

**FINAL - Mar 3**

**Karate**

Sport Venues **Kalamalka Secondary Gym**  
 Breakfast **Vernon Secondary Cafeteria**  
 Dinner **Vernon Recreation Auditorium**  
 Accommodation **Kalamalka Secondary**  
 Showers **Kalamalka Gym**  
 Shuttle Route **D**

**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.

**Thursday**

**March 23, 2023**

	<b>Zones:</b>	<b>All</b>	<b>89</b>
Athletes and Coaches Meeting		12:30 -	13:30
Officials Clinic		12:30 -	16:30
Athlete height check and rotating zone team training		13:30 -	16:30
Zone Team and Officials Photos		13:30 -	14:30
Depart by bus from Kalamalka Secondary to Vernon Recreation Auditorium for dinner		17:03	
Arrive at Vernon Recreation Auditorium		17:15	
Dinner		17:15 -	17:45
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)			
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			
Coaches Meeting		21:30 -	22:00

**Friday**

**March 24, 2023**

	<b>Zones:</b>	<b>All</b>	<b>89</b>
Depart by bus from Kalamalka Secondary to Vernon Secondary Cafeteria for breakfast		7:05	
Arrive at Vernon Secondary Cafeteria		7:15	
Breakfast and pack your own Grab and Go lunch		7:15 -	7:45
Depart by bus from Vernon Secondary Cafeteria to Kalamalka Secondary Gym		7:45	
Arrive at Kalamalka Secondary		7:55	
Athlete Warm-up		8:00 -	8:30
Karate Opening Ceremony and Athlete March In		8:30 -	9:00
Competition		9:00 -	18:00
Depart by bus from Kalamalka Secondary Gym to Vernon Recreation Auditorium for dinner		18:23	
Arrive at Vernon Recreation Auditorium		18:35	
Dinner		18:35 -	19:05
Depart by bus from Vernon Recreation Auditorium to Kalamalka Secondary. For those choosing to attend the Participant Special Event can opt to get dropped off at Kal Tire Arena		19:05	
Arrive at Kalamalka Secondary		19:17	
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	89
Depart by bus from Kalamalka Secondary to Vernon Secondary Cafeteria for breakfast		7:05	
Arrive at Vernon Secondary Cafeteria		7:15	
Breakfast and pack your own Grab and Go lunch		7:15 - 7:45	
Depart by bus from Vernon Secondary Cafeteria to Kalamalka Secondary Gym		7:45	
Arrive at Kalamalka Secondary Gym		7:55	
Athlete Warm-up		8:00 - 8:30	
Competition		8:30 - 18:00	
Depart by bus from Kalamalka Secondary Gym to Vernon Recreation Auditorium for dinner		18:23	
Arrive at Vernon Recreation Auditorium		18:35	
Dinner		18:35 - 19:05	
Depart by bus from Vernon Recreation Auditorium to Kalamalka Secondary. For those choosing to attend the Participant Special Event can opt to get dropped off at Kal Tire Arena		19:05	
Arrive at Kalamalka Secondary		19:17	
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	89
Depart by bus from Kalamalka Secondary to Vernon Secondary Cafeteria for breakfast		7:05	
Arrive at Vernon Secondary Cafeteria		7:15	
Breakfast and pack your own Grab and Go lunch		7:15 - 7:45	
Depart by bus from Vernon Secondary Cafeteria to Kalamalka Secondary Gym		7:45	
Arrive at Kalamalka Secondary Gym		7:55	
Pre-pack belongings, clean room, stack foamies in foyer. Prepare for accommodation check out in afternoon			
Athlete Warm-up		8:00 - 8:30	
Competition		8:30 - 10:30	
Medal Presentations and Karate Closing Ceremony		11:00 - 12:00	
Check out of accommodations with all belongings, tidy rooms and stack foamies in foyer. Be		12:15 - 12:30	
Zone 6 North to depart accommodations site with all luggage and transfer to the Vernon Recreation Auditorium. Report to the Holding Area by 12:45 for more departures information. Check travel itinerary		12:30	
Own Travellers to depart for home with parents from accommodation site			
Zone 8 North (FSJ) on commercial flight - transfers to airport will occur from accommodation sites details TBC by Saturday night			
Zone 3, 4, 5, 6 South and 8 south (PG) depart from accommodation site with all belongings. Expect varied buses to arrive at Kalamalka between 12:30-13:15. Check travel itinerary		12:30 - 13:15	
Games concludes. Be sure to thank your coaches. Watch for the Closing Ceremony video dropped online			