

Canada Games Prep Squad Event

Sunday February 1st.

Here is the tentative schedule for the day.

- 9:45 am Arrival of prep squad members and parents
(ie: please be ready to go by 10am!!)
- 10:00 am Parents – Parent meeting (approx. 30mins)
Athletes - Event Group Technical Work
- 12:00 pm Lunch and Coaches/Athlete panel
(opportunity for prep squad members to ask questions of
former Canada Games staff and athletes)
- 1:00 pm Power Speed Athletes – Mental Prep
Endurance athletes – Nutrition
- 2:00 pm Power Speed Athletes – Nutrition
Endurance Athletes – Mental Prep
- 2:45 pm Additional Uniform Piece information
Prep Squad t-shirts handed out
Questions & Answers
- 3:00 pm End of clinic

Other important dates

Multi-Events meet (Grand Prix #4 & #5) – Jan 23-24 Max Bell

Manitoba Indoor Games Age Class section – Feb 13-14 Max Bell

Grand Prix #6 – Feb 25 Max Bell

Boeing Indoor Games – March 5-7 Max Bell

Canada Games Trials – July 3 and 4 University Stadium

Canadian Senior Track and Field Championships – June 25-28 Toronto, ON

Canadian Junior Track and Field Championships – July 17-19 Charlottetown, PEI

Quad Meet (MB, SK, AB, BC) – August 7-8 Saskatoon, SK

Canada Games – August 22-29 - Charlottetown, PEI

*Also please see Athletics Manitoba website for full listing of Indoor Grand Prix series!