

CIS Track and Field Championships

(as of March 3, 2020)

Edmonton, AB

March 5-7, 2020

Website: <http://en.usports.ca/championships/trackfield/index>

Itinerary

Wednesday March 4, 2020

Depart Calgary 1:00pm North entrance Olympic Oval

Arrive Edmonton about 4:00pm

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

Competition Facility: University of Alberta, Universiade Pavilion (Butterdome)
87 Avenue and 114 Street, Edmonton, AB

4:45pm Meet at Track for Team Meeting and Warm-up
3-6pm – Shot put in Circle / Pole Vault and Horizontal Jumps
6-7pm – Weight in Circle
2:00pm – 5:30pm 2 Oval lanes (1&2); 4 straight away / hurdle sprint lanes
5:30pm – 7:00pm 3 Oval lanes (1-3); 3 straight away / hurdle sprint lanes

6:30pm Leave Track to Hotel
7:30pm Bus - Leave Hotel for Team Dinner
8:00pm Team Dinner – Spaghetti Factory
8:00pm Bus – Leave Spaghetti Factory to Hotel

7:00pm – 9:00pm Coaches Technical meeting / Coaches Association Meeting
Council Chambers, 2-100 U Hall, Van Vliet Complex

Thursday, March 5, 2020

9:00 am to 12:00 pm – Training Time

9:45am Bus to Awards Brunch

U Sports Awards Brunch – Osereme, Madeleine, Eric L, Eric K, Steve and Doug

Site: University Club in the Winspear Room, 11435 Saskatchewan Drive

Dress Code: Business

Schedule: 10:00am – 11:30 am
9:30 - Doors Open
10:00 - Breakfast
10:30 - Program
11:00 - Media Availability

11:00am Bus – Pick from Awards Brunch

2:00pm – 9:00pm Competition – Day 1

Friday March 6, 2020

9:00 am to 12:00 pm – Training Time

12:30pm – 8:30pm Competition – Day 2

Saturday, March 7, 2020

**11:00 am Check out of Hotel – Bus will be available for dropping off your luggage
Or
Bring bags to the track**

9:00am to 10:30am – Training Time

12:30pm – 4:30pm Competition – Day 3

**5:30pm BUS – Pick up at Butter dome in Edmonton
Return to Calgary arriving about 8:30pm**

U Sport Schedule

Day 1 - Thursday

Time Event Gender Category

2:00PM Weight Throw W Final

2:00PM 60 M Hurdles W Pent

3:45PM 60M M Hep

2:40PM High Jump W Pent

4:30PM Long Jump M Hep

5:00PM Shot Put W Pent

6:00PM 60 M W Heats

6:10PM 60 M M Heats

6:10PM Long Jump W Pent

6:15PM Shot Put M Hep

7:00PM 60 M W Final

7:10PM 60 M M Final

7:30PM High Jump M Hep

7:30PM 600 M W Heats

7:45PM 600 M M Heats

8:00PM 800m W Pent

8:20PM 4x200 M W Heats

8:40PM 4x200 M M Heats

Day 2 - Friday

Time Event Gender Category

12:30PM Weight Throw M Final

1:30PM 60 M Hurdles M Hep

2:30PM Pole Vault M Hep

4:30PM 60 M Hurdles W Heats

4:45PM 60 M Hurdles M Heats

5:00PM Long Jump W Final

5:00PM High Jump M Final

5:00PM 1000 M W Final

5:10PM 1000 M M Final

5:30PM Pole Vault W Final

5:30PM 60 M Hurdles W Final

5:40PM 60 M Hurdles M Final

5:50PM 300 M W Heats

6:05PM 300 M M Heats

6:30PM 3000 M W Final

6:50PM 3000 M M Final

7:00PM Long Jump M Final

7:00PM Shot Put W Final

7:40PM 300 M W Final

7:50PM 300 M M Final

8:00PM 4x800 M W Final

8:15PM 4x800 M M Final

Day 3 – Saturday

Time Event Gender Category

12:30PM Triple Jump W Final

12:30PM Pole Vault M Final

1:15PM 600 M W Final

1:30PM 600 M M Final

2:15PM 4x200 M W Final

2:25PM 4x200 M M Final

2:30PM High Jump W Final

2:45PM Triple Jump M Final

2:45PM Shot Put M Final

2:45PM 1500 M W Final

3:00PM 1500 M M Final

4:00PM 4x400 M W Final

4:15PM 4x400 M M Final