

HIGH COUNTRY CONFERENCE DUALS

TRIP ITINERARY

Thursday, December 17th

- 8:30am: Arrive to school
- 9:00 am: Practice
- 10:30 am: Shower and load
- 11:00: Depart to American Falls, Idaho
- 3:00 pm: Arrive at American Falls HS
- 4:00 pm: Weigh-in (scratch weight)
- 5:00 pm: Duals begin (vs. American Falls, Pocatello, and Minico)
- 9:00 pm: Depart to Idaho Falls, ID
- 10:00 pm: Arrive in Idaho Falls, ID
- Hilton Garden Inn*
700 Lindsay Blvd.
Idaho Falls, ID
- 11:00 pm: Lights out

Friday, December 18th

- 7:00 am: Wake up
- 7:30 am: Breakfast
- 8:30 am: Attend classes (in conference room)
- 10:30 am: Pack and get ready to go to event center
- 11:00 am: Practice
- 1:00 pm: Weigh-ins (scratch weight)
- 2:00 pm: Warmup
- 3:01 pm: Event begins (5 duals)
- 9:00 pm: Weigh-ins (scratch +2)
- 11:00 pm: Lights out

Saturday, December 19th

- 6:00 am: Wake up
- 6:30 am: Breakfast
- 7:30 am: Load bus (with all gear and luggage—check out of hotel)
- 8:00 am: Warmup
- 9:00 am: 5 duals
- 4:00 pm: Depart to Nampa
- 9:00 pm: Arrive at Columbia