



# 2018 CADET NATIONAL DUAL TEAM

## FULL SCHEDULE OF EVENTS

### PRE-TRIP PRACTICE LOCATION (CAMP):

**University of Central Oklahoma**

100 N. University Dr.

Edmond, OK 73034

### FLIGHT INFORMATION:

**Southwest Airlines (Will Rogers Airport)**

<u>Date</u>	<u>Flight #</u>	<u>City Pair</u>	<u>Time</u>
June 12	WN2189	OKC to DEN	6:00 AM – 6:35 AM
June 12	WN2194	DEN to GEG	8:10 AM – 9:35 AM
June 17	WN2819	GEG to DEN	6:30 AM – 9:35 AM
June 17	WN5171	DEN to OKC	10:30 AM – 1:05 AM

### HOTEL & EVENT CENTER INFORMATION:

**Hotel RL**

303 West North River Drive

Spokane, WA 99201

**Spokane Convention Center**

334 West Spokane Falls Boulevard

Spokane, WA

# DAILY SCHEDULE:

## **Sunday June 10<sup>th</sup>**

- Registration – 3:00 pm (UCO)
- Workout 1 – 4:00-5:30 pm
- Dinner – 6:00 pm
- Lights Out – 9:30 pm

## **Monday June 11<sup>th</sup>**

- Wake up – 7:00 am
- Workout 2 – 8:00-9:30 am
- Breakfast – 10:00 am
- Workout 3 – 12:00-1:30 pm
- Lunch – 2:00 pm
- Workout 4 – 4:00-5:00
- Parent time – 6:00 pm
- Lights out – 8:00 pm

## **Tuesday June 12<sup>th</sup>**

- Wake up – 3:30 am
- \*Leave UCO – 4:00 am
- Leave Oklahoma – 6:00 am
- Arrive Washington – 9:35 am
- Check-in to hotel – 10:00-11:00 am
- Walk to arena – 3:30 pm
- Weigh-in Greco – 5:00 pm
- Dinner – 6:00 pm
- Lights out – 9:30 pm

## **Wednesday, June 13<sup>th</sup>**

- Wake up – 7:00 am
- Walk to arena – 7:45 am
- Wrestle – 9:00 am-12:30 pm
- Lunch – 12:30-1:30 pm
- Wrestle – 1:30-7:00 pm
- Dinner – 7:00 pm
- Lights out – 9:30 pm

## **Thursday, June 14<sup>th</sup>**

- Wake up – 6:00 am
- Walk to arena – 6:45 am
- Wrestle – 8:00 am-12:00 pm
- Lunch – 12:00-1:00 pm
- Wrestle – 1:00-5:00 pm
- Weigh-in Freestyle – 5:30 pm
- Dinner – 7:00 pm
- Lights out – 9:30 pm

## **Friday, June 15<sup>th</sup>**

- Wake up – 6:00 am
- Walk to arena – 6:45 am
- Wrestle – 8:00 am-12:30 pm
- Lunch – 12:30-1:30 pm
- Wrestle – 1:30-8:00 pm
- Dinner – 8:00 pm
- Lights out – 10:30 pm

## **Saturday, June 16<sup>th</sup>**

- Wake up – 7:00 am
- Walk to arena – 7:45 am
- Wrestle – 9:00 am-3:00 pm
- Dinner – 4:00 pm
- Lights out – 10:30 pm

## **Sunday, June 17<sup>th</sup>**

- Wake up – 4:30 am
- Leave Washington – 6:30 am
- \*\*Arrive Oklahoma – 1:05 pm

\*We will have a volunteer signup for parents to provide car pools to the airport on Tuesday, June 12 at 4:00 am

\*\*Parents will pick their children up from the airport on Sunday, June 17 at 1:05 pm