

# VANCOUVER 2010 OLYMPIC WINTER GAMES COMPETITION SCHEDULE v13

DAY 1 : Opening Ceremony BC Place 18:00-21:00  
 DAY 17: Closing Ceremony BC Place 17:30-20:00

Days 3-8, 10, 12-15: BC Place Victory Ceremonies 18:30-21:00  
 Days 2-16: Whistler Medals Plaza Victory Ceremonies 18:30-21:00

	FEBRUARY 2010	12 FRI DAY 1	13 SAT DAY 2	14 SUN DAY 3	15 MON DAY 4	16 TUES DAY 5	17 WED DAY 6	18 THURS DAY 7	19 FRI DAY 8	20 SAT DAY 9	21 SUN DAY 10	22 MON DAY 11	23 TUES DAY 12	24 WED DAY 13	25 THURS DAY 14	26 FRI DAY 15	27 SAT DAY 16	28 SUN DAY 17	
WHISTLER VENUES	ALPINE SKIING Whistler Creekside		ALPINE SKIING M Downhill 11:45-13:30 ▲	ALPINE SKIING W Super Combined 10:00-11:30 13:00-14:00 ▲		ALPINE SKIING M Super Combined 10:00-11:30 13:30-14:30 ▲	ALPINE SKIING W Downhill 11:00-12:45 ▲		ALPINE SKIING M Super-G 11:30-13:30 ▲	ALPINE SKIING W Super-G 10:00-11:45 ▲	ALPINE SKIING M Giant Slalom 10:00-11:45 13:45-15:00 ▲			ALPINE SKIING W Giant Slalom 10:00-11:30 13:15-14:30 ▲		ALPINE SKIING W Slalom 10:00-11:30 13:30-14:30 ▲	ALPINE SKIING M Slalom 10:00-11:45 13:45-15:10 ▲		
	BIATHLON CROSS-COUNTRY SKIING NORDIC COMBINED SKI JUMPING Whistler Olympic Park	SKI JUMPING M Individual NH 10:00-11:05	SKI JUMPING M Individual NH 9:45-11:25 ▲	NORDIC COMBINED M Individual NH 10:00-10:50 M Individual 10 km 13:45-14:20 ▲	CROSS-COUNTRY SKIING W 10 km Free 10:00-11:15 ▲ M 15 km Free 12:30-14:00 ▲	BIATHLON W 10 km Pursuit 10:30-11:10 ▲ M 12.5 km Pursuit 12:45-13:25 ▲	CROSS-COUNTRY SKIING M/W Individual Sprint Classic 10:15-11:00 12:30-14:00 ▲	BIATHLON W 15 km Individual 10:00-11:40 ▲ M 20 km Individual 13:00-14:35 ▲	SKI JUMPING M Individual LH 10:00-11:05	SKI JUMPING M Individual LH 11:30-13:10 ▲	BIATHLON M 15 km Mass 10:45-11:25 ▲ W 12.5 km Mass 13:00-13:45 ▲	SKI JUMPING M Team 10:00-11:55 ▲	NORDIC COMBINED M Team 10:00-10:45 M Team 4x5km 13:00-14:00 ▲	CROSS-COUNTRY SKIING M 4x10 km Relay Classic/Free 11:15-13:10 ▲	NORDIC COMBINED M Individual LH 10:00-10:50 M Individual 10 km 13:00-13:35 ▲	BIATHLON M 4x7.5 km Relay 11:30-13:05 ▲	CROSS-COUNTRY SKIING W 30 km, Mass Start Classic 11:45-13:45 ▲	CROSS-COUNTRY SKIING M 50 km, Mass Start Classic 9:30-12:15 ▲ Medals presented during Closing Ceremony	
