

Canada West Conference Championships
Edmonton, AB
February 22-23, 2019

(as of February 21, 2019)

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

Thursday February 21, 2019

Depart Calgary 1:00pm North Entrance to Olympic Oval
Arrive Edmonton 4:00pm
5:00pm Leave Hotel to Track for Team Warm-up
6:30pm Leave Track to Hotel
6:45pm **Bus** to Team Dinner
Old Spaghetti Factory - Downtown Edmonton
10220 103 ST NW, Edmonton, Alberta T5J 0Y8
8:30pm Grocery run on Return to Hotel
Team Meeting
7:30pm Coaches Technical Meeting (Van Vliet Centre Room 3-209)

Friday February 22, 2019

9:30 am Coaches Meeting (Van Vliet Centre Room 3-209)
2:00 pm – 9:00 pm Competition – Universiade Pavilion

Saturday, February 23, 2019

9:00 am Scratch Meeting (Van Vliet Centre Room 3-209)

10:45 am – 5:00 pm Competition – Universiade Pavilion

6:15pm **Bus** Departs for Banquet
The Sutton Place Hotel
10235 101 Street NW, Edmonton, AB T5J 3E9

6:30 pm Banquet – doors open - Ballroom
7:00 pm Banquet – program begins
Captains will inform you of the appropriate attire for this event
Approx. 8:30pm – Banquet finishes
Post Banquet Social: Location TBD

Sunday February 24, 2019

9:00am Depart Hotel for Calgary
12:00pm Arrive Calgary

Day One – Friday, February 22
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
2:55PM 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
4:25PM W 3000m FINAL
4:55PM M 3000m FINAL

Awards: Weight Throw (M), Long Jump (M), 1000m (M/W), 3000m (M/W)

5:15PM W Long Jump Pentathlon
5:20PM M Shot Put Heptathlon

Session 2

5:45PM W Pole Vault FINAL
6:30PM W Long Jump FINAL Flight 1
7:30PM W Long Jump FINAL Flight 2
8:00PM W Long Jump 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
7:50PM W 4x800m FINAL
8:05PM M 4x800m FINAL

Awards: Long Jump (W), Pole Vault (W), 60mH (M/W), Shot Put (W), 300m (M/W), Pentathlon (W), 4x800m Relay (M/W)

Day Two , Saturday, February 23

Session 3

10:45AM W Weight Throw FINAL

10:50AM M 60mH Heptathlon

11:30AM M Triple Jump FINAL

11:40AM M Pole Vault Heptathlon

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

2:00PM M Pole Vault FINAL

1:50PM W 60m FINAL

1:55PM M 60m FINAL

2:00PM M Shot Put FINAL

2:00PM M High Jump FINAL

2:00PM W Triple Jump FINAL

2:05PM M 1000m Heptathlon

Awards: Weight Throw (W), Triple Jump (M), High Jump (W),

Session 4

2:45PM W 4x200m FINAL

2:55PM M 4x200m FINAL

3:05PM W 1500m FINAL

3:20PM M 1500m FINAL

Awards: Pole Vault (M), 60m (M/W), Shot Put (M), Triple Jump, (W), High Jump (M), Heptathlon (M)

3:50PM W 4x400m FINAL

4:00PM M 4x400m FINAL

Awards: 1500m (M/W), 600m (M/W), 4x200m Relay (M/W), 4x400m Relay (M/W) & Canada West Championship Trophy & Banner (M/W)