

**COMPETITION SCHEDULES**  
Updated to March 2<sup>nd</sup>, 2010  
check with the venue for changes \*

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***Air Rifle/Pistol***

Gravenhurst High School  
325 Mary Street  
Gravenhurst  
705-687-2283

***Friday Mar 5***

9: 00 PM - 12 PM (practice)

Relay #1, 1:00 PM - 2:45 PM

Relay #2, 3:15 PM - 5:00 PM

***Sat Mar 6***

Relay #1, 10:00AM - 11:45AM

Relay #2, 12:45 - 2:30 PM

Medals 3-4 PM Saturday

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***Alpine Skiing***

Osler Ski Hill  
795543 The Blue Mountain Clearview Townline  
705-445-4507

***Wednesday, Mar 3***

warm up, 8:30AM - 9:30AM

9:30AM - 11:30AM (Giant Salmon, first run)

12:45PM - 3:00PM (Giant Salmon, 2nd run)

**Medals 3:00 PM**

***Thursday Mar 4***

warm up, 8:30AM - 9:30 AM

9:30AM - 11:30AM (Panel salmon, first run)

12:45PM - 3:00PM (Panel salmon, 2nd run)

**Medals 3:00 PM**

Devil's Glen  
1793 County Road 124  
Glen Huron  
705-445-4890

***Friday, Mar 5,***

8:30AM warm up

9:30AM - 11:30AM (Salmon first run)

12:45PM - 3:00PM (Salmon 2nd run)

**Medals 3:00 PM**

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***Badminton***

Bracebridge Sportsplex  
110 Clearbrook Trail, Bracebridge, 705-645-3037

Participating teams:

- WOBA: Western Ontario Badminton Association
- COBA: Central Ontario Badminton Association
- NOBA: Northern Ontario Badminton Association
- ODBA: Ottawa District Badminton Association
- GBDBA: Georgian Bay District Badminton Association
- TDBA West Toronto & District Badminton Association West
- East TDBA Toronto & District Badminton Association East

***Friday, Mar 5,***

**Round 1, 8:00AM - 11:00AM**

GBDBA vs ODBA

WOBA vs East TDBA

NOBA vs COBA

Bye TDBA West

**Round 2, 12:00PM - 3:00PM**

TDBA West vs WOBA

GBDBA vs East TDBA

NOBA vs ODBA

Bye COBA

**Round 3, 4:00PM - 7 00PM**

TDBA West vs GBDBA

NOBA vs East TDBA

COBA vs ODBA

Bye WOBA

**Round 4, 8:00PM - 11:00PM**

TDBA West vs NOBA

WOBA vs GBDBA

COBA vs East TDBA

Bye ODBA

***CONTINUED***

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***Badminton continued***

**Sat, Mar 6,**

**Round 5, 9:00AM - 12:00 PM**

TDBA West vs COBA

WOBA vs NOBA

ODBA vs East TDBA

Bye GBDBA

**Round 6, 1:00 PM - 4:00PM**

TDBA West vs ODBA

WOBA vs COBA

NOBA vs GBDBA

Bye TDBA East

**Round 7, 5:00 PM - 8:00PM**

TDBA West vs TDBA East

WOBA vs COBA

NOBA vs GBDBA

Bye NOBA

**Sunday, Mar 7,**

Semi Finals and Round Robin teams 5,6,7, 8:30AM - 11:00AM

Finals, 11:30AM - 2:30PM , finals and 3-4 playoff

**Medals 2:30 PM Sunday**

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***Biathlon***

The Rock Golf Course  
1185 Juddhaven Road  
Minnet  
1-866-765-ROCK(7625)

***Friday, Mar 5,***

9:15AM - 10:00 range opens zeroing (males)

Individual race, 10:30AM - 11:45AM (males)

12:30PM - 1:15PM range opens zeroing (females)

Individual race, 1:45PM - 3:00PM (females)

***Saturday, Mar 6,***

Sprint, 9:00AM - 9:50 AM range opens zeroing (females)

Sprint Race 10:30AM - 11:30AM (females)

12:15 PM - 12:45 PM range opens zeroing (males)

Sprint race, 1:00 PM - 2:15PM (males)

