## 2017 Butterdome Start Lines \& Notes

$\mathbf{5 0 m}, \mathbf{6 0 m}, \mathbf{1 5 0} \mathrm{m}, \mathbf{2 0 0} \mathrm{m} \boldsymbol{8 3 0 0} \mathrm{m}$ (including hurdle events)
Solid white lines as shown on the track diagram
100m White/black/white lines at end of back straight.
$\underline{400 \mathrm{~m} \& 600 \mathrm{~m}}$ White/blue/white start lines with a two turn cut-in.
800m White/green/white start lines with a one turn cut-in. With the agreement of all parties, this event may start without lanes using a waterfall start line. In addition, for larger fields, the athletes may be separated into two groups with $65 \%$ of the field using the regular arced start line and $35 \%$ using a second arced start line on the outer portion of the track. 800 m run in this fashion would be a one turn cut-in.
$\mathbf{1 , 0 0 0} \mathrm{m}$ to $\mathbf{3 , 0 0 0 m}$ A group start using the waterfall white start lines in the positions indicated on the track diagram.

Note that both waterfall start lines on this track have second, arced start lines marked in the outer lanes.
$\mathbf{4 \times 2 0 0 m}$ Relay White/red/white start line, with a three turn cut-in. First exchange is in lanes, the $2^{\text {nd }}$ and $3^{\text {rd }}$ exchanges are not done in lanes. $3^{\text {rd }}$ and $4^{\text {th }}$ runners place themselves in the order of the athletes at the 100 m corner and that order must then not be changed. Athletes may however move inside to vacant lanes as long as the order is not changed. The first, in lanes exchange zone is marked by red hooks. The second and third, not in lanes, exchange zone is marked with blue lines.
$\underline{4 \times 400 m}$ Relay White/blue/white start line with a two turn cut-in.
$\underline{4 \times 800 m}$ Relay White/green/white with a one turn cut-in.
$\mathbf{4 \times 1 0 0 m}$ Relay Use white/blue/white start line with a two turn cut-in. First exchange is in lanes at the end of the back straight, $2^{\text {nd }} \& 3^{\text {rd }}$ exchanges, not in lanes. In lanes and not in lanes exchange zones on the back straight are marked with yellow hooks and/or lines.

Break/cut- in lines at the Butterdome, at the beginning of the back and finish straight, are green.

## Butterdome Start Lines and Break Line Diagram



## Alberta Indoor

Track and Field Championships and

## Canadian Masters Indoor Track and Field Championships

Field Schedule (as of March 6 2115h)

## Friday, March 8, 2019

Note: The Friday schedule is tentative and subject to scratches/changes received by Thursday evening.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field)
Reminder: Daylight Saving Time starts on March 10. All times on the Saturday schedules are Mountain Standard Time.

| Event <br> Start <br> Time <br> MST | $\begin{array}{\|l} \hline \text { Warm- } \\ \text { Up } \\ \text { Start } \\ \text { Time } \end{array}$ | Field Events | Entries | $\left.\begin{gathered} \text { Expected } \\ \text { Total Time } \\ \text { H:MM } \end{gathered} \right\rvert\,$ |
| :---: | :---: | :---: | :---: | :---: |
| Long/Triple Jump (Centre Pit) |  |  |  |  |
| 18:00 | 17:05 | Masters Men (<70) Long Jump | 18 | 2:15 |
| 19:25 |  | End of Day's Competition |  |  |


| Event <br> Start <br> Time <br> MST | Warm- <br> Up <br> Start <br> Time | Field Events | Entries | $\begin{array}{\|c} \text { Expected } \\ \text { Total Time } \\ \text { H:MM } \end{array}$ |
| :---: | :---: | :---: | :---: | :---: |
| Long Jump (Wall Pit) |  |  |  |  |
| 18:00 | 17:30 | Masters Men (70+) Long Jump | 10 | 1:15 |
| 19:20 | 18:50 | Masters Women Triple Jump | 10 | 1:15 |
| 20:10 |  | End of Day's Competition |  |  |


| Pole Vault |  |  |  |  |
| :---: | :---: | :--- | :--- | :---: |
| $18: 00$ | $17: 15$ | Masters Women | 0 | $0: 45$ |
| $19: 30$ | $19: 00$ | Masters Men | 4 | $1: 10$ |
| $20: 15$ |  | End of Day's Competition |  |  |


| Weight Throw (Centre Circle) |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| 18:00 | $17: 40$ | Masters Men (<60) | 6 | $0: 54$ |
| $19: 10$ | $18: 35$ | Masters Men (60+) | 11 | $1: 39$ |
| $20: 45$ | $20: 15$ | Masters Women | 10 | $1: 30$ |
| $21: 50$ |  | End of Day's Competition |  |  |

