

Winnipeg, MB

March 7 – 9, 2019

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

### Wednesday March 6, 2019

Depart Calgary Air Canada 8332 9:00am Arrive Winnipeg 11:55am

Be at Airport no later than 7:30am

Have a government issued photo identification for boarding

**Bus:** Airport to Hotel

**Accommodation:** Holiday Inn Winnipeg South

1330 Pembina Highway, Winnipeg, Manitoba, R3T 2B4

Tel: (204) 452-4747 · Fax: (204) 284-2751

Website: <https://www.ihg.com/holidayinn/hotels/us/en/winnipeg/ywgso/hoteldetail?icdv=99502222>

4:30pm **Bus** to Max Bell Centre for Training/Warmup  
General Training time #1

6:30pm **Bus:** Max Bell Centre to Holiday Inn

7:00pm Coaches Technical Meeting – Best Western Conference Room  
Medical Meeting – Best Western Breakfast room

8:00pm Annual Coaches Association Meeting  
Coaches Hospitality

### Thursday, March 7, 2019

9:15am **Bus:** Holiday Inn to Marshall McLuhan Hall, University of Manitoba  
And Max Bell Centre

9:30 AM to 11:00 AM - Awards Luncheon – Marshall McLuhan Hall, University of Manitoba  
Niki and coach

9:00 AM to 12:00 PM – Training Time #2

11:00am **Bus** Marshall McLuhan Hall, University of Manitoba and Max Bell Centre to Holiday Inn

11:30am **Bus:** Holiday Inn to Max Bell Centre  
W Weight Throw

### 1:30-9:45 U SPORTS Track & Field Championships – Day 1

1:00pm **Bus:** Holiday Inn to Max Bell Centre  
W Pentathlon

2:30pm **Bus:** Holiday Inn to Max Bell Centre  
Team supporters

3:00pm **Bus:** Max Bell Centre to Holiday Inn  
Weight throw done

6:30pm **Bus:** Holiday Inn to Max Bell Centre  
4x200m

10:00pm **Bus:** Max Bell Centre to Holiday Inn

10:00 PM to 12:30 AM - Coaches Hospitality suite – TBD

### Friday, March 8, 2019

9:00 AM to Noon - General training # 3

## **1:30 – 9:15 U SPORTS Track & Field Championships – Day 2**

11:00am **Bus:** Holiday Inn to Max Bell Centre  
M Weight

1:15pm **Bus:** Holiday Inn to Max Bell Centre  
60m Hurdles / W Long Jump

4:00pm **Bus:** Holiday Inn to Max Bell Centre  
300m / M High Jump / W Shot Put / 3000m

6:30pm **Bus:** Holiday Inn to Max Bell Centre  
4x800m

9:15pm **Bus:** Max Bell Centre to Holiday Inn

10:00 PM to 12:30 AM - Coaches Hospitality suite –

## **Saturday, March 9, 2019**

### **12:30 – 4:15 U SPORTS Track & Field Championships – Day 3**

10:30am **Bus:** Holiday Inn to Max Bell Centre

12:15pm **Bus:** Holiday Inn to Max Bell Centre  
4x200m / W High Jump / Athletes not competing

1:00pm **Bus:** Holiday Inn to Max Bell Centre  
1500m / 4x400m

5:00pm **Bus:** Max Bell Centre to Airport

Depart Winnipeg Air Canada 8337 8:10pm Arrive Calgary 9:24pm

## **TRACK SCHEDULE**

### **Day 1**

**Thursday, March 7, 2019**

**1:00 pm Weight Throw W Final**

3:00 pm 60 M Hurdles W Pent  
3:20 pm 60 M M Hep  
4:00 pm High Jump W Pent  
4:00 pm Long Jump M Hep  
5:30 pm Shot Put M Hep  
6:15 pm 60 M W Heats  
6:30 pm 60 M M Heats  
6:30 pm Shot Put W Pent  
7:00 pm 600 M W Heats  
7:15 pm 600 M M Heats  
7:30 pm 60 M W Final  
7:40 pm 60 M M Final  
7:45 pm Long Jump W Pent  
8:30 pm 4 x 200m W Heats  
8:45 pm 4 x 200m M Heats  
*Awards: Weight Throw (W) / 60m (W & M)*  
8:15 pm High Jump M Hep  
9:15 pm 800 M W Pent  
*Awards: Pent (W)*

