

Canada West Conference Championships
Regina, SK
February 24-25, 2017
Website: www.reginacougars.com

(as of February 22, 2017)

This is the real team competition for the University of Calgary Dinos Track and Field team. All team members are expected to follow the team itinerary and wear Dino gear at the competition site.

Accommodation: Travelodge Hotel
4177 Albert Street, Regina, SK
Phone: 306-586-3443 Fax: 306-586-9311

Competition Facility: Regina Fieldhouse-Sportsplex, 1717 Elphinstone Street, Regina, SK

Thursday February 23, 2017

Depart: Calgary: 7:30am North entrance to Olympic Oval
Stops at Medicine Hat and Swift Current
Bring food and water

We lose 1 hour when we travel to Saskatchewan in the Winter

5:30pm Leave Hotel to Track for Team Warm-up
7:30pm Leave Track to Hotel
8:00pm Coaches Technical Meeting
8:30pm Team Dinner at Earls
9:30pm Return to Hotel
Team Meeting

Friday February 24, 2017

8:30am Canada West Coaches Association AGM
12:15pm First Bus: Hotel to Track
1:45pm Second Bus: Hotel to Track
Session #1 2:00pm – 5:00pm
Session #2 5:00pm – 8:30pm
8:45pm Bus: Track to Hotel

Saturday February 25, 2017

8:30am Coaches Technical Meeting
10:15am First Bus: Hotel to Track
11:45am Second Bus: Hotel to Track
Session #3 11:00am – 2:00pm
Session #4 2:45pm – 4:30pm
4:30pm Bus: Track to Hotel
6:00pm Bus to Banquet
Banquet: Conexus Arts Centre, 200A Lakeshore Drive, Regina
Doors open at 6:30 pm; program starts at 7:00 pm and finishes at approximately 8:30pm
Dress: Semi-Formal

Sunday February 26, 2017 8:00am Depart Hotel to return to Calgary

Day One – Friday, February 24

Session 1

2:00pm	M	Weight Throw	FINAL
2:00pm	M	Long Jump	FINAL
2:10pm	W	60m Hurdles	Pentathlon
2:20pm	W	60m Hurdles	Heats
2:35pm	M	60m Hurdles	Heats
2:50pm	M	60m	Heptathlon
3:05pm	W	High Jump	Pentathlon
3:10pm	W	1000m	Timed FINAL
3:25pm	M	1000m	Timed FINAL
3:40pm	W	300m	Heats
4:00pm	M	300m	Heats
4:00pm	M	Long Jump	Heptathlon
4:15pm	W	Shot Put	Pentathlon
4:20pm	W	3000m	FINAL
4:35pm	M	3000m	FINAL

Awards

5:10pm	M	Shot Put	Heptathlon
5:15pm	W	Long Jump	Pentathlon

Session 2

6:30pm	W	Long Jump	FINAL
6:35pm	W	Pole Vault	FINAL
6:40pm	M	High Jump	Heptathlon
6:50pm	W	Shot Put	FINAL
6:50pm	W	60mH	FINAL
7:00pm	M	60mH	FINAL
7:15pm	W	300m	FINAL
7:20pm	M	300m	FINAL
7:30pm	W	800m	Pentathlon

Awards

7:50pm	W	4x800m Relay	FINAL
8:05pm	M	4x800m Relay	FINAL

Awards

Day Two, Saturday, February 25

Session 3

11:00am	M	60mH	Heptathlon
11:30am	W	Weight Throw	FINAL
11:45pm	M	Pole Vault	Heptathlon
12:00pm	M	Triple Jump	FINAL
12:00pm	W	High Jump	FINAL
12:30pm	W	60m	Heats
12:50pm	M	60m	Heats
1:10pm	W	600m	FINAL
1:25pm	M	600m	FINAL
1:30pm	M	Pole Vault	FINAL
1:40pm	W	60m	FINAL
1:50pm	M	60m	FINAL
2:00pm	M	Shot Put	FINAL
2:00pm	M	High Jump	FINAL
2:00pm	W	Triple Jump	FINAL
2:00pm	M	1000m	Heptathlon

Awards

Session 4

2:45pm	W	4x200m Relay	FINAL
2:55pm	M	4x200m Relay	FINAL
3:05pm	W	1500m	FINAL
3:20pm	M	1500m	FINAL

Awards

3:50pm	W	4x400m Relay	FINAL
4:00pm	M	4x400m Relay	FINAL

Awards