	BOBSLEIGH LUGE SKELETON The Whistler Sliding Centre		LUGE M 17:00-20:35	LUGE M 13:00-16:50 ■	LUGE W 17:00-19:55	LUGE W 13:00-16:10 ▲	LUGE Doubles 17:00-19:15 ■	SKELETON W/M 16:00-21:00	SKELETON W/M 15:45-20:30 ■	BOBSLEIGH M Two-Man 17:00-19:40	BOBSLEIGH M Two-Man 13:30-15:50 ▲		BOBSLEIGH W 17:00-19:00	BOBSLEIGH W 17:00-19:00 ■		BOBSLEIGH M Four-Man 13:00-15:45	BOBSLEIGH M Four-Man 13:00-15:25 ▲		
	CURLING Vancouver Olympic Centre					CURLING M 9:00-12:00 W 14:00-17:00 M 19:00-22:00	CURLING W 9:00-12:00 M 14:00-17:00 W 19:00-22:00	CURLING M 9:00-12:00 W 14:00-17:00 M 19:00-22:00	CURLING W 9:00-12:00 M 14:00-17:00 W 19:00-22:00	CURLING M 9:00-12:00 W 14:00-17:00 M 19:00-22:00	CURLING W 9:00-12:00 M 14:00-17:00 W 19:00-22:00	CURLING M 9:00-12:00 W 14:00-17:00 M 19:00-22:00	CURLING W 9:00-12:00 M 14:00-17:00 M 19:00-22:00	CURLING W 9:00-12:00 M/W 14:00-17:00 M/W 19:00-22:00	CURLING Tiebreakers M/W 9:00-12:00 M/W 14:00-17:00 M/W 19:00-22:00	CURLING Semifinals W 9:00-12:00 M 14:00-17:00	CURLING Bronze Medal W 9:00-12:00 Gold Medal W 15:00-18:00 ● Bronze medal awarded at gold medal game	CURLING Bronze Medal M 9:00-12:00 Gold Medal M 15:00-18:00 ● Bronze medal awarded at gold medal game	
	FIGURE SKATING SHORT TRACK SPEED SKATING Pacific Coliseum		SHORT TRACK SPEED SKATING W 500 m W 3,000 m Relay M 1,500 m ■ 17:00-19:30	FIGURE SKATING Short Program Pairs 16:30-19:55	FIGURE SKATING Free Program Pairs 17:00-20:55 ●	FIGURE SKATING M Short Program 16:15-20:45	SHORT TRACK SPEED SKATING M 1,000 m M 5,000 m Relay W 500 m ■ 17:00-19:15	FIGURE SKATING M Free Program 17:00-21:05 ●	FIGURE SKATING Compulsory Dance Ice Dance 16:45-20:05	SHORT TRACK SPEED SKATING W 1,500 m ■ M 1,000 m ■ 17:45-20:15	FIGURE SKATING Original Dance Ice Dance 16:15-19:45	FIGURE SKATING Free Dance Ice Dance 16:45-20:55 ●	FIGURE SKATING W Short Program 16:30-21:00	SHORT TRACK SPEED SKATING W 1,000 m M 500 m W 3,000 m Relay ■ 17:00-18:45	FIGURE SKATING W Free Program 17:00-20:55 ●	SHORT TRACK SPEED SKATING M 500 m ● W 1,000 m ● M 5,000 m Relay ● 18:00-20:15	FIGURE SKATING Exhibition Gala 16:30-19:00		
	FREESTYLE SKIING SNOWBOARD Cypress Mountain		FREESTYLE SKIING W Moguls 16:30-17:30 19:30-20:30 ■	FREESTYLE SKIING M Moguls 17:30-18:30 ■	SNOWBOARD M Snowboard Cross 10:00-11:40 14:00-15:00 ■	SNOWBOARD W Snowboard Cross 10:00-11:40 12:15-12:50 ▲	SNOWBOARD M Halfpipe 13:05-15:45 17:15-18:15 19:15-20:15 ■	SNOWBOARD W Halfpipe 12:30-14:05 16:00-17:00 18:00-19:00 ■		FREESTYLE SKIING W Aerials 10:00-11:35	FREESTYLE SKIING M Ski Cross 9:15-10:15 12:15-13:30 ▲	FREESTYLE SKIING M Aerials 18:00-19:35	FREESTYLE SKIING W Ski Cross 10:30-11:30 13:00-14:15 ▲	FREESTYLE SKIING W Aerials 19:30-20:35 ■	FREESTYLE SKIING M Aerials 18:00-19:05 ■	SNOWBOARD W Parallel Giant Slalom 10:00-11:00 12:15-13:50 ▲	SNOWBOARD M Parallel Giant Slalom 10:00-11:00 12:15-13:50 ●		
