

QUEEN OF THE HILL

Women's Squash Weekend, Whistler, BC

November 10-12, 2017

Weekend Schedule

Friday, November 10

5:00-7:00 Arrivals at leisure
The Westin Resort & Spa, Whistler

7:00-10:00 Welcome Reception
Register for the tournament
Pick-up your tournament souvenir
Hear from successful female squash athletes and sports psychologist

Overnight Accommodations at The Westin Resort & Spa, Whistler

Saturday, November 11

Breakfast at the hotel at leisure

8:30am-4:30 pm Tournament Play, Meadow Park Sports Centre
Referee Clinic throughout the weekend (Squash BC)

10:30-11:15 am Strength training, Meadow Park Sports Centre

3:00 pm Exhibition Match

2:00-4:30 pm Tournament Play continues

6:00 pm Attend Cornucopia Savour at The Westin Resort & Spa, Whistler
Remainder of evening at leisure to explore the village or other Cornucopia events

Sunday, November 12

Breakfast at the hotel at leisure

8:30am-3:30 pm Tournament Play, Meadow Park Sports Centre

10:30-11:15 am Stretches to increase flexibility on court, Meadow Park Sports Centre

1:00 pm Junior Girls Exhibition Match

2:00 pm Late check-out at the hotel or extend your stay at the Westin for \$169.00 per night and enjoy the rest of Cornucopia.

3:30 pm Awards at Meadow Park Sports Centre

Tentative schedule, subject to change and substitutions.