



2026 U16/U18 WOMEN'S PROGRAM OF EXCELLENCE

Langley Twin Rinks, Langley, BC

April 17-19, 2026

VIRTUAL Athlete/Parent Meeting will be held April 2 at 7PM. Link will be sent out to registrants.

Thursday, April 16, 2026

2:30PM	2:45PM	Registration	Goalie Group #1	Langley Twin Rinks
3:30PM	4:30PM	Goalie Session	Goalie Group #1	Langley Twin Rinks - Rink 1
3:45PM	4:00PM	Registration	Goalie Group #2	Langley Twin Rinks
4:45PM	5:45PM	Goalie Session	Goalie Group #2	Langley Twin Rinks - Rink 1

Goalies will be split into 2 groups on Thursday and then 3 groups on Friday.

Friday, April 17, 2026

8:30AM	9:30AM	Goalie Session	Goalie Group #1	Langley Twin Rinks - Rink 1
9:45AM	10:45AM	Goalie Session	Goalie Group #2	Langley Twin Rinks - Rink 1
11:00AM	12:00PM	Goalie Session	Goalie Group #3	Langley Twin Rinks - Rink 1
12:30PM	12:45PM	Registration	Teams 1, 2, 7, 8	Langley Twin Rinks
1:00PM	1:15PM	Registration	Teams 3, 4, 9, 10	Langley Twin Rinks
1:30PM	2:30PM	On Ice Session	Team 1 Team 2	Langley Twin Rinks - Rink 1
1:45PM	2:00PM	Registration	Teams 5, 6	Langley Twin Rinks
2:00PM	3:00PM	On Ice Session	Team 3 Team 4	Langley Twin Rinks – Rink 2
2:45PM	3:45PM	On Ice Session	Team 5 Team 6	Langley Twin Rinks - Rink 1
3:15PM	4:15PM	On Ice Session	Team 7 Team 8	Langley Twin Rinks – Rink 2
4:00PM	5:00PM	On Ice Session	Team 9 Team 10	Langley Twin Rinks - Rink 1

Saturday, April 18, 2026

8:30AM	9:45AM	Game #1	Team 1 Team 2	Langley Twin Rinks - Rink 1
8:30AM	9:30AM	Strength and Conditioning	Teams 7, 8, 9, 10	Langley Twin Rinks
9:00AM	10:15AM	Game #2	Team 3 Team 4	Langley Twin Rinks - Rink 2
10:00AM	11:15AM	Game #3	Team 5 Team 6	Langley Twin Rinks - Rink 1
10:30AM	11:45AM	Game #4	Team 7 Team 8	Langley Twin Rinks - Rink 2
10:45AM	11:45AM	Strength and Conditioning	Teams 1, 2, 3	Langley Twin Rinks
12:00PM	1:00PM	Strength and Conditioning	Teams 4, 5, 6	Langley Twin Rinks
12:45PM	2:00PM	Game #5	Team 9 Team 10	Langley Twin Rinks - Rink 1
1:15PM	2:30PM	Game #6	Team 3 Team 7	Langley Twin Rinks - Rink 2





2:15PM	3:30PM	Game #7	Team 1	Team 5	Langley Twin Rinks - Rink 1
2:45PM	4:00PM	Game #8	Team 4	Team 8	Langley Twin Rinks - Rink 2
3:45PM	5:00PM	Game #9	Team 2	Team 9	Langley Twin Rinks - Rink 1
4:15PM	5:30PM	Game #10	Team 6	Team 10	Langley Twin Rinks - Rink 2
Sunday, April 19, 2026					
10:00AM	11:15AM	Game #11	Team 1	Team 6	Langley Twin Rinks - Rink 1
10:30AM	11:45AM	Game #12	Team 3	Team 8	Langley Twin Rinks - Rink 2
11:30AM	12:45PM	Game #13	Team 2	Team 10	Langley Twin Rinks - Rink 1
12:00PM	1:15PM	Game #14	Team 4	Team 7	Langley Twin Rinks - Rink 2
1:00PM	2:15PM	Game #15	Team 5	Team 9	Langley Twin Rinks - Rink 1

** Schedule is subject to change **