	ICE HOCKEY Canada Hockey Place		ICE HOCKEY W 17:00-19:30 CAN - SVK		ICE HOCKEY M 12:00-14:30 USA - SUI 16:30-19:00 CAN - NOR 21:00-23:30 RUS - LAT	ICE HOCKEY M 12:00-14:30 FIN - BLR 16:30-19:00 SWE - GER 21:00-23:30 CZE - SVK	ICE HOCKEY M 12:00-14:30 USA - NOR 16:30-19:00 SUI - CAN 21:00-23:30 SVK - RUS	ICE HOCKEY M 12:00-14:30 BLR - SWE 16:30-19:00 CZE - LAT 21:00-23:30 FIN - GER	ICE HOCKEY M 12:00-14:30 NOR - SUI 16:40-19:10 LAT - SVK 21:00-23:30 GER - BLR	ICE HOCKEY M 12:00-14:30 RUS - CZE 16:30-19:00 CAN - USA 21:00-23:30 SWE - FIN	ICE HOCKEY W Semifinals 12:00-14:30 SF1 17:00-19:30 SF2	ICE HOCKEY M Qual. Playoffs 12:00-14:30 QP1 16:30-19:00 QP2 21:00-23:30 QP4	ICE HOCKEY M Quarter-finals 12:00-14:30 QF1 16:30-19:00 QF2 21:00-23:30 QF4	ICE HOCKEY W Bronze Medal 11:00-13:30 Gold Medal 15:30-18:00 ● Bronze medal awarded at gold medal game	ICE HOCKEY M Semifinals 12:00-14:30 SF1 18:30-21:00 SF2	ICE HOCKEY M Bronze Medal 19:00-21:30 ●	ICE HOCKEY M Gold Medal 12:15-14:45 ●		
	ICE HOCKEY UBC Thunderbird Arena		ICE HOCKEY W 12:00-14:30 SWE - SUI	ICE HOCKEY W 12:00-14:30 USA - CHN 19:00-21:30 FIN - RUS	ICE HOCKEY W 14:30-17:00 SUI - CAN 19:00-21:30 SWE - SVK	ICE HOCKEY W 14:30-17:00 RUS - USA 19:00-21:30 FIN - CHN	ICE HOCKEY W 14:30-17:00 CAN - SWE 19:00-21:30 SVK - SUI	ICE HOCKEY W 14:30-17:00 USA - FIN 19:00-21:30 CHN - RUS		ICE HOCKEY W Playoffs 5-8 14:30-17:00 19:00-21:30	ICE HOCKEY W Playoffs 5-8 14:00-16:30 19:00-21:30	ICE HOCKEY M Qual. Playoffs 19:00-21:30 QP3	ICE HOCKEY M Quarter-final 19:00-21:30 QF3						
	SPEED SKATING Richmond Olympic Oval		SPEED SKATING M 5,000 m 12:00-14:20 ■	SPEED SKATING W 3,000 m 13:00-14:50 ▲	SPEED SKATING M 500 m 15:30-18:50 ■	SPEED SKATING W 500 m 13:00-16:05 ■	SPEED SKATING M 1,000 m 16:00-17:30 ■	SPEED SKATING W 1,000 m 13:00-14:30 ▲		SPEED SKATING M 1,500 m 16:15-18:00 ■	SPEED SKATING W 1,500 m 15:00-16:35 ●		SPEED SKATING M 10,000 m 11:00-13:45 ▲	SPEED SKATING W 5,000 m 13:00-14:35 ▲		SPEED SKATING M/W Team Pursuit 12:30-14:20	SPEED SKATING M/W Team Pursuit 12:30-14:25 ●		

