



2019 Open Nationals Camp - Edmonton

Time	Monday/Lundi: 21/05/2018	Time	Tuesday/Mardi: 22/05/2018	Time	Wed./Mercredi: 22/05/2018
8:00AM	Mat Set-up (Alberta)	7:00AM-8:00AM	Running	7:00AM-8:00AM	Running
9:30AM-11:00AM	U16 Males / Females	9:30AM-11:00AM	U16 Males / Females	9:30AM-12:00PM	Everyone
11:00AM-12:30PM	U18/U21/SR Males	11:00AM-12:30PM	U18/U21/SR Males	12:00PM-12:30PM	Mat removal
Lunch		Lunch			
2:30PM-4:30PM	U16 Males / Females	2:30PM-4:30PM	U16 Males / Females		
4:30PM-6:30PM	U18/U21/SR Males	4:30PM-6:30PM	U18/U21/SR Males		