EN ATHLÉTISME

## Alberta Indoor

## Track and Field Championships and

# Canadian Masters Indoor Track and Field Championships <br> Track Schedule (as of March 6 2115h) 

## Saturday, March 9, 2019

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).
Reminder: Daylight Saving Time starts on March 10. All times on the Saturday schedules are Mountain Standard Time.

| Time MST | Track Events | Entries | Heats | Total Minutes | Athlete <br> Must Be <br> in Call <br> Room <br> Before | Advancement or Note |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 08:40 | 4x800m Relays - Masters | ?? | 1 | 15:00 | 08:25 |  |
| 09:00 | 60m Triathlon Under-14 Girls | 51 | 6 | 12:00 | 08:45 |  |
| 09:12 | 60m Triathlon Under-14 Boys | 34 | 4 | 8:00 | 08:57 |  |
| 09:20 | 60m Under-12 Girls | 29 | 3 | 6:00 | 09:05 |  |
| 09:26 | 60m Under-12 Boys | 27 | 3 | 6:00 | 09:11 |  |
| 09:32 | 60m Under-10 Girls | 14 | 2 | 4:00 | 09:17 |  |
| 09:36 | 60m Under-10 Boys | 15 | 2 | 4:00 | 09:21 |  |
| 09:40 | 60m Timed Final - Masters Women | 28 | 3 | 7:30 | 9:40 |  |
| 09:47 | 60m Heats - Masters Men (45-49, 60-64) | 19 | 3 | 7:30 | 9:47 | Advance to Age Group Final |
| 09:55 | 60m Timed Final - Masters Men (Rest) | 39 | 4 | 10:00 | 9:55 |  |
| 10:05 | 60m Heats - Under-16 Women | 59 | 6 | 16:00 | 10:05 | Top $3+9$ going to 3 races (27) |
| 10:21 | 60m Heats - Under-16 Men | 36 | 4 | 10:40 | 10:21 | Top $3+6$ going to 2 races (18) |
| 10:31 | 60m Heats - Under-18 Women | 49 | 5 | 13:20 | 10:31 | Top $3+12$ going to 3 races <br> (27) |
| 10:45 | 60m Heats - Under-18 Men | 44 | 5 | 13:20 | 10:45 | Top $3+9$ going to 3 races (24) |
| 10:58 | 60m Heats - Under-20 Women | 19 | 3 | 8:00 | 10:58 | Top $2+2$ going to 1 race (8) |
| 11:06 | 60m Heats - Under-20 Men | 42 | 5 | 13:20 | 11:06 | Top $3+5$ going to 2 races (20) |
| 11:19 | 60m Heats - Senior Women | 9 | 2 | 5:20 | 11:19 | Top $3+2$ going to 1 race (8) |
|  | 60m Timed Final - Paralympic Women | 1 |  |  |  |  |
| 11:25 | 60m Heats - Senior Men | 13 | 2 | 5:20 | 11:25 | Top $3+2$ going to 1 race (8) |
|  | 60m Timed Final - Paralympic Men | 2 |  |  |  |  |
| 11:30 |  |  |  | 5:00 |  |  |
| 11:40 | 400m Timed Final - Masters Women | 13 | 2 | 8:00 | 11:40 |  |
| 11:48 | 400m Timed Final - Masters Men | 35 | 5 | 20:00 | 11:48 |  |
| 12:10 | 400m Timed Final - Under-10 Girls | 14 | 2 | 8:00 | 12:10 |  |
| 12:18 | 400m Timed Final - Under-10 Boys | 15 | 2 | 8:00 | 12:18 |  |
| 12:26 | 600m Timed Final - Under-12 Girls | 29 | 2 | 8:00 | 12:26 |  |
| 12:34 | 600m Timed Final - Under-12 Boys | 27 | 2 | 8:00 | 12:34 |  |
| 12:42 | BREAK |  |  | 35:00 |  |  |
| 13:20 | 600m Triathlon - Under-14 Girls | 51 | 4 | 16:00 | 13:20 |  |
| 13:36 | 600m Triathlon - Under-14 Boys | 34 | 3 | 12:00 | 13:36 |  |
| 13:48 | 600m Timed Final - Under-16 Women | 21 | 3 | 12:00 | 13:48 |  |
| 14:00 | 600m Timed Final - Under-16 Men | 11 | 2 | 8:00 | 14:00 |  |
| 14:08 | 1000m Timed Final - Under-18 Women | 11 | 1 | 6:30 | 13:53 |  |
| 14:14 | 1000m Timed Final - Under-20 Women | 8 | 1 | 6:30 | 13:59 |  |
| 14:21 | 1000m Timed Final - Senior Women | 8 | 1 | 6:30 | 14:06 |  |
| 14:27 | 1000m Timed Final - Under-18 Men | 25 | 2 | 13:00 | 14:12 |  |
| 14:40 | 1000m Timed Final - Under-20 Men | 22 | 2 | 13:00 | 14:25 |  |
|  | 1000m Timed Final - Senior Men | 4 |  |  |  | Run with Under-20. |
| 14:55 | Race Walk 3000m - Masters Women | 10 | 1 | 27:00 | 14:40 |  |

