

Athletics

August 5-9, 2011



Teams: (Including wheelchair athletes)

Team	Male	Female	Coaches	Team staff	Total
Alberta	27	26	6	2	61
BC	27	26	6	2	61
Saskatchewan	27	26	6	2	61
Manitoba	27	26	6	2	61
NWT	10	10	2	2	Est. 24
Yukon	(est)	(est)	(est)	1	Est. 25
totals					Est. 293

Venue: Hillside Stadium

Competition Format:

- Men's and Women's Track and Field Events
- Wheelchair Events – up to 3 competitors per team with a 2/1 gender split

Thursday, August 4, 2011

Time	Event
1:00 – 7:00	Practices – Schedule TBD depending on arrival time
-	Food Services - TBD depending on arrival time

Friday, August 5, 2011

Time	Event
9:00 – 3:00	Practice Time
12:00	Box Lunch at the Venue or at the Athletes Village
3:30	Coaches, Managers, and Officials Meeting – TCC
7:00	Games Opening Ceremonies at ISC

Coaches, Managers and Officials' Meeting

- Introductions
- Venues – pickup/drop off, change rooms, lunches / meal schedule, practice schedule, equipment, athlete areas, ...
- Rules – technical package, substitution, officials
- Field of Play
- Schedules and Results
- Team colors, numbers and uniforms
- Sport Ceremonies
- Protest fee

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Saturday, August 6, 2011



Time	Event
9:00 – 12:00	Practice Time
12:00	Box Lunch at the Venue or at the Athletes Village
1:15	Sport Opening Ceremonies

Session 1					
Track			Field		
1:30	1500 m	Women's Final	1:45	Hammer	Men
1:45	1500 m	Men's Final	1:45	Pole Vault	Women
2:00	100 m	Decathlon	2:45	Long Jump	Decathlon
2:20	400 m	Women's Heats			
2:45	400 m	Men's Heats			
3:10	<u>400 m</u>	<u>W/C Women's Heats</u>			
3:35	<u>400 m</u>	<u>W/C Men's Heats</u>			
3:55	100 m	Women's Heats			
4:15	100 m	Men's Heats			
5:30	Medals Ceremonies				

Session 2					
Track			Field		
6:30	100 m	Women's Final	5:00	Shot put	Decathlon
6:45	100 m	Men's Final	5:30	Triple jump	Women
7:00	<u>400 m</u>	<u>W/C Women's Finals</u>	5:30	Javelin	Women
7:15	<u>400 m</u>	<u>W/C Men's Finals</u>	6:30	High jump	Decathlon
7:35	5000 m	Men's Final	7:45	Discus	Men
8:00	5000 m	Women's Final	7:45	Triple jump	Men
8:25	400 m	Decathlon			
9:00	Medal Ceremonies				

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Sunday, August 7, 2011



Time	Event
9:00 – 12:00	Practice Time
12:00	Box Lunch at the Venue or at the Athletes Village

Session 3					
Track			Field		
1:30	110 m Hurdles	Decathlon	2:15	Discus	Decathlon
1:50	110 m Hurdles	Men's Heats	3:45	Pole Vault	Decathlon
2:15	100 m Hurdles	Women's Heats			
2:35	400 m	Women's Final			
2:50	400 m	Men's Final			
3:15	5 km Walk	Men's Final			
4:25	<u>200 m</u>	<u>W/C. Women's Heats</u>			
4:40	<u>200 m</u>	<u>W/C. Men's Heats</u>			
5:00	Medals Ceremonies				

Session 4					
Track			Field		
6:30	100 m Hurdles	Women's Final	6:30	Javelin	Decathlon
6:45	110 m Hurdles	Men's Final	6:30	High jump	Men
7:00	<u>200 m</u>	<u>W/C Women's Final</u>	7:30	Long jump	Women
7:15	<u>200 m</u>	<u>W/C Men's Final</u>	7:30	Shot put	Men
8:10	800 m	Women's Heats			
8:30	800 m	Men's Heats			
8:50	1500 m	Decathlon			
9:30	Medal Ceremonies				

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Monday, August 8, 2011



Time	Event
12:00	Box Lunch at the Venue or at the Athletes Village

Session 5					
Track			Field		
9:30	100 m Hurdles	Heptathlon	10:00	Hammer	Women
9:45	5 km Walk	Women's Final	10:30	High jump	Heptathlon
10:35	200 m	Women's Heats	12:30	Shot put	Heptathlon
10:55	200 m	Men's Heats			
12:00	<u>1500 m</u>	<u>W/C Men's Final</u>			
12:45	Medal Ceremonies				

Session 6					
Track			Field		
1:45	<u>800 m</u>	<u>W/C Women's Final</u>	1:30	Discus	Women
2:00	200 m	Heptathlon	1:30	Long jump	Men
2:15	800 m	Women's Final	2:30	High jump	Women
2:30	800 m	Men's Final	3:30	Javelin	Men
2:45	200 m	Women's Final			
3:00	200 m	Men's Final			
3:15	4 x 100 m	Women's Final			
3:30	4 x 100 m	Men's Final			
3:45	400 m Hurdles	Women's Heats			
4:05	400 m Hurdles	Men's Heats			
4:25	3000 m S/C	Women's Final			
4:50	3000 m S/C	Men's Final			
5:30	Medal Ceremonies				

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Tuesday, August 9, 2011



Time	Events
9:00 – 11:00	Practice Time
11:00	Box Lunch at the Venue or at the Athletes Village

Session 7					
Track			Field		
12:00	400 m Hurdles	Women's Final	11:30	Long jump	Heptathlon
12:20	400 m Hurdles	Men's Final	1:00	Pole vault	Men
12:40	3000 m	Women's Final	1:00	Javelin	Heptathlon
1:00	3000 m	Men's Final	2:00	Shot put	Women
1:20	4 x 400 m	Women's Final			
1:40	4 x 400 m	Men's Final			
2:30	800 m	Heptathlon			
3:00	Medal Ceremonies				