



## SheRose Meltdown 2026



### **Saturday May 9, 2026**

| Start | Finish | Duration (hrs) | Event   | Location                                    |
|-------|--------|----------------|---|---|
| 8:30  | 9:30   | 1              | Athlete Arrival, Introductions, Face Glitter        | Outside of Bourgeau Lodge                   |
| 9:30  | 10:00  | 0.5            | Loading Gondola, arriving in village, placing bags. | Gondola/ Centennial Lodge                   |
| 10:00 | 10:30  | 0.5            | Warmup, splitting into groups                       | Centennial Lodge/ Base of Super Angel Chair |
| 10:30 | 12:30  | 2              | Skiing  | Sunshine Village                            |
| 12:30 | 13:00  | 0.5            | Lunch   | Sprung Structure                            |
| 13:00 | 14:00  | 1              | Skiing  | Sunshine Village                            |
| 14:00 | 14:15  | 0.25           | Ski out   | Sunshine Ski out                            |
| 14:15 | 14:30  | 0.25           | Athlete pick up                                     | Bourgeau Lodge/ Five minute pick-up         |
|       |        |                |   |   |
| 16:00 | 18:00  | 2              | Activity (Skateboarding with Rude Girls)            | Banff Skateboard park                       |
| 18:00 | 18:15  | 0.25           | Athlete pick up                                     | Banff Skateboard park                       |

### **Sunday May 10, 2026**

| Start | Finish | Duration (hrs) | Event   | Location                                    |
|-------|--------|----------------|---|---|
| 8:30  | 9:00   | 0.5            | Athlete Arrival, Face glitter                       | Outside of Bourgeau Lodge                   |
| 9:00  | 9:30   | 0.5            | Loading Gondola, arriving in village, placing bags. | Gondola/ Centennial Lodge                   |
| 9:30  | 9:45   | 0.25           | Warmup, splitting into groups                       | Centennial Lodge/ Base of Super Angel Chair |
| 9:45  | 12:00  | 2.25           | Skiing  | Sunshine Village                            |
| 12:00 | 12:30  | 0.5            | Lunch   | Sprung Structure                            |
| 12:30 | 14:00  | 1.5            | Photo shoot   | TBD   |
| 14:00 | 15:15  | 1.25           | Skiing with moms/ teaching mom                      | Springhill Terrain Park                     |
| 15:15 | 15:45  | 0.5            | Thanking sponsors, prizes                           | Centennial Lodge Patio                      |
| 15:45 | 16:00  | 0.25           | Ski out   | Ski out                                     |
| 16:00 | 16:30  | 0.5            | Athlete pick up                                     | Bourgeau Lodge/ Five minute pick-up         |