<b>LEGEND</b>	
M/W MEN / WOMEN	■ NEXT DAY VICTORY CEREMONY*
▲ SAME DAY VICTORY CEREMONY*	● IN-VENUE VICTORY CEREMONY**

\* Victory Ceremonies start at 18:30 and medal presentations start at 19:00 at BC Place for city events and at Whistler Medals Plaza for Whistler events.  
 \*\*In-venue Victory Ceremonies are not included in session time.  
 All information in this schedule is subject to change.

# VANCOUVER 2010 PARALYMPIC WINTER GAMES COMPETITION SCHEDULE v8

**DAY 1: Opening Ceremony**

TIME: 18:00 BC Place

**DAY 10: Closing Ceremony**

TIME: 19:00 Whistler Medals Plaza

	MARCH 2010	12 FRI DAY 1	13 SAT DAY 2	14 SUN DAY 3*	15 MON DAY 4	16 TUES DAY 5	17 WED DAY 6	18 THURS DAY 7	19 FRI DAY 8	20 SAT DAY 9	21 SUN DAY 10
WHISTLER VENUES	ALPINE SKIING  Whistler Creekside		ALPINE SKIING M/W Downhill Standing <sup>2</sup> Sitting <sup>2</sup> Visually Impaired <sup>2</sup> 11:30-14:00 ▲	ALPINE SKIING M/W Super-G Standing <sup>2</sup> 11:30-13:30 ▲	ALPINE SKIING M/W Super-G Sitting <sup>2</sup> Visually Impaired <sup>2</sup> 11:30-13:30 ▲	ALPINE SKIING M/W Super Combined Standing <sup>2</sup> Sitting <sup>2</sup> Visually Impaired <sup>2</sup> 9:30-11:30 13:00-15:00 ▲		ALPINE SKIING M/W Giant Slalom Standing <sup>2</sup> 10:00-12:00 13:00-15:00 ▲	ALPINE SKIING M/W Giant Slalom Sitting <sup>2</sup> Visually Impaired <sup>2</sup> 10:00-12:00 13:00-15:00 ●	ALPINE SKIING M/W Slalom Standing <sup>2</sup> 10:00-12:00 13:00-15:00 ●	ALPINE SKIING M/W Slalom Sitting <sup>2</sup> Visually Impaired <sup>2</sup> 10:00-12:00 13:00-15:00 ●
	BIATHLON  CROSS-COUNTRY SKIING  Whistler Paralympic Park		BIATHLON M/W 3 km x 2 Pursuit Standing <sup>2</sup> Sitting <sup>2</sup> Visually Impaired <sup>2</sup> 10:00-12:00 12:00-14:00 ▲	CROSS-COUNTRY SKIING M 15 km Sitting <sup>1</sup> W 10 km Sitting <sup>1</sup> 10:00-14:00 ▲	CROSS-COUNTRY SKIING M 20 km Free Standing <sup>1</sup> Visually Impaired <sup>1</sup> W 15 km Free Standing <sup>1</sup> Visually Impaired <sup>1</sup> 10:00-14:00 ▲		BIATHLON M 12.5 km Standing <sup>1</sup> Sitting <sup>1</sup> Visually Impaired <sup>1</sup> W 12.5 km Standing <sup>1</sup> Visually Impaired <sup>1</sup> W 10 km Sitting <sup>1</sup> 10:00-14:00 ▲		CROSS-COUNTRY SKIING M 10 km Classic Standing <sup>1</sup> Sitting <sup>1</sup> Visually Impaired <sup>1</sup> W 5 km Classic Standing <sup>1</sup> Sitting <sup>1</sup> Visually Impaired <sup>1</sup> 10:00-14:00 ▲		CROSS-COUNTRY SKIING W 3x2.5 km Relay All Classes <sup>1</sup> 10:00-11:00 ● M 1x4 km + 2x5 km Relay All Classes <sup>1</sup> 12:00-13:00 ●
CITY VENUES	ICE SLEDGE HOCKEY  (MIXED EIGHT-TEAM TOURNAMENT)  UBC Thunderbird Arena		ICE SLEDGE HOCKEY 10:00-12:00 CAN - ITA 13:30-15:30 NOR - Q1 17:00-19:00 USA - Q2 20:30-22:30 JPN - CZE	ICE SLEDGE HOCKEY 10:00-12:00 ITA - NOR 13:30-15:30 CAN - Q1 17:00-19:00 CZE - USA 20:30-22:30 JPN - Q2		ICE SLEDGE HOCKEY 10:00-12:00 Q2 - CZE 13:30-15:30 Q1 - ITA 17:00-19:00 USA - JPN 20:30-22:30 NOR - CAN	ICE SLEDGE HOCKEY Playoffs 5th-8th 12:00-14:00 19:00-21:00	ICE SLEDGE HOCKEY Semifinals 12:00-14:00 19:00-21:00	ICE SLEDGE HOCKEY 7th-8th Game 12:00-14:00 5th-6th Game 15:30-17:30 Bronze Medal 19:00-21:00	ICE SLEDGE HOCKEY Gold Medal 12:00-14:30 ● Bronze medal awarded at gold medal game	
	WHEELCHAIR CURLING  (MIXED TEN-TEAM TOURNAMENT)  Vancouver Paralympic Centre		WHEELCHAIR CURLING 12:30-15:30 18:00-21:00	WHEELCHAIR CURLING 12:30-15:30 18:00-21:00	WHEELCHAIR CURLING 12:30-15:30 18:00-21:00	WHEELCHAIR CURLING 12:30-15:30 18:00-21:00	WHEELCHAIR CURLING 12:30-15:30 18:00-21:00	WHEELCHAIR CURLING 12:30-15:30 18:00-21:00	WHEELCHAIR CURLING 12:30-15:30 18:00-21:00	WHEELCHAIR CURLING Tiebreakers 9:00-12:00 14:30-17:30 20:00-23:00	WHEELCHAIR CURLING Semifinal 10:00-13:00 Bronze & Gold Medal Games 15:30-18:30 ●

