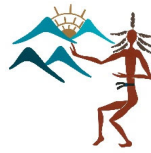


# Karate



Venue: Kalamalka Secondary

## Thursday, March 23, 2023

Start	End	Event
9:00	12:00	Venue Set-up
12:30	13:30	Karate Meeting (athletes and coaches)
12:30	16:30	Officials Clinic
13:30	16:30	Athlete Height Check
13:30	14:30	Zone Team and Officials photos
13:30	16:30	Rotating Zone Team Training
16:30	17:30	Scorekeeper/Volunteer Training
21:30	22:00	Coaches Meeting

## Friday, March 24, 2023

Start	End	Event
8:00	8:30	Athlete Warm-up
8:30	9:00	Karate Opening Ceremony
9:00	18:00	Individual Kata and Kumite Competition - Elimination Rounds*

## Saturday, March 25, 2023

Start	End	Event
8:00	8:30	Athlete Warm-up
8:30	18:00	Team Kata, Individual Kumite, Team Kumite Competition - Elimination Rounds*

## Sunday, March 26, 2023

Start	End	Event
8:00	8:30	Athlete Warm-up
8:30	10:30	All Categories - Gold Medal Rounds*
<b>11:00</b>	<b>12:00</b>	<b>Medal Ceremony and Karate Closing Ceremony</b>



We respectfully acknowledge the traditional and unceded territory of the sqilxw/syilx (Okanagan) peoples.