

Mountain Brook Spartans – 2022 Spartan Invitational Trip Schedule (Itinerary)

- **Thursday December 8th** Report and Depart from Palm Bay HS at 7am
- Stop for breaks, gas and meals
- Arrive to hotel lodging Thursday night around 7pm

- **Friday December 9th** Team wake-up, breakfast 8am-10am
- Team meeting 11am
- Depart for check-ins at Mountain Brook High School at 1pm
- Weigh-ins at 330pm, wrestle at 6pm-930pm
- Return back to hotel at 10pm
- Lights out 11pm

- **Saturday December 10th** morning wake-up 7am
- Weigh-ins 9am
- Wrestle 10am-130pm
- Return to hotel at the conclusion of the tournament

- **Sunday December 11th** wake up and depart at 7am for Palm Bay HS
- Stop for breaks, gas and meals
- Return to Palm Bay HS at 7pm