



## 2010 Arctic Winter Games Arctic Sports

Jan. 29, 2010

Schedule is subject to change without notice

DAY	TIME	EVENT	CATEGORY	VENUE
<b>Sunday, March 7</b>				
	0900-1000			Grande Prairie Regional College
	1000-1030	Open		GPRC - Gymnasium
	1200-1230	Practice		GPRC - Gymnasium
	1230-1300			GPRC - Gymnasium
	1300-1330	Open		GPRC - Gymnasium
	1330-1400			GPRC - Gymnasium
	1400-1430	Practice		GPRC - Gymnasium
<b>Monday, March 8</b>				
	1000-1100	Official & Coaches Meeting	All	GPRC - J Wing Classroom
	1000-1200	Athletes Warm-Up	All	GPRC - L Wing Studio
	1300-1330	Opening Ceremonies	All	GPRC - Gymnasium
	1330	Kneel Jump	All	GPRC - Gymnasium
		One Hand Reach	Sr. Men	GPRC - Gymnasium
		Two Foot High Kick	All	GPRC - Gymnasium
<b>Tuesday, March 9</b>				
	1000-1100	Official & Coaches Meeting	All	GPRC - J Wing Classroom
	1000-1200	Athletes Warm-Up	All	GPRC - L Wing Studio
	1200	Monday's Awards	All	GPRC - Gymnasium
	1230	Arm Pull (Single Elimination)	Female & Jr Male/Female	GPRC - Gymnasium
		Sledge Jump	All	GPRC - Gymnasium
	1830	Drum Dance	All	Elks Hall
	1830	Feast & Awards	All	Elks Hall
<b>Wed., March 10</b>				
	1000-1100	Official & Coaches Meeting	All	GPRC - J Wing Classroom
	1000-1200	Athletes Warm-Up	All	GPRC - L Wing Studio
	1300	New Games / Demos	All	GPRC - Gymnasium

	1400	Alaskan High Kick	All	GPRC - Gymnasium
		Triple Jump	Sr. Men Only	GPRC - Gymnasium
<b>Thurs., March 11</b>				
	1000-1100	Official & Coaches Meeting	All	GPRC - J Wing Classroom
	1000-1200	Athletes Warm-Up	All	GPRC - L Wing Studio
	1230	Wednesday's Awards	All	GPRC - Gymnasium
	1300	One Foot High Kick	All	GPRC - Gymnasium
<b>Friday, March 12</b>				
	1000-1100	Official & Coaches Meeting	All	GPRC - J Wing Classroom
	1000-1200	Athletes Warm-Up	All	GPRC - L Wing Studio
	1230	Thursday's Awards	All	GPRC - Gymnasium
	1300	Triple Jump	Junior Female	GPRC - Gymnasium
		Head Pull	Male	GPRC - Gymnasium
		Triple Jump	Jr. Male & Sr. Female	GPRC - Gymnasium
		Airplane	Male	GPRC - Gymnasium
		Knuckle Hop	Male	GPRC - Gymnasium
		Awards & Closing Ceremonies	All	GPRC - Gymnasium
<b>Sat., March 13</b>				
		Day Off / Weather Day		

**\*\*Sporting events will begin at the appointed time, and then progress through the schedule consecutively\*\***