

2010 Ontario Winter Games Schedule - Kickboxing

Thursday, March 3rd, 2010

12:00 PM - 4:00 PM –ATHLETES ARRIVE / REGISTRATION

4:00 PM – DINNER

5:15 PM - BUS TO OPENING CEREMONIES

7:00 PM - OPENING CEREMONIES

8:15 PM - BUS TO HOTEL

Friday, March 4th, 2010

No Competition

8:30 AM - 10:30AM - BREAKFAST

12:00 PM - 2:30 PM - LUNCH

4:30 PM - 8:00 PM- DINNER

Saturday, March 6th, 2010

8:30 AM - 10:30 AM - BREAKFAST

12:00 PM - 2:30 PM - LUNCH

3:00 PM - 5:00 PM - WEIGH IN

5:00 PM - 8:00 PM - DINNER

7:00 PM - 10:00 PM - SESSION #1

Sunday, March 7th, 2010

7:00 AM - 8:00 AM - WEIGH INS

7:00 AM – 8:30 AM BREAKFAST

9:00 AM - 12:00 PM - SESSION #2

12:00 PM – LUNCH

2:00 PM - 4:00 PM - SESSION #3

4:00 PM – MEDAL PRESENTATION

5:00 PM - KICKBOXING DEPARTS