



# RENO – NEVADA

## December 2019

### ITINERARY

---

#### THURSDAY, DECEMBER 12<sup>th</sup>

- 6:30 am - Arrive to Columbia High School
- 7:00 am - Depart Columbia High School
- 2:00 pm - Arrive in Reno – check into El Dorado Casino
- 3:00 pm - To arena for full scale workout
- 5:00 pm - Back to hotel
- 6:00 pm - Dinner in coaches room
- 10:00 pm - Lights out

#### FRIDAY, DECEMBER 13<sup>th</sup>

- 5:00 am - Wake-up
- 6:30 am - Grooming Check
- 7:00 am - Weigh-in (scratch +1)
- 7:30 am - Breakfast at arena
- 8:15 am - Warm up
- 8:30 am - Coaches Meeting
- 8:45 am - National Anthem
- 9:00 am - Wrestling – PIG TAIL ROUND
- 10:00 am - CHAMPIONSHIP ROUND
- 1:00 pm - CONSOLATION PIG TAIL ROUND
- 1:15 pm - CHAMPIONSHIP RD II
- CONSOLATION RD I
- 4:15 pm - CONSOLATION RD II

#### *Checklist of What to Bring:*

- Spirit Pack Singlet; black singlet from last year and ?
- Columbia Spirit Pack Gear (you are expected to warmup in our gear)
- Headgear
- Wrestling Shoes
- Walk around street clothes for free time
- Toiletries (bathroom stuff)
- Workout gear for Thursday night AND Saturday morning for all those eliminated from the tournament
- Extra food \$, the team will provide all meals Thursday night, Friday, Saturday (including an Awful Awful Burger!!!!, and Sunday AM)

# RENO TOURNAMENT OF CHAMPIONS ITINERARY

## RENO – NEVADA

---

6:15 pm - CHAMPIONSHIP RD III

7:15 pm - CONSOLATION RD III

8:15 pm - CONSOLATION RD IV

10:00 pm - Bed Check

10:30 pm - Lights out

### SATURDAY, DECEMBER 14<sup>th</sup>

6:00 am - Wake-up (all)

6:40 am - To arena

7:00 am - Weigh-ins (Scratch +2)

*If out of tournament....you will go through a 1 hour workout*

8:45 am - National Anthem

9:00 am - CHAMPIONSHIP RD IV

CONSOLATION RD V

10:15 am - CONSOLATION RD IV

11:00 am - CHAMPIONSHIP SEMI-FINALS

CONSOLATION RD VII

11:45 am - CONSOLATION SEMI-FINALS

1:00 pm - PLACING RDS 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>

4:15 pm - Opening Ceremony – National Anthem

5:00 pm - CHAMPIONSHIPS

7:30 pm - Dinner

11:00 pm - Lights out

### SUNDAY, DECEMBER 15<sup>th</sup>

7:30 am - Breakfast

8:30 am - Head to arena

9:00 am - Watch Tournament

12:00 pm - Depart for Nampa, ID

8:00 pm - Arrive in Nampa