### *Day 2*

**Friday, March 8, 2019**

**12:30 pm Weight Throw M Final**

3:00 pm 60 M Hurdles M Hep  
3:15 pm 60m Hurdles W Heats  
3:30 pm 60m Hurdles M Heats  
4:00 pm Long Jump W Final  
4:15 pm Pole Vault M Hep  
4:30 pm 1000 M W Final  
4:45 pm 1000 M M Final  
5:15 pm 60 M Hurdles W Final  
5:30 pm 60 M Hurdles M Final  
6:00 pm 300 M W Heats  
6:15 pm 300 M M Heats  
6:15 pm Long Jump M Final  
6:30 pm Pole Vault W Final  
6:45 pm High Jump M Final  
6:45 pm Shot Put W Final  
6:45 pm 3000 M W Final  
7:05 pm 3000 M M Final  
7:25 pm 1000m M Hep  
*Awards: Weight Throw (M) / 60m Hurdles (W & M) / 1000m (W & M)  
3000m (W & M)*  
7:45 pm 300 M W Final  
8:00 pm 300 M M Final  
*Awards: Pole Vault (W) / High Jump (M) / Long Jump (W)*  
8:30 pm 4 x 800 M Relay W Final  
8:45 pm 4 x 800 M Relay M Final  
*Awards: Long Jump (M) / Shot Put (W) / Hep (M)  
300m (W & M) / 4 x 800m (W & M)*

### *Day 3*

**Saturday, March 9, 2019**

12:30 pm Triple Jump W Final  
12:30 pm Pole Vault M Final  
1:15 pm 600 M W Final

1:30 pm 600 M M Final  
 1:45 pm Shot Put M Final  
 2:15 pm 4 x 200 M Relay W Final  
 2:25 pm 4 x 200 M Relay M Final  
 2:30 pm High Jump W Final  
 2:45 pm Triple Jump M Final  
 2:45 pm 1500 M W Final  
 3:00 pm 1500 M M Final  
*Awards: Pole Vault (M) / 1500m (W & M)*  
 3:45 pm 4 x 400 M Relay W Final  
 4:00 pm 4 x 400 M Relay M Final  
*Awards: Triple Jump (M) / High Jump (W) / 4 x 400m (W & M)*  
*MVP / Team Banners*

**Tentative BUS ITINERARY (Subject to change)**

Wednesday March 6, 2019

12:00pm	Airport pickup and transfer to Holiday Inn Winnipeg South
4:30pm	Holiday Inn to Max Bell Centre
6:30pm	Max Bell Centre to Holiday Inn

Thursday March 7, 2019

9:15am	Holiday Inn to Marshall McLuhan Hall, University of Manitoba And Max Bell Centre
11:00am	Marshall McLuhan Hall, University of Manitoba and Max Bell Centre To Holiday Inn
11:30am	Holiday Inn to Max Bell Centre
1:00pm	Holiday Inn to Max Bell Centre
2:30pm	Holiday Inn to Max Bell Centre
3:00pm	Max Bell Centre to Holiday Inn
6:30pm	Holiday Inn to Max Bell Centre
10:00pm	Max Bell Centre to Holiday Inn

Friday March 8, 2019

11:00am	Holiday Inn to Max Bell Centre
1:15pm	Holiday Inn to Max Bell Centre
4:00pm	Holiday Inn to Max Bell Centre
6:30pm	Holiday Inn to Max Bell Centre
9:15pm	Max Bell Centre to Holiday Inn

Saturday March 9, 2019

10:30am	Holiday Inn to Max Bell Centre (Tentative)
12:15pm	Holiday Inn to Max Bell Centre
1:00pm	Holiday Inn to Max Bell Centre
5:00pm	Max Bell Centre to Airport