

WRESTLING

Maple Ridge Secondary



21911 112 Ave, Maple Ridge











 $We \textit{ respectfully acknowledge that we are on the traditional territory of the \textit{Katzie First Nation and Kwantlen First Nation.} \\$

Updated June 24, 2024

| THURSDAY, JULY 18 | | |
|-------------------|----------|---|
| Start | End | Event |
| 9:00 AM | 1:00 PM | Practice Sessions |
| 1:00 PM | 2:00 PM | Weigh-ins |
| 2:00 PM | 2:45 PM | Zone Team Photos |
| 2:45 PM | 3:15 PM | Athletes and Coaches Meeting |
| FRIDAY, JULY 19 | | |
| Start | End | Event |
| 9:00 AM | 10:00 AM | Warm-up |
| 10:00 AM | 4:00 PM | Dual Meet Competition |
| 4:00 PM | 5:00 PM | Medal Presentations |
| 7:00 PM | 8:30 PM | BCWA Town Hall (at Garibaldi Secondary Theatre) |
| 8:30 PM | 9:00 PM | Coaches Meeting (at Accommodation Site) |
| SATURDAY, JULY 20 | | |
| Start | End | Event |
| 8:00 AM | 9:00 AM | Warm-up |
| 9:00 AM | 4:00 PM | Individual Competition |
| 4:00 PM | 5:00 PM | Medal Presentations |
| 8:00 PM | 9:00 PM | Coaches Meeting (at Accommodation Site) |
| SUNDAY, JULY 21 | | |
| Start | End | Event |
| 9:00 AM | 11:00 AM | Athlete and Officials Development Sessions |
| 10:00 AM | 10:30 AM | Coaches Meeting |