

**U Sports National Track and Field Championships
Windsor, ON
March 8-10, 2018**

(as of March 2, 2018)

Website: <http://english.cis-sic.ca/championships/trackfield/index>

Itinerary (Subject to change))

Tuesday March 6, 2018

Depart Calgary 7:00am Westjet # 656 Arrive Toronto 12:44pm
Be at Airport no later than 5:45am
Have a government issued photo identification for boarding

BUS 1:30pm Drive from Toronto to Windsor

Grocery Store Stop

5:00pm Arrive Windsor

Check in to Hotel and go to track for warmup

Bus 5:45pm Holiday Inn to St Denis Centre Tentative

Bus 7:30pm St Denis Centre to Holiday Inn

Holiday Inn and Suites, Windsor-Ambassador Bridge
1855 Huron Church Rd, Windsor, ON
Phone: (519) 966-1200

Wednesday, March 7, 2018

Bus 12:00pm Holiday Inn to St Denis Centre
12:30pm – 2:00pm Weight Throw Practice Session – St. Denis Centre

Bus 3:00pm Holiday Inn to St Denis Centre
2:00pm - 10:00pm Practice Session – St. Denis Centre

Bus 5:00pm St Denis Centre to Holiday Inn

Bus 5:30pm Holiday Inn to TBD Team Dinner Tentative

7:00pm – 8:00pm Technical Meeting – Holiday Inn

8:00pm - 9:00pm U Sports Coaches Association Meeting – Holiday Inn

Thursday, March 8, 2018

Bus 8:30am Holiday Inn to St Denis Centre

Bus 10:15am Holiday Inn to St Denis Centre

Bus 10:45am St Denis Centre to Holiday Inn

Bus 12:00pm St Denis Centre to Holiday Inn

9:00am - 11:00am Practice Session – St. Denis Centre

10:30am - 12:00pm Men's Weight Throw Practice Session

11:30am – 12:30pm U Sports Awards Luncheon – Ambassador Golf Club

Bus 1:15pm Holiday Inn to St Denis Centre
Bus 4:00pm St Denis Centre to Holiday Inn
Bus 6:30pm Holiday Inn to St Denis Centre

1:30pm – 9:30pm **U Sports Track & Field Championships – Session 1**

Track		Field	
3:15pm	PENT 60mH (Jamie)	1:30pm	Weight Throw Women
3:45pm	HEP 60m		
5:55pm	National Anthem	4:00pm	PENT High Jump
6:00pm	60m prelims Women	4:30pm	HEP Long Jump
6:15pm	60m prelims Men	6:00pm	HEP Shot Put
6:30pm	600m prelims Women		
6:45pm	600m prelims Men	7:00pm	PENT Shot Put
7:00pm	60m Final Women		
7:10pm	60m Final Men	7:30pm	HEP High Jump
8:00pm	4 x 200m prelims Women	8:00pm	PENT Long Jump
8:20pm	4 x 200m prelims Men Jared, Monti, Alex, Josh, Sody, Colin		
8:45pm	Awards WWT, 60m		
9:00pm	PENT 800m Women		
9:30pm	Awards PENT		

Bus 9:45pm St Denis Centre to Holiday Inn

Friday, March 9, 2018

9:00am – 11:30am Practice Session – St. Denis Centre

Bus 12:30pm Holiday Inn to St Denis Centre
Bus 2:30pm Holiday Inn to St Denis Centre
Bus 4:30pm Holiday Inn to St Denis Centre
Bus 6:00pm Holiday Inn to St Denis Centre

2:00pm – 8:45pm **U Sports Track & Field Championships – Session 2**

Track		Field	
3:45pm	HEP 60mH	2:00pm	Weight Throw Men (Liam)
4:25pm	National Anthem		
4:30pm	60mH prelims Women	4:25pm	Long Jump Women
4:45pm	60mH prelims Men (Alex)	4:30pm	High Jump Men (Colin)
5:00pm	1000m Final Women	4:35pm	HEP Pole Vault
5:10pm	1000m Final Men		
5:30pm	60mH Final Women	6:25pm	Long Jump Men
5:40pm	60mH Final Men (Alex)	6:40pm	Shot Put Women
5:50pm	300m prelims Women	7:00pm	Pole Vault Women
6:05pm	300m prelims Men		
6:30pm	3000m Final Women (Melissa)		
6:50pm	3000m Final Men (Russell)		
7:05pm	HEP 1000m		
7:15pm	Awards MWT, 60H, 1000, 3000		
7:50pm	300m Final Women		
8:00pm	300m Final Men		
8:10pm	Awards WPV, MHJ, WLJ		
8:15pm	4 x 800m Women Katie, Meghan, Kate, Shayna, Melissa		
8:30pm	4 x 800m Men Colton, Liam, Tyler, Eric, Russell		
8:45pm	Awards 300, MLJ, WSP, HEP, 4 x 800		

Bus 9:15pm St Denis Centre to Holiday Inn

Saturday, March 10, 2018

Bus 11:00am

Holiday Inn to St Denis Centre

Bus 12:30pm

Holiday Inn to St Denis Centre

12:30pm – 4:30pm **U Sports Track & Field Championships – Session 3**

Track		Field	
12:25pm	National Anthem	12:30pm	Triple Jump Women
1:15pm	600m Final Women	12:35pm	Shot Put Men (Liam)
1:30pm	600m Final Men	1:00pm	Pole Vault Men
2:15pm	4 x 200m Final Women		
2:25pm	4 x 200m Final Men		
	Jared, Monti, Alex, Josh, Sody, Colin		
2:30pm	Awards 600, WTJ, MSP, 4 x 200	2:30pm	High Jump Women
			Emily, Rachel, Brianna
2:45pm	1500m Final Women (Melissa)	2:35pm	Triple Jump Men (Sody)
3:00pm	1500m Final Men		
3:15pm	Awards MPV, 1500m		
3:45pm	4 x 400m Women		
4:00pm	4 x 400m Men		
4:10pm	Awards MTJ, WHJ, 4 x 400, MVP, Team Banners		

4:00pm – 4:30pm Trophy/Banner Presentations

Bus 4:30pm

St Denis Centre to Holiday Inn

Sunday March 11, 2018

BUS Leave Hotel at 9:00am

Tour to Niagara Falls for 90' to 2 hours stop

Depart to Toronto Lester B Pearson Airport

Arrive at airport by 5:00-5:30pm

Depart Toronto 7:00pm Westjet #669

Arrive Calgary 9:20pm