<b>LEGEND</b>
M MEN
W WOMEN
● IN-VENUE VICTORY CEREMONY*
▲ SAME DAY VICTORY CEREMONY**

\*In-venue Victory Ceremonies are not included in session time  
\*\*Victory Ceremonies are held at Whistler Medals Plaza and start at 19:00

Scheduling of Sledge Hockey teams in playoff and semi-final games are determined by the Tournament Directorate following the preliminary tournament.

<sup>1</sup> The number denotes the number of medal events within the session.

\*Day 3: Daylight savings occurs – clocks move ahead 1 hour.

All information in this schedule is subject to change.



## VANCOUVER 2010 OLYMPIC WINTER GAMES CURLING DRAW

Date	Time	Draw	SHEET A	SHEET B	SHEET C	SHEET D	BYE
Tue 16 Feb	0900	M1	GBR - SWE	NOR - CAN	USA - GER	SUI - DEN	CHN, FRA
	1400	W1	USA - JPN	DEN - SWE	GER - RUS	CAN - SUI	CHN, GBR
	1900	M2	CAN - GER*	CHN - FRA	X	USA - NOR*	SUI, DEN, GBR, SWE
Wed 17 Feb	0900	W2	CHN - GBR	GER - USA*	*SUI - SWE	JPN - CAN*	RUS, DEN
	1400	M3	GBR - FRA*	*USA - SUI	*DEN - CHN	*GER - SWE	NOR, CAN
	1900	W3	*RUS - DEN	GBR - SWE*	X	*CHN - SUI	JPN, CAN, GER, USA
Thu 18 Feb	0900	M4	DEN - USA*	*GER - NOR	*CAN - SWE	*GBR - SUI	CHN, FRA
	1400	W4	CAN - GER*	CHN - JPN*	RUS - GBR*	*DEN - USA	SUI, SWE
	1900	M5	SWE - CHN*	*GBR - DEN	NOR - SUI*	FRA - CAN*	USA, GER
Fri 19 Feb	0900	W5	GER - GBR*	RUS - USA*	*CHN - DEN	X	SUI, SWE, JPN, CAN
	1400	M6	GER - SUI*	*DEN - CAN	*FRA - USA	*NOR - CHN	SWE, GBR
	1900	W6	*DEN - CAN	*SWE - CHN	GBR - JPN*	SUI - RUS*	GER, USA
Sat 20 Feb	0900	M7	*NOR - DEN	FRA - GER*	*CHN - GBR	*SWE - USA	CAN, SUI
	1400	W7	SWE - RUS*	*USA - GBR	DEN - SUI*	*GER - CHN	JPN, CAN
	1900	M8	X	*SUI - CHN	*SWE - FRA	CAN - GBR*	USA, GER, NOR, DEN
Sun 21 Feb	0900	W8	*GBR - SUI	*GER - DEN	*CAN - USA	*RUS - JPN	CHN, SWE
	1400	M9	*USA - GBR	NOR - SWE*	SUI - CAN*	*DEN - GER	CHN, FRA
	1900	W9	X	*CHN - CAN	*JPN - GER	USA - SWE*	RUS, DEN, GBR, SUI
Mon 22 Feb	0900	M10	*FRA - NOR	*CAN - USA	GER - CHN*	*SUI - SWE	DEN, GBR
	1400	W10	RUS - CHN*	JPN - SUI*	SWE - CAN*	GBR - DEN*	GER, USA
	1900	M11	X	GER - GBR*	FRA - DEN*	CHN - USA*	NOR, CAN, SUI, SWE
Tue 23 Feb	0900	W11	*JPN - SWE	SUI - GER*	*USA - CHN	CAN - GBR*	RUS, DEN
	1400	M12	*CHN - CAN	*SWE - DEN	GBR - NOR*	SUI - FRA*	USA, GER
	1900	W12	*SUI - USA	*CAN - RUS	JPN - DEN*	*SWE - GER	CHN, GBR
Wed 24 Feb	0900	M/W	Tiebreaker Games (if necessary)				
	1400	M/W	Tiebreaker Games (if necessary)				
	1900	M/W	Tiebreaker Games (if necessary)				
Thu 25 Feb	0900	W	Women's Semi Finals				
	1400	M	Men's Semi Finals				
Fri 26 Feb	0900	W	Women's Bronze Medal				
	1500	W	Women's Final + Medal Ceremony				
Sat 27 Feb	0900	M	Men's Bronze Medal				
	1500	M	Men's Final + Medal Ceremony				

