

(as of January 21, 2018)

**Canada West Conference Championships  
Winnipeg, MB  
February 23-24 2018**

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:** Best Western Plus Pembina Inn and Suites  
1714 Pembina Highway, Winnipeg, MB  
Ph: 1-204-269-8888  
Fax: 1-204-269-8889

**Itinerary:**

**Thursday February 22 2018**

Depart Calgary      Westjet #232      9:35am      Arrive Winnipeg      12:29pm  
Be at Westjet Check-in by 8:15am  
Must have Government issued Photo ID

From airport we will go Hotel for Check-in  
On the way to the Hotel we will make a stop at a Grocery store

3:45pm      Leave Hotel to Track for Team Warm-up  
5:30pm      Leave Track to Hotel  
  
7:30pm      Coaches Technical Meeting  
7:30pm      Team Dinner at TBD  
9:30pm      Return to Hotel  
Team Meeting

**Friday February 23, 2018**

9:00 am      Canada West Coaches Association Annual General Meeting  
  
12:15pm      Bus      Hotel to Track  
1:45pm      Bus      Hotel to Track

**Competition Schedule**

**Facility: James Daly Fieldhouse, 307 Max Bell Centre, University of Manitoba, Wpg,**  
**Day One - Friday, February 23**

2:00pm	M	Long Jump	FINAL
2:00pm	W	60m Hurdles	Pentathlon
2:10pm	W	60m Hurdles	Heats
2:25pm	M	60m Hurdles	Heats
2:40pm	M	60m	Heptathlon
3:15pm	W	1000m	TIMED FINALS
3:30pm	M	1000m	TIMED FINALS
3:30pm	W	High Jump	Pentathlon
3:30pm	M	Weight Throw	FINAL
3:45pm	M	Long Jump	Heptathlon
3:50pm	W	300m	Heats

4:10pm	M	300m	Heats
4:30pm	W	3000m	FINAL
4:45pm	M	3000m	FINAL
4:45pm	W	Shot Put	Pentathlon

#### AWARDS

Long Jump (M) / 1000m (W & M) / Weight Throw (M)

5:15pm	M	Shot Put	Heptathlon
6:00pm	W	Long Jump	Pentathlon
6:10pm	W	60m Hurdles	FINAL
6:20pm	M	60m Hurdles	FINAL
6:20pm	W	Pole Vault	FINAL
6:40pm	W	300m	FINAL
6:45pm	M	300m	FINAL
7:15pm	M	High Jump	Heptathlon
7:15pm	W	Shot Put	FINAL
7:15pm	W	Long Jump	FINAL
7:15pm	W	800m	Pentathlon

#### AWARDS

60m Hurdles (W & M) / 3000m (W & M) / 300m (W & M)

7:50pm	W	4 x 800m Relay	FINAL
8:05pm	M	4 x 800m Relay	FINAL

#### AWARDS

Pentathlon (W) / Pole Vault (W) / Shot Put (W) / Long Jump (W) /  
4 x 800m (W & M)

9:00pm Bus Track to Hotel

### Saturday February 24, 2018

9:00am Coaches Technical Meeting

10:15am Bus Hotel to Track

11:30am Bus Hotel to Track

#### Competition Schedule

**Facility: James Daly Fieldhouse, 307 Max Bell Centre, University of Manitoba, Wpg,**

**Day Two - Saturday, February 24**

11:30am	M	60m Hurdles	Heptathlon
12:00pm	M	Triple Jump	FINAL
12:00pm	W	60m	Heats
12:20pm	M	60m	Heats
12:30pm	M	Pole Vault	Heptathlon
12:50pm	W	600m	TIMED FINALS
1:10pm	M	600m	TIMED FINALS
1:30pm	W	60m	FINAL
1:35pm	M	60m	FINAL
2:10pm	M	1000m	Heptathlon
2:10pm	W	High Jump	FINAL
2:10pm	W	Weight Throw	FINAL
2:15pm	W	Triple Jump	FINAL
2:15pm	M	Pole Vault	FINAL

#### AWARDS

60m (W & M) / 600m (W & M) / Triple Jump (M)

2:45pm	W	4 x 200m Relay	FINAL
3:00pm	M	4 x 200m Relay	FINAL
3:10pm		Special Event ??	
3:20pm	W	1500m	TIMED FINALS
3:30pm	M	Shot Put	FINAL
3:30pm	M	High Jump	FINAL
3:35pm	M	1500m	TIMED FINALS

**AWARDS**

4 x 200m (W & M) / High Jump (W) / Weight Throw (W) /  
Triple Jump (W) / Heptathlon (M)

4:10pm	W	4 x 400m Relay	FINAL
4:20pm	M	4 x 400m Relay	FINAL

**AWARDS**

1500m (W & M) / 4 x 400m (W & M) / Shot Put (M) / High Jump (M)  
Pole Vault (M)

4:45pm	Bus	Track to Hotel
6:00pm		Team Meeting
6:15pm		Walk to Banquet
6:30pm		Door open for Banquet, Celebrations Dinner Theatre, Canadinn's Destination Centre Fort Garry
7:00pm		Dinner served Semi Formal Post Banquet Social: Location TBD

**Sunday February 25, 2018**

9:45am Bus Departs Hotel for Airport

Depart Winnipeg	Westjet #493	12:00pm	Arrive Calgary	1:13pm
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