

# 2023 Ontario Winter Games Event Schedule

## Day 1 – Friday, February 10<sup>th</sup>, 2023

TIME	GROUP	ROUTINE
<b>9:00am</b>	All athletes	Warm up and training
<b>10:30am</b>	C (under 12)	JianShu (Straight sword) DaoShu (Broad sword)
<b>11:15am</b>	B (13-15Y)	JianShu (Straight sword) DaoShu (Broad sword)
<b>11:50am</b>	Under 29 Years	NanDao (Southern Sword)
<b>12:15pm</b>	All warriors	Wushu Challenge #1 – Barehand Routine
<b>2:00pm</b>	All warriors	Wushu Challenge #3 – Strength and Core
<b>3:00pm</b>	Under 15 16-29Y	Traditional Barehand
<b>3:45pm</b>	Under 29 Years	NanGun (Southern Staff)
<b>4:05pm</b>	A (16-29Y)	JianShu (Straight sword) DaoShu (Broad sword) NanDao (Southern Sword)

# 2023 Ontario Winter Games Event Schedule

## Day 2 – Saturday, February 11<sup>th</sup>, 2023

TIME	GROUP	ROUTINE
<b>9:00am</b>	All athletes	Warm up and training
<b>10:00am</b>	All warriors	Wushu Challenge #2 – Weapon Routine
<b>11:30am</b>	C (under 12)	ChangQuan (Long fist)
<b>12:15pm</b>	All warriors	Wushu Challenge #4 – Horse Stance
<b>1:15pm</b>	Under 15	Traditional Weapon
<b>2:15pm</b>	All warriors	Wushu Challenge #5 – Rotational Jumps
<b>2:35pm</b>	A (16-29Y)	GunShu (Staff) QiangShu (Spear)
<b>3:00pm</b>	All warriors	Wushu Challenge #7 – Handstand Balance
<b>3:20pm</b>	B (13-15Y)	QiangShu (Spear) GunShu (Staff)

# 2023 Ontario Winter Games Event Schedule

## Day 3 – Sunday, February 12<sup>th</sup>, 2023

TIME	GROUP	ROUTINE
9:00am	All athletes	Warm up and training
10:00am	All warriors	Wushu Challenge #6 – Single Leg Balance
10:30am	C (under 12)	QiangShu (Spear) GunShu (Staff)
11:15am	A (16-29Y)	ChangQuan (Long fist)
12:00pm	All warriors	Wushu Challenge #8 – Squat Jumps
1:20pm	All warriors	Wushu Challenge #9 – Bar Hang
1:20pm	B (13-15Y)	ChangQuan (Long fist)
1:50pm	Under 29 Years	NanQuan (Southern fist)
2:30pm	All warriors	Wushu Challenge #10 – Speed Race
3:30pm	All Athletes	Medal Ceremony