

2023 Ogopogo “The Spirit of the Lake” Invitational Draft Schedule V1

Friday, June 9, 2023

Session 1 **WAG – Xcel Silver**
General warm-up: 15 minutes; Warm-up: 30 sec
Warm-up and Competition 9:00 – 11:30

Session 2 **WAG – Xcel Silver**
General warm-up: 15 minutes; Warm-up: 45 sec.
Warm-up and Competition 11:30 – 14:00

Session 3 **WAG – Xcel Gold**
General warm-up: 15 minutes; Warm-up: 1 minute
Warm-up and Competition 14:15 – 16:15

Session 4 **WAG – Xcel Bronze**
General warm-up: 15 minutes; Warm-up: 30 sec.
Warm-up and Competition 16:30 – 19:00

Session 5 **WAG Xcel Bronze and Platinum**
General warm-up: 15 minutes; Warm-up: 1 minute
Warm-up and Competition 19:00 – 21:00

Saturday, June 10, 2023

Session 6 **WAG – CCP 6**
General warm-up: 15 minutes; Warm-up: 90 sec
Warm-up and Competition 7:30 – 10:00

Session 7 **WAG – CCP 6**
General warm-up: 15 minutes; Warm-up: 90 sec
Warm-up and Competition 10:15 – 13:00

Session 8 **WAG – CCP 7**
General warm-up: 15 minutes; Warm-up: 90 seconds
Warm-up and Competition 13:15 – 15:15

Session 9 **WAG – CCP 7**
General warm-up: 15 minutes; Warm-up: 90 seconds
Warm-up and Competition 15:15– 17:00

Session 10 **WAG – CCP 8, 9, and 10**
General warm-up: 15 minutes; Warm-up: 2 minutes
Warm-up and Competition 17:15 – 19:15

Athlete Dance Party with Special Guest

19:30 - 22:30

Sunday, June 11, 2023

Session 12

WAG –CCP 1

General warm-up: 15 minutes; Warm-up: 30 sec

Warm-up and Competition 7:30 – 9:15

Session 13

WAG –CCP 2

General warm-up: 15 minutes; Warm-up: 45 seconds

Warm-up and Competition 9:15 – 11:15

Session 14

WAG –CCP 3

General warm-up: 15 minutes; Warm-up: 45 sec

Warm-up and Competition 11:30 – 13:15

Session 15

WAG – CCP 4

General warm-up: 15 minutes; Warm-up: 60 seconds

Warm-up and Competition 13:15 – 15:30

Session 16

WAG –CCP 5 and Interclub

General warm-up: 15 minutes; Warm-up: 60 seconds

Warm-up and Competition 15:45 – 17:45