**Medals 2:45 PM Saturday**

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***Boxing***

Red Leaves  
1050 Paignton House Road  
Minett  
705-765-1900

***Friday Mar 5***, weigh in 8:00AM - 11:00AM

Friday, Mar 5,

Session 1, 1:00PM -3:00PM

Session 2, 7:00PM -10:00PM

***Sat, Mar 6***,

Weigh in 8:00AM - 9:00AM

Session 3, 1:00PM - 3:00PM

**Medals 3 PM Saturday**

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***Curling***

Gravenhurst Curling Club  
330 John Street  
Gravenhurst  
705-687-5531

***Thursday, Mar 4,***

1:30PM - 2:00PM (practice)

**Draw #1**, 2:00PM - 4:00PM (male and female)

***Friday Mar 5,***

9:40AM - 10:00AM (practice)

**Draw #2** 10:00AM - 12:00PM, (male and female)

1:40PM - 2:00PM (practice)

**Draw #3** 2:00PM - 4:00PM (male and female)

6:40PM - 7:00PM (practice)

**Draw #4** 7:00PM - 9:00PM (males and females)

***Sat, Mar 6,***

9:40AM - 10:00AM (practice)

**Draw #5** 10:00AM - 12:00PM (males and females)

***TIE BREAKER IF REQUIRED***

1:40PM - 2:00PM (practice)

**Draw #7** 2:00PM - 4:00PM

Medals 12:30 PM Saturday, (unless a tie breaker is required)

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**Diving**

Laurentian University Sudbury  
935 Ramsey Lake Road, Sudbury, 705-675-1151

**Friday, Mar 5,**

8:30AM (Practice)

10:00AM **Competition**

Event 1 Boys D 1 meter board

Event 2 Girls D 3 meter board

Event 3 Boys B 1 meter board

Event 4 Girls B 3 meter board

Event 5 Boys C 1 meter board

Event 6 Girls C 3 meter board

Medals after event

**Saturday, Mar 6,**

8:30AM (Practice)

10:00AM **Competition**

Event 7, Girls B 1 metre board

Event 8, Boys B 3 metre board

Event 9, Girls C 1 metre board

Event 10, Boys C 3 metre board

Event 11, Girls D 1 metre board

Event 12, Boys D 3 metre board

Medals after event

**Sunday, Mar 7,**

7:30-8:30 Practice

9:00 AM Competition

Event 13, Boys C Platform

Event 14, Girls C Platform

Event 15, Boys D Platform

Event 16, Girls D Platform

Event 17, Boys B Platform

Event 18, Girls B Platform

Medals after event

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**Figure Skating**

Jack Bionda Arena  
 20 Park Drive  
 Hunstville  
 705-789-2927

**Friday Mar 5,**

7:00 AM – 7:45 AM	Juvenile Women – Free Programs
8:00 AM – 8:45 AM	Juvenile Men – Free Programs
9:00 AM – 9:45 AM	Juvenile – Compulsory Dance
10:00 AM – 10:45 AM	Pre Novice Women – Short Programs
11:00 AM – 11:45 AM	Pre Novice Men – Short Programs
12:00 PM – 12:45 PM	Juvenile Pairs Free Skate
1:30 PM – 2:40 PM	Pre Novice Women – Short Programs
2:55 PM – 4:05 PM	Pre Novice Men – Short Programs
4:20PM – 5:10 PM	Juvenile Compulsory Dance
5:25 PM – 5:45 PM	Novice Women Short Programs
6:00 PM – 6:25 PM	Novice Men Short Programs
6:35 PM – 6:55 PM	Synchro Team #1
6:55 PM – 7:15 PM	Synchro Team # 2
7:30 PM – 7:50 PM	Synchro Team # 3
7:50 PM – 8:10 PM	Synchro Team # 4
8:25:PM – 8:45 PM	Synchro Team # 5

