barlow Creek**
Showers **Arts and Recreation Centre / Accommodation site (1)**
Shuttle Route **Route E**

We respectfully acknowledge the traditional territory of the Lhtako Dene Nation, on whose land we live, work and play.

The Bus and Meal schedule is the Games itinerary by Sport. It starts as of Thursday morning from respective accommodation sites. All Participants will arrive Wednesday evening and go through Participant Accreditation and a Wednesday Dinner service. Separate itinerary will be provided for Wednesday evening.

Thursday February 22, 2024	**Zones:**	**All**		**115**
	Depart by bus from Barlow Creek to Quesnel Seniors Centre for breakfast	8:14		
	Arrive at Quesnel Seniors Centre	8:30		
	Breakfast and pack your own Grab and Go lunch	8:30	-	9:00
	Depart by bus from Quesnel Seniors Centre to Barlow Creek	9:00		
	Arrive at Barlow Creek	9:16		
	Athletes and Coaches Meeting	10:00	-	10:30
	Officials Clinic	10:00	-	16:00
	Athlete height check	10:30	-	12:30
	Rotating zone team training	10:30	-	15:30
	Zone Team and Officials Photos	13:00	-	14:00
	Coach Meeting	15:30	-	16:00
	Prepare for Opening Ceremony - dress in zone colours, prepare for brief marshalling outside, no coat check services available			
	Depart by bus from Barlow Creek to Quesnel Seniors Centre for dinner	16:17		
	Arrive at Quesnel Seniors Centre	16:35		
	Dinner	16:35	-	17:05
	Walk to Opening Ceremony marshalling area at Arena 2 and enjoy activities at the marshalling area prior to the Opening Ceremony - report to marshalling no later than 6:45			
	At the conclusion of the Opening Ceremony follow volunteers to the next available shuttle bus and board by the assigned 'Route' letter to return to respective accommodation sites			

Friday February 23, 2024	**Zones:**	**All**		**115**
	Depart by bus from Barlow Creek to Quesnel Seniors Centre for breakfast	6:44		
	Arrive at Quesnel Seniors Centre	7:00		
	Breakfast and pack your own Grab and Go lunch	7:00	-	7:30
	Depart by bus from Quesnel Seniors Centre to Barlow Creek	7:30		
	Arrive at Barlow Creek	7:46		
	Athlete Warm-up	8:15	-	8:45
	Karate Opening Ceremony and Athlete March In	8:45	-	9:00
	Competition	9:00	-	18:00
	Shift 1: Participants depart by bus from Barlow Creek to Arts and Recreation Centre for pool/shower access	13:44		
	Shift 1: Arrive Arts and Recreation Centre	14:00		
	Hydro recovery/pool/shower time at Arts and Recreation Centre	14:00	-	14:40
	Shift 1: Depart by bus from Arts and Recreation Centre to Barlow Creek	14:45		
	Shift 1: Arrive at Barlow Creek	15:01		
	Shift 2: Participants depart by bus from Barlow Creek to Arts and Recreation Centre for pool/shower access	16:14		
	Shift 2: Arrive Arts and Recreation Centre	16:30		
	Hydro recovery/pool/shower time at Arts and Recreation Centre	16:30	-	17:10
	Shift 2: Depart by bus from Arts and Recreation Centre to Barlow Creek	17:15		
	Shift 2: Arrive at Barlow Creek	17:31		
	Depart by bus from Barlow Creek to Quesnel Seniors Centre for dinner	18:12		
	Arrive at Quesnel Seniors Centre	18:30		
	Dinner	18:30	-	19:00
	Depart by bus from Quesnel Seniors Centre to Barlow Creek. For those choosing to attend the Participant Special Event can opt to get dropped off at pool for Special Events	19:00		
	Arrive at Barlow Creek	19:18		
	Those wishing to attend the Participant Special Event board shuttle buses running to/from event approximately every 20 minutes from accommodation sites - games, activities, free swim and more at Arts & Recreation Centre. Bring small swim bag for those that wish - bag check services available	19:00		

FINAL - Feb 5, 2024 **Karate**

Bus & Meal Schedule

Sport Venues **Barlow Creek**
Breakfast and Dinner **Quesnel Seniors Centre**
Accommodation **Barlow Creek**
Showers **Arts and Recreation Centre / Accommodation site (1)**
Shuttle Route **Route E**

We respectfully acknowledge the traditional territory of the Lhtako Dene Nation, on whose land we live, work and play.