The \* indicates the team with the first pre-game practice session. For the first games, the teams will toss a coin to decide first and second practice. At the conclusion of the team's pre-game practice, one player delivers one stone to the tee at the home end. The team with the better Last Stone Draw (LSD) has the choice of delivering first or second stone in the first end.

First named teams in each draw play the stones with the dark coloured handles, and wear dark coloured upper playing garments. Second named teams in each draw play the stones with the light coloured handles, and wear light coloured upper playing garments.

# VANCOUVER 2010 PARALYMPIC WINTER GAMES WHEELCHAIR CURLING DRAW



Date	Time	Draw	SHEET A	SHEET B	SHEET C	SHEET D	BYE	
Sat 13 Mar	1230	1	KOR - USA	GBR - CAN	SWE - SUI	GER - NOR	ITA, JPN	
	1800	2	ITA - JPN	SWE - KOR*	NOR - GBR*	*CAN - USA	SUI, GER	
Sun 14 Mar	1230	3	*NOR - CAN	*ITA - SUI	*USA - GER	*JPN - KOR	GBR, SWE	
	1800	4	*SWE - ITA	JPN - GER*	X	*SUI - GBR	NOR, CAN, USA, KOR	
Mon 15 Mar	1230	5	*GBR - KOR	*NOR - SWE	JPN - CAN*	USA - ITA*	SUI, GER	
	1800	6	GER - SUI*	GBR - USA*	*KOR - NOR	*SWE - CAN	ITA, JPN	
Tue 16 Mar	1230	7	X	*CAN - SUI	ITA - GER*	NOR - JPN*	USA, KOR, GBR, SWE	
	1800	8	*USA - SWE	KOR - ITA*	SUI - JPN*	*GBR - GER	NOR, CAN	
Wed 17 Mar	1230	9	CAN - GER*	*SWE - GBR	*NOR - USA	KOR - SUI*	ITA, JPN	
	1800	10	ITA - NOR*	USA - JPN*	CAN - KOR*	X	GBR, SWE, SUI, GER	
Thu 18 Mar	1230	11	SUI - USA*	GER - KOR*	GBR - ITA*	JPN - SWE*	NOR, CAN	
	1800	12	JPN - GBR*	*SUI - NOR	*GER - SWE	ITA - CAN*	USA, KOR	
Fri 19 Mar	0900	TB-3	Tiebreaker Games (if necessary)					
	1430	TB-1	Tiebreaker Games (if necessary)					
	2000	TB-2	Tiebreaker Games (if necessary)					
Sat 20 Mar	1000		Semifinals (1 v 4 and 2 v 3)					
	1530		<b>Bronze</b> Medal Game and <b>Gold</b> Medal Game					

The \* indicates the team with the first pre-game practice session. For the first games, the teams will toss a coin to decide first and second practice. At the conclusion of the team's pre-game practice, one player delivers one stone to the tee at the home end. The team with the better Last Stone Draw (LSD) has the choice of delivering first or second stone in the first end.

First named teams in each draw play the stones with the dark coloured handles, and wear dark coloured upper playing garments. Second named teams in each draw play the stones with the light coloured handles, and wear light coloured upper playing garments.