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**Saturday, Mar 6,**

7:00 AM – 7:20 AM	Juvenile Women – Free Programs
7:20 AM – 7:40 AM	Juvenile Men – Free Programs
7:55 AM – 8:15 AM	Juvenile Dance – Free Dance
8:15 AM – 8:35 AM	Juvenile Pairs – Free Skate
8:50 AM – 10:00 AM	Juvenile Women – Free Programs
10:15 AM – 11:05 AM	Juvenile Men – Free Programs
11:20 AM – 11:55 AM	Juvenile Dance – Free Dance
11:55 AM – 12:35 PM	Juvenile Pairs – Free Skate
12:50 PM – 1:10 PM	Novice Women – Short Programs
1:10 PM – 1:30 PM	Novice Men – Short Programs
1:45 PM – 2:05 PM	Pre Novice Men – Free Programs
2:20 PM – 2:40 PM	Pre Novice Women – Free Programs
2:55 PM – 4:05 PM	Novice Women – Short Programs
4:20 PM – 5:25 PM	Novice Men – Short Programs
5:40 PM – 6:55 PM	Pre Novice Men – Free Programs
7:10 PM – 8:25 PM	Pre Novice Women – Free Programs
8:40 PM – 9:00 PM	Novice Synchro #5
9:00 PM – 9:20 PM	Novice Synchro #4
9:35 PM – 9:55 PM	Novice Synchro #3
9:55 PM – 10:15 PM	Novice Synchro #2

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**Sunday, Mar 7,**

9:00 AM – 9:20 AM	Novice Women – Free Programs
9:35 AM – 9:55 AM	Novice Men – Free Programs
10:10 AM – 10:25 AM	Novice Synchro – Teams 1 & 2
10:40 AM – 11:05 AM	Novice Synchro – Teams 3, 4 & 5
11:20 AM – 12:35 PM	Novice Women – Free Programs
12:50 PM – 2:05 PM	Novice Men – Free Programs
2:20 PM – 2:35 PM	Novice Synchro – Teams 1 & 2
2:50 PM – 3:15 PM	Novice Synchro – Teams 3, 4 & 5

Medals 3:15 PM Sunday

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***Five-Pin Bowling,***

Sudbury Plaza Bowl  
1799 Garden Street  
Sudbury  
705-566-0201

***Thursday, Mar 4,*** 8:30AM (practice)

Games 1-3, 9:00AM - 12:00PM

Games 4-7, 1:00PM - 5:00PM

***Friday, Mar 5,*** 8:45 (practice)

9:00AM - 12:00PM Step Ladder Playoffs

- 4 plays 3
- winner plays 2
- winner plays 1
- first place team must lose twice

Medals 1:00-2:00 PM Friday

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***Freestyle Skiing***

Mount St Louis Moonstone Ski Resort  
24 Mount St. Louis Road  
Coldwater  
1-877-835-2112

***Thursday, Mar 4***

training 9:30AM - 1:00PM

2:00PM-4:00PM

***Friday, Mar 5***

lifts open 9AM, training

Run 1, Moguls 10:00AM - 12:00PM

training 12:00PM - 12:45PM

Run 2, 1:00PM - 3:00PM

***Saturday, Mar 6***

lifts open 8:30AM, training

Big Air, 10:00AM - 11:00AM

**Medals 2 PM Saturday**

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**Gymnastics**

Muskoka Woods Sports Camp  
4584 Hwy 141  
Rosseau  
705-732-4373

**Location #1: Muskoka Woods, Field House**

**Friday Mar 5,**

Men's Artistic 9:15AM - 10:15 (warm up)

Competition 10:30AM - 12:30PM

**Medals 12:45PM Friday**

Women's Artistic, 2:15PM - 2:30PM (warm up)

competition 2:30PM - 4:30PM

**Medals 4:45PM Friday**

**Location #2: Muskoka Woods, Gymnasium**

**Friday Mar 5,**

Trampoline / Tumbling

8:15AM - 9:30AM (warm up)

Competition 9:30AM - 1:00PM

**Medals 1:15PM Friday**

Rhythmic Gymnastics,

3:00PM - 3:30PM (warm up)

competition 3:30PM - 8:30 PM

**Medals 8:45PM Friday**

**Location #3: Bracebridge Sportsplex, Musoka  
Limberettes Gymnastics Facility**

**Exhibition**

**Saturday Mar 6**

11:00 AM – 12:30 P.M. Demonstration Gala

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**Hockey - Men's**

Gravenhurst Centennial Centre  
 101 Centennial Drive  
 Gravenhurst  
 705-687-6774

Pool A	Pool B
Vaughan Knights	Toronto Marlboros
Whitby Wildcats	Oakville Rangers
Gloucester Rangers	Soo. Jr Greyhounds
Thunder Bay Kings	London Jr Knights

**Thursday, Mar 4,**

Game 1, 2:00PM Vaughan vs Whitby

**Friday Mar 5,**

Game 2, 8:00AM, Thunder bay vs Gloucester

Game 3, 10:00AM, Oakville vs Toronto

Game 4, 12:00PM, London vs Soo.

