



2019 SONL WINTER GAMES
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Last Updated: 2019-02-14
 Subject to change

Overall Schedule

Denotes medal presentation



Sport or Event	Venue	Friday Feb 22	Saturday Feb 23	Sunday Feb 24	Friday March 1	Saturday March 2	Sunday March 3
Opening Ceremonies	Windsor Pentecostal Church & School Complex 97 King St. GFW	7:00 – 9:00pm *teams arrive at 6:30PM			7:00 – 9:00pm *teams arrive at 6:30PM		
Snow Shoeing	Centennial Field Complex Cromer Ave.		8:00 - 11:30am 1:00 - 4:00pm	8:00 - 2:30pm			
Cross Country Skiing	Exploits Nordic Ski Club Scott Ave.	4:30 - 6:30pm	8:00 - 11:30am 1:00 - 3:00pm	8:00 - 2:30pm			
Bowling Grand Falls-Windsor	Exploits Lanes 20 Lincoln Rd. Grand Falls-Windsor					8:00 - 1:00pm	8:00 - 11:30am
Curling	Exploits Regional Curling Club 43 Lincoln Rd.					8:00 - 11:00am 12:15 - 5:00pm	7:30 - 11:00am 12:15 - 3:00pm
Floor Hockey	Exploits Valley Intermediate 19 Greenwood Ave.					8:15 - 12:00pm 1:00 - 2:30pm	8:15 - 1:00pm
Healthy Athletes Program (scheduled per sport) Individual Sports	Gordon Pinsent Centre for the Arts (GPC) St. Catherine St.		FUNFitness 9:00-5:00pm				
Healthy Athletes Program (scheduled per sport) Team Sports	Exploits Valley Intermediate 19 Greenwood Ave.					Strong Minds 9:00-5:00pm	
Bowling Athletes Lunch Venue Grand Falls-Windsor	Gordon Pinsent Centre for the Arts (GPC) St. Catherine St.					12:00 - 2:00pm	12:00-1:00PM (Upstairs) 2:30-3:00PM (Downstairs)
Snow Shoeing Athletes Lunch Venue	Gordon Pinsent Centre for the Arts (GPC) St. Catherine St.		11:30 - 1:00pm				
Athletes' Dance (team members only) Closing Ceremonies	Exploits Valley High School 392 Grenfell Heights		7:00-9:00pm				
Athletes' Dance (team members only) Closing Ceremonies	Exploits Valley Intermediate School 19 Greenwood Avenue					7:00-9:00pm	
Athlete Village (Teams Only)	Mt. Peyton Hotel (all 3 buildings) 214 Lincoln Rd.	Boxed suppers for teams who selected this will be available upon check in to the Athletes Village 4PM	<i>Breakfast: 6:00-8:00am Supper: 4:30-6:30pm</i>	<i>Breakfast: 6:00-8:00am</i>	<i>Supper: 4:30-6:00pm</i>	<i>Breakfast: 6:00-8:00am Supper: 4:30-6:30pm</i>	<i>Breakfast: 6:00-9:30am</i>
Medal Presentations Individual Sports	Gordon Pinsent Centre for the Arts (GPC) St. Catherine St.			2:30-4:00pm			11:00AM Bowling (Divisions Red/Light Blue/Purple) 3:00PM Curling and Floor Hockey 3:30PM Bowling (Divisions Green/Dark Blue and Highest Scratch Scores)