Saturday February 24, 2024	**Zones:**	**All**		**115**
	Depart by bus from Barlow Creek to Quesnel Seniors Centre for breakfast	6:44		
	Arrive at Quesnel Seniors Centre	7:00		
	Breakfast and pack your own Grab and Go lunch	7:00	-	7:30
	Depart by bus from Quesnel Seniors Centre to Barlow Creek	7:30		
	Arrive at Barlow Creek	7:46		
	Athlete Warm-up	8:30	-	9:00
	Competition	9:00	-	18:00
	Shift 1: Participants depart by bus from Barlow Creek to Arts and Recreation Centre for pool/shower access	13:44		
	Shift 1: Arrive Arts and Recreation Centre	14:00		
	Hydro recovery/pool/shower time at Arts and Recreation Centre	14:00	-	14:40
	Shift 1: Depart by bus from Arts and Recreation Centre to Barlow Creek	14:45		
	Shift 1: Arrive at Barlow Creek	15:01		
	Shift 2: Participants depart by bus from Barlow Creek to Arts and Recreation Centre for pool/shower access	16:14		
	Shift 2: Arrive Arts and Recreation Centre	16:30		
	Master Mentor Coach from Coach Mentorship program present with sport for coach development enhancement opportunities	16:00	-	18:30
	Hydro recovery/pool/shower time at Arts and Recreation Centre	16:30	-	17:10
	Shift 2: Depart by bus from Arts and Recreation Centre to Barlow Creek	17:15		
	Shift 2: Arrive at Barlow Creek	17:31		
	Depart by bus from Barlow Creek to Quesnel Seniors Centre for dinner	18:12		
	Arrive at Quesnel Seniors Centre	18:30		
	Dinner	18:30	-	19:00
	Depart by bus from Quesnel Seniors Centre to Barlow Creek	19:00		
	Arrive at Barlow Creek	19:18		
	Those wishing to attend the Participant Special Event board shuttle buses running to/from event approximately every 20 minutes from accommodation sites - Lhtako Dene cultural event - dress for outside	19:00	-	22:00

Sunday February 25, 2024	**Zones:**	**All**		**115**
	Depart by bus from Barlow Creek to Quesnel Seniors Centre for breakfast	6:44		
	Arrive at Quesnel Seniors Centre	7:00		
	Breakfast and pack your own Grab and Go lunch	7:00	-	7:30
	Master Mentor Coach from Coach Mentorship program present with sport for coach development enhancement opportunities	7:30	-	9:15
	Depart by bus from Quesnel Seniors Centre to Barlow Creek	7:30		
	Arrive at Barlow Creek	7:46		
	Prepare for accommodation check out. Pack your bags, tidy rooms, stack foamies in foyer, and thank your volunteers! Refer to Participant Travel Itinerary for external transportation details			
	Athlete Warm-up	8:00	-	8:30
	Competition	8:30	-	10:30
	Medal Presentations and Karate Closing Ceremony	11:00	-	12:00
	Zones 2, 3, 4, 5, 7 & 8 (PG): Retreive belongings from classrooms and wait for your departure time based on your Participant Travel Itinerary			
	Own travelers, retrieve belongings and depart for home from accommodation site			
	Zone 6 & 8 (FSJ) load all luggage onto luggage truck and transfer to departure areas at Quesnel Senior Centre. Upon arrival retrieve luggage and move to designated luggage storage area.	12:30		
	Arrive at Quesnel Senior Centre	12:48		
	Games conclude ~ Be sure you thank your Coaches!			