Game 5, 2:00PM, Gloucester vs Vaughan

Game 6, 4:00PM, Whitby vs Thunder Bay

Game 7, 6:00PM, Toronto vs Soo.

Game 8, 8:00PM, Oakville vs London

**Saturday, Mar 6,**

Game 9, 8:00AM, Gloucester vs Whitby

Game 10, 10:00AM, Soo. vs Oakville

Game  
 11, 12:00PM, Vaughan vs  
 Thunder Bay

**Saturday, Continued**

Game 12, 2:00PM, London vs Toronto

2 hour break (4PM - 6PM approx)

Game 13, 6:00PM (semi final), 2nd Pool "A" vs 1st Pool "B"

Game 14, 8:00PM (semi final), 2nd Pool "B" vs 1st Pool "A"

**Sunday, Mar 7,**

Game 15, 8:00AM - 10:00AM (bronze), loser game 13 vs loser game 14

**Medals 10:00AM Sunday**

Mar 7 11:00AM - 1:00PM (gold) winner game 13 vs winner game 14

**Medals 12:00PM Sunday**

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**Hockey - Women's**

Lake of Bays Community Centre  
 10 University Street  
 Baysville  
 705-767-3933

Pool A	Pool B
Team 1, Heaney	Team 5, Dupis
Team 2, James	Team 6, Phillips
Team 3, Nystrom	Team 7, Pounder
Team 4, Weatherston	Team 8, Sunohara

**Friday, Mar 5,**

- Game 1, 8:00AM, Heaney vs Weatherston
- Game 2, 9:30AM, Nystrom vs James
- Game 3, 11:00AM, Pounder vs Sunohara
- Game 4, 12:30PM, Phillips vs Dupis
- Game 5, 2:00PM, James vs Heaney
- Game 6, 3:30PM, Nystrom vs Weatherston
- Game 7, 5:00PM, Dupis vs Sunohara
- Game 8, 6:30PM, Phillips vs Pounder

**Saturday, Mar 6,**

- Game 9, 7:30AM, Pounder vs Dupis
- Game 10, 9:00AM, Sunohara vs Phillips
- Game 11, 10:30AM, Weatherston vs James

- Game 12, 12:00PM, Heaney vs Nystrom
- Game 13, 4:00PM, Pool B, 2nd vs Pool A, 3rd
- Game 14, 5:30PM, Pool B, 1st vs Pool A, 4th
- Game 15, 7:30PM, Pool A, 1st vs Pool B, 4th
- Game 16, 9:00PM, Pool A, 2nd vs Pool B, 3rd

**Sunday, Mar 7,**

- Game 17, 8:00AM winner of 15 vs winner of 13
- Game 18, 10:00AM winner of 14 vs winner of 16
- Game 19, 2:00PM, loser of 17 vs loser of 18

**Bronze Medal 3:00 PM Sunday**

- Game 20, 4:00PM, winner of 17 vs winner of 18

**Gold Medal 5:00 PM Sunday**

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**Indoor Field Hockey**

St Dominic's High school  
 955 Cedar Lane  
 Bracebridge  
 705-646-8772

Date	Time	Game	Classification	Home	Visitor
March 4	11:00 am	1	Men's Pool	Titans	KW
March 4	12:00 pm	2	Men's Pool	OKD	Mississauga
March 4	1:00 pm	3	Women's Pool	Titans	Halton
March 4	2:00 pm	4	Women's Pool	Nepean	Mississauga
March 5	9:00 am	5	Men's Pool	Titans	Mississauga
March 5	10:00 am	6	Men's Pool	OKD	KW
March 5	11:00 am	7	Women's Pool	Titans	Mississauga
March 5	12:00 pm	8	Women's Pool	Nepean	Halton
March 5	1:30 pm	9	Men's Pool	Titans	OKD
March 5	2:30 pm	10	Men's Pool	KW	Mississauga
March 5	3:30 pm	11	Women's Pool	Titans	Nepean
March 5	4:30 pm	12	Women's Pool	Halton	Mississauga
March 6	9:00 am	13	Men's Bronze		
March 6	10:15 am	14	Women's Bronze		
March 6	11:30 am	15	Men's Gold		
March 6	12:45 pm	16	Women's Gold		
Medals	1:30 pm		All medals		

