

Sport Venue **Seaton Secondary**  
 Meals **Vernon Recreation Centre Auditorium**  
 Accommodation **Seaton Secondary**  
 Showers **Seaton Secondary Gym**  
 Shuttle Route **B**



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.

**Thursday****March 23, 2023****Zones:****All****47**

Walk to Seaton Secondary gym for practice	12:42	
Arrive at Seaton Secondary	12:45	
Podium Training	13:00	- 16:00
Officials, coaches, volunteer training	15:00	- 16:00
Athlete and Coaches Meeting	16:00	- 16:15
Depart by bus from Seaton Secondary to Vernon Recreation Auditorium for dinner	16:38	
Arrive at Vernon Recreation Auditorium	16:45	
Dinner	16:45	- 17:15
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)	17:15	
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****47**

Depart by bus from Seaton Secondary to Vernon Recreation Centre Auditorium for breakfast	8:08	
Arrive at Vernon Recreation Centre Auditorium	8:15	
Breakfast and pack your own Grab and Go lunch	8:15	- 8:45
Depart by bus from Vernon Recreation Centre Auditorium to Seaton Secondary	8:45	
Arrive at Seaton Secondary	8:52	
Warm up and competition begins/concludes	9:00	- 16:05
Judges meeting	10:20	- 10:30
Depart by bus from Seaton Secondary to Vernon Recreation Centre Auditorium for dinner	16:53	
Arrive at Vernon Recreation Centre Auditorium	17:00	
Dinner	17:00	- 17:30
Depart by bus from Vernon Recreation Centre Auditorium to Seaton Secondary	17:30	
Arrive at Seaton Secondary	17:37	
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

**FINAL - Mar 3****Rhythmic Gymnastics**Sport Venue **Seaton Secondary**Meals **Vernon Recreation Centre Auditorium**Accommodation **Seaton Secondary**Showers **Seaton Secondary Gym**Shuttle Route **B****Bus & Meal Schedule**

We respectfully acknowledge the traditional and unceded territory of the sqilx<sup>w</sup>/syilx (Okanagan) peoples.

**Saturday****March 25, 2023****Zones: All 47**

Depart by bus from Seaton Secondary to Vernon Recreation Centre Auditorium for breakfast	7:53	
Arrive at Vernon Recreation Centre Auditorium	8:00	
Breakfast and pack your own Grab and Go lunch	8:00 - 8:30	
Depart by bus from Vernon Recreation Centre Auditorium to Seaton Secondary	8:30	
Arrive at Seaton Secondary	8:37	
Warm up and competition begins/concludes	9:00 - 15:05	
Zone Team and Officials Photos	12:00 - 12:30	
Medals Presentations	15:30 - 16:30	
Depart by bus from Seaton Secondary to Vernon Recreation Centre Auditorium for dinner	16:53	
Arrive at Vernon Recreation Centre Auditorium	17:00	
Dinner	17:00 - 17:30	
Depart by bus from Vernon Recreation Centre Auditorium to Seaton Secondary	17:30	
Arrive at Seaton Secondary	17:37	
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 47**

Depart by bus from Seaton Secondary to Vernon Recreation Centre Auditorium for breakfast	8:53	
Arrive at Vernon Recreation Centre Auditorium	9:00	
Breakfast and pack your own Grab and Go lunch	9:00 - 9:30	
Depart by bus from Vernon Recreation Centre Auditorium to Seaton Secondary	9:30	
Arrive at Seaton Secondary	9:37	
Rhythmic Gymnastics workshop session at Seaton Secondary	10:00 - 11:15	
Check out of accommodations with all belongings, tidy rooms and stack foams in foyer. Be sure to thank your volunteers	11:30	
Own Travellers to depart for home with parents from accommodation site	12:00	
All zones depart from accommodation site with all belongings. Expect varied buses to arrive at Seaton between 12:00-14:00. Check travel itinerary	12:00 - 14:00	
Games concludes. Be sure to thank your coaches. Watch for the Closing Ceremony video dropped online		