

**CIS Track and Field Championships**

(as of March 3, 2017)

**Edmonton, AB****March 9-11, 2017**Website: <http://en.usports.ca/championships/trackfield/index>**Itinerary****Wednesday March 8, 2017**

Depart Calgary 2:30pm North entrance Olympic Oval

Arrive Edmonton about 5:30pm

**Accommodation:** Campus Towers  
 11145 87 Avenue, Edmonton  
 Ph: 1-780-439-6060  
 Fax: 1-780-433-4410

**Competition Facility:** **University of Alberta, Universiade Pavilion (Butterdome)**  
 87 Avenue and 114 Street, Edmonton, AB

3:00pm – 5:00pm Coaches Association meeting  
 6:00pm Meet at Track for Team Meeting and Warm-up  
 7:45pm Leave Track to Hotel  
 8:30pm Earl's downstairs

**Thursday, March 9, 2017**

9:00 am to 12:00 pm – Training Time

**U Sports Awards Brunch – Nikki and Doug to attend**

Site: Valley Ballroom - Coast Edmonton Plaza Downtown

Schedule: 9:30 am – 11:30 am  
 9:30 - Doors Open  
 10:00 - Breakfast  
 10:30 - Program  
 11:00 - Media Availability

<b>Day 1 - Thursday</b>	
2:30pm Weight Throw W Final	
3:00pm 60 M Hurdles W Pent	Oudenaarden
3:15pm 60 M Hurdles M Hep	
3:45pm High Jump W Pent	Oudenaarden
4:00pm Long Jump M Hep	
5:15pm Shot Put M Pent	
6:00pm 60 M W Heats	
6:10pm 60 M M Heats	
6:15pm Shot Put W Pent	Oudenaarden
6:30pm High Jump M Hep	
<b>6:45pm Opening Ceremony/Anthem</b>	
7:00pm 60 M W Final	

7:10pm 60 M M Final	
<b>7:20 pm Awards Ceremony for Weight Throw (W) 60 M (W/M)</b>	
7:30pm Long Jump W Pent	Oudenaarden
7:30pm 600 M W Heats	Westaway
7:45pm 600 M M Heats	
8:00pm 4x200 M W Heats	Hernandez, Kolodinsky, Kretzer, McDougall
8:20pm 4x200 M M Heats	Bechir, Brown, Frank, Gall
8:45pm 800 M W Pent	Oudenaarden
<b>9:00 pm Awards Ceremony for Pentathlon (W)</b>	

**Friday, March 10, 2017**

<b>Day 2 - Friday</b>	
2:00pm Weight Throw M Final	
3:30pm 60 M M Hep	
4:30pm Pole Vault M Hep	
4:30pm 60 M Hurdles W Heats	
4:45pm 60 M Hurdles M Heats	Gall
5:00pm Long Jump W Final	Oudenaarden, Kolodinsky
5:00pm High Jump M Final	Unruh
5:00pm 1000 M W Final	Westaway
5:10pm 1000 M M Final	
5:30pm 60 M Hurdles W Final	
5:40pm 60 M Hurdles M Final	Gall
5:50pm 300 M W Heats	McDougall
6:05pm 300 M M Heats	
<b>6:15 pm Awards Ceremony for Weight Throw (M) Long Jump (W) High Jump (M), 1000m (W/M) 60m hurdles (W/M) TBD 1000 M M Hep</b>	
6:30pm Pole Vault W Final	Bewski
6:30pm 3000 M W Final	Jones
6:50pm 3000 M M Final	
7:00pm Long Jump M Final	
7:00pm Shot Put W Final	Oudenaarden
7:40pm 300 M W Final	McDougall
7:50pm 300 M M Final	
8:00pm 4x800 M W Final	Anderson, Baraskewich, Cook-Clarke, Dixon
8:15pm 4x800 M M Final	
<b>8:30 pm Awards Ceremony for 3000m (W/M) Pole Vault (W), Long Jump (M), 300m (W/M) Heptathlon (M), 4x800m (W/M)</b>	

**Saturday, March 11, 2017**

**11:00 am      Check out of Hotel – Bring bags to the track**

<b>Day 3- Saturday</b>	
12:30pm Triple Jump W Final	
12:30pm Pole Vault M Final	
1:15pm 600 M W Final	Westaway
1:30pm 600 M M Final	
2:15pm 4x200 M W Final	Hernandez, Kolodinsky, Kretzer, McDougall
2:25pm 4x200 M M Final	Bechir, Brown, Frank, Gall
2:30pm High Jump W Final	Oudenaarden, Kolodinsky
<b>2:35 pm Awards Ceremony for Triple Jump (W), Pole Vault (M) 600m (W/M), 4x200m (W/M)</b>	
2:45pm Triple Jump M Final	Nkwonta
2:45pm Shot Put M Final	
2:45pm 1500 M W Final	Jones
3:00pm 1500 M M Final	
4:00pm 4x400 M W Final	Baraskewich, Dixon, Hernandez, Kretzer, McDougall, Oudenaarden, Westaway
4:15pm 4x400 M M Final	
<b>4:30 pm Awards Ceremony for High Jump (W), Triple Jump (M) Shot Put (M), 1500m (W/M), 4x400m (W/M)</b>	

**5:30pm                      BUS – Track back to Calgary**