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**Judo**

Riverside Public School  
755 Brunel Road  
Huntsville  
705-789-2282

**Friday Mar 5,**

6:00 AM - 7:00 AM (weigh in)

10:00 AM - 3:00 PM

Medals 3:00 PM Friday

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***Kickboxing***

Red Leaves  
1050 Paignton House Road  
Minett  
705-765-1900

***Sat , Mar 6***

Weigh in 3:00 PM - 5:00 PM

Session 1, 6:00 PM - 10:00 PM

***Sunday, Mar 7***

Weigh in 7:00 AM - 8:00 AM

Session 2, 9:00 AM - 12:00 PM

Session 3, 2:00 PM - 4:00 PM

Medals 3:00 Sunday

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**Ringette**

Bala Arena  
1009 Maple Street  
Bala  
705-762-5390

**Thursday, Mar 4**

Game 1, 11:00, Northeast vs western  
Game 2, 12:20PM, Northwest vs Central  
Game 3, 1:40PM, Eastern vs Southern

**Friday, Mar 5,**

Game 4, 9:00AM, Northwest vs Eastern  
Game 5, 10:20AM, Western vs Central  
Game 6, 11:50AM, Southern vs Northeast  
Game 7, 2:40PM, Central vs Eastern  
Game 8, 4:00 PM, Northeast vs Northwest  
Game 9, 5:20PM, Western vs Southern

**Saturday, Mar 6,**

Game 10, 9:00AM, Central vs Southern  
Game 11, 10:20AM, Western vs Northwest  
Game 12, 11:50AM, Northeast vs Eastern  
Game 13, 2:40PM, Southern vs Northwest  
Game 14, 4:00 PM, Eastern vs western  
Game 15, 5:20PM, Central vs Northeast

**Sunday Mar 7,**

Game 16, 9:00AM (bronze) 3rd vs 2nd  
**Medals 10 AM Sunday**  
Game 17, 11:30AM (gold) 1st vs winner of Game 16  
**Medals 2:30 PM Sunday**

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***Snowboarding***

Mount St Louis Moonstone Ski Resort  
24 Mount St. Louis Road  
Coldwater  
1-877-835-2112

***Thursday, Mar 4***

Lifts open 9:00AM practice

SBX 9:15AM - 1PM

PGS practice 9:15 - 10:00

run 1, 10:00AM

heats and finals 10:45AM - 12:15PM

SS 12:15PM - 1:15 PM practice

competition 1:30PM

**Medals 2:45 PM Thursday**

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***Speed skating***

Countryside Arena  
235 Countryside Drive  
Sudbury  
705-688-3927

***Friday, Mar 5***

10:00 AM 1500m – Heat's, Semi's, and Finals  
1:45 PM 500m – Heats, Quarters, Semi's, and Finals

***Saturday, Mar 6,***

10:00 AM 1000m – Heats, Quarters, Semi's  
1:45 PM 1000m – Finals  
3000m Ladies Relay  
3000m Mens Relay

Medals 5:30 Saturday

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**Squash**

Howard Armstrong Centre  
 4040 Elmview Drive, Hanmer  
 705-969-4666

Pool A	Pool B
a, Toronto	a, Toronia
b, Southwestern	b, Central
c, Western	c, Ottawa
d, Niagara	d, Northwestern
	e, Northern

