

ARVADA WEST INVITATIONAL

WRESTLING TOURNAMENT

ITINERARY

TRAVEL DATES: Thursday, January 10 – Sunday, January 13

LOCATION: Arvada West High School
11595 Allendale Drive
Arvada, CO 80004

LODGING: Comfort Inn – Denver West
10200 W. I-70 Frontage Rd. S
Wheat Ridge, CO 80033
1-303-422-6346

Thursday, January 10

6:00 am: Arrive to Columbia
6:15 am: Depart to Boise Municipal Airport
8:15 am: Depart to Denver – Southwest Flight #1149
10:00 am: Arrive at Denver
12:00 pm: Workout - Pomona High School
2:30 pm: Check into Hotel – Lunch on own
5:00 pm: Team Dinner – Team pays
10:00 pm: Lights out

Friday, January 11

7:00 am: Wake up – Breakfast
Weight Cut
9:00 am: Depart to Arvada West High School
10:00 am: Weighins
12:00 pm: Wrestling Begins
Championship Rd 1
Championship Rd and Consolation Rd 1
Consolation Rd 2
5:00 pm: Depart to Hotel
6:00 pm: Team Dinner – Team pays
10:00 pm: Lights Out

Saturday, January 12

5:30 am: Wake up call
6:00 am: Breakfast at hotel
6:15 am: Depart to school
7:00 am: Weigh-ins
9:00 am: Wrestling Begins
1:00 pm: Lunch Break – from team cooler
1:30 pm: 3rd and 5th place matches on 3 mats
2:30 pm: Finals
4:30 pm: Depart to hotel
6:00 pm: Team Dinner – Team Pays
11:00 pm: Lights Out

Sunday, January 13

5:30 am: Wake up
6:00 am: Depart to Airport
8:30 am: Depart to Boise – Southwest Flight #1254
10:30 am: Arrive to Boise
11:15 am: Arrive to Columbia High School for pickup

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What to travel with:

-Fit all into carry on bag

-Toiletries in zip lock bag....follow rules →

-2 singlets, shoes, headgear

-walking around clothes

-extra spending money

-homework

Liquids, aerosols, gels, creams and pastes

Each passenger is permitted to bring one quart-sized bag of liquids, aerosols, gels, creams and pastes in your carryon bag and through the TSA security checkpoint. These are limited to 3.4 ounces (100 milliliters) or less per item. During screening, you'll be required to place these items in the small bag separate from your carryon baggage unless you have been selected for TSA PreCheck expedited screening, in which case you may be exempt from removing your liquids during the screening process.

- Any liquid, aerosol, gel, cream or paste that alarms during screening will require additional screening.
- Certain items are exempt from the TSA carryon liquid rules including medications and infant and child nourishments.

Southwest Airlines currently prohibits self-defense sprays on any flight regardless if it is checked or carried on.