**Friday, Mar 5,**

**9:30 AM**

Pool A	Court	Pool B	Court
a vs c	#3	a vs e	#2
b vs d	#1	d vs b	#1
		c bye	

**1:00 PM**

Pool B	Court
a vs c	#1 & #2
e vs b	#3 & #4
d bye	

**Saturday Mar 6, 4 PM Crossover Draws**

1st in Pool A vs 2nd in Pool B          Court #1 Match #1

1st in Pool B vs 2nd in Pool A

Court #2 Match #2

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***Squash - continued***

***Saturday Mar 6, 4 PM Consolation Round***

3rd in Pool A vs 4th in Pool B                      Court #3 Match #3

3rd in Pool B vs 4th in Pool A                      Court #4 Match #4

5th place team Pool B eliminated

***Sunday Mar 7 (TBD)***

Gold Medal court 1

Bronze Medal court 2

Consolation Final, 5/6 court 3

Consolation Final, 7/8 court 4

**Medals 12:00PM**

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***Synchronized Swimming***

Bracebridge Sportplex  
110 Clearbrook Trail  
Bracebridge  
705-645-3037

***Thursday, Mar 4***

12:00PM - 3:00PM (spacing)

***Friday, Mar 5***

9:45AM – 10:15 PM 10&U (2), 16-20 (1) Figure Competition  
11:00 AM – 12:30 PM 11-12 Figure Competition (47)  
2:30 PM – 4:30 PM 13-15 figure competition (60)

***Saturday, Mar 6***

11:15 AM – 11:45 AM 11-12 Solo competition (5)  
11:45 AM – 12:15 PM 13-15 Solo competition (4)  
1:30 PM – 2:05 PM 11-12 Duet Competition (7)  
2:35 PM – 3:45 PM 13-15 Duet Competition (12)

***Sunday, Mar 7***

9:45 AM – 10:35 AM 11-12 Team Competition (8)  
11:20 AM – 12:00 PM 13-15 Team Competition (7)

Medals 12:15PM Sunday

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**Table Tennis**

Delta Grandview Resort  
939 Hwy 60  
Huntsville  
705-789-4417

**Friday, Mar 5**

9:00AM - 3:15PM (team matches)

Medals 3:30PM

**Friday, Mar 5,**

4:30PM - 7:30 PM (singles male)

**Saturday, Mar 6,**

9:00AM - 3:15PM (singles)

4:30PM - 7:30PM (singles)

**Sunday, Mar 7,**

9:00AM-12:00PM (singles knockout)

12:30PM-2:30PM(singles final)

Medals 2:30PM

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**Taekwando**

Bracebridge Sportplex  
110 Clearbrook Trail  
Bracebridge  
705-645-3037

**Friday, Mar 5**

9:00AM - 6:30PM

Junior "B" Division (male & female)

Fin / Fly

Bantam / Feather

Light / Welter

Light Middle weight / Middle weight

Junior "A" Division

Light Middle/Middle

Light Heavy/Heavy

3:00 PM weigh in at Bracebridge Sportplex for Saturday competitors

Medals 6:30 Friday

**Saturday Mar 6**

9:00AM - 4:30PM,

Sparring double elimination

Junior "A" Division (M&F)

Fin/Fly

Bantam/Feather

Light/Welter

Medals 4:30 PM Saturday

**Saturday, Mar 6**

9:00AM - 4:30PM,

Junior "A" Division (male & female)

Fin / Fly

Bantam / Feather

Light / Welter

Medals 4:00PM Saturday

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***Weightlifting***

Muskoka Boat and Heritage Centre  
275 Steamship Bay Road  
Gravenhurst  
705-687-6667

***Friday, Mar 5,***

8:00AM - weigh in Lightweight boys

10:00AM-12:00PM (Boys light weight competition)

10:00AM - 12:00PM weigh in Girls light and heavy weight

12:00PM weigh in Boys heavy weight

12:00PM - 2:00PM (girls light & heavy weight competition)

2:00PM - 4:00PM (boys heavy weight competition)

Medals 4:00PM Friday

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***Wrestling***

Deerhurst Resort  
1235 Deerhurst Drive  
Huntsville  
705-789-6411

***Thursday, Mar 4,***

medical & weigh in Deerhurst 3:30-4PM

***Friday, Mar 5,***

postings, 7:30AM

Friday, Mar 5,

Session 1, 9:00AM - 12:00PM,

Session 2, 2:00 PM - 6:00 PM

***Saturday, Mar 6,***

Session 3, 8:30AM - 12:00PM

Session 4, 1:00PM - 3:00PM (finals 1st-6th)

**Medals 3:00PM Saturday**