## Canadian Masters Indoor Track and Field Championships

## Track Schedule (as of March 6 2115h)

## Saturday, March 9, 2019

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).
Reminder: Daylight Saving Time starts on March 10. All times on the Saturday schedules are Mountain Standard Time.

| Time MST | Track Events | Entries | Heats | Total Minutes | Athlete <br> Must Be <br> in Call <br> Room <br> Before | Advancement or Note |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 15:22 | Race Walk 3000m - Men | 10 | 1 | 24:00 | 15:07 | Not all Masters. |
| 15:46 | 4x200m Relays - Masters | 2 | 1 | 6:00 | 15:46 |  |
| 15:52 |  |  |  | 2:00 |  |  |
| 15:55 | 1500m Timed Final - Masters Women | 12 | 1 | 10:30 | 15:55 |  |
| 16:05 | 1500m Timed Final - Masters Men | 25 | 2 | 18:30 | 16:05 |  |
| 16:25 | 60m Final - Masters Men (45-49, 60-64) | 16 | 2 | 5:00 | 16:25 |  |
| 16:30 | 60m Exhibition - Masters Men | 20 | 2 | 5:00 | 16:30 | Sign up at Marshalling. |
| 16:35 | 60m Exhibition - Masters Women | 10 | 1 | 2:30 | 16:35 | Sign up at Marshalling. |
| 16:37 | 60m Final - Under-16 Women (A/B/C) | 27 | 3 | 8:00 | 16:37 |  |
| 16:45 | 60m Final - Under-16 Men (A/B) | 18 | 2 | 5:20 | 16:45 |  |
| 16:50 | 60m Final - Under-18 Women (A/B/C) | 27 | 3 | 8:00 | 16:50 |  |
| 16:58 | 60m Final - Under-18 Men (A/B/C) | 24 | 3 | 8:00 | 16:58 |  |
| 17:06 | 60m Final - Under-20 Women | 8 | 1 | 2:40 | 17:06 |  |
| 17:09 | 60m Final - Under-20 Men (A/B) | 20 | 2 | 5:20 | 17:09 |  |
| 17:14 | 60m Final - Senior Women | 8 | 1 | 2:40 | 17:14 |  |
| 17:17 | 60m Final - Senior Men | 8 | 1 | 2:40 | 17:17 |  |
| 17:20 |  |  |  | 2:00 |  |  |
| 17:25 | 2000m Timed Final - Under-16 Women | 11 | 1 | 10:00 | 17:10 |  |
| 17:35 | 2000m Timed Final - Under-16 Men | 13 | 1 | 10:00 | 17:20 |  |
| 17:45 | 3000m Timed Final - Under-18 Women | 5 | 1 | 15:00 | 17:30 |  |
|  | 3000m Timed Final - Under-20 Women | 4 |  |  |  |  |
|  | 3000m Timed Final - Senior Women | 0 |  |  |  |  |
| 18:00 | 3000m Timed Final - Under-18 Men | 14 | 1 | 13:00 | 17:45 |  |
| 18:13 | 3000m Timed Final - Under-20 Men | 10 | 1 | 14:00 | 17:58 |  |
|  | 3000m Timed Final - Senior Men | 1 |  |  |  | Run with Under-20. |
| 18:27 | End of Day's Competition |  | 115 |  |  |  |

## Alberta Indoor

## Track and Field Championships and

## Canadian Masters Indoor Track and Field Championships

## Field Schedule (as of March 6 2115h)

## Saturday, March 9, 2019

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field)
Reminder: Daylight Saving Time starts on March 10. All times on the Saturday schedules are Mountain Standard Time

| Event <br> Start <br> Time <br> MST | $\begin{aligned} & \text { Warm- } \\ & \text { Up } \\ & \text { Start } \\ & \text { Time } \end{aligned}$ | Field Events | Entries | $\left\lvert\, \begin{gathered} \text { Expected } \\ \text { Total Time } \\ \text { H:MM } \end{gathered}\right.$ | Event <br> Start <br> Time <br> MST | $\begin{aligned} & \text { Warm- } \\ & \text { Up } \\ & \text { Start } \\ & \text { Time } \end{aligned}$ | Field Events | Entries | $\left.\begin{gathered} \text { Expected } \\ \text { Total Time } \\ \text { H:MM } \end{gathered} \right\rvert\,$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Long/Triple Jump (Centre Pit) |  |  |  |  | Long/Triple Jump (Wall Pit) |  |  |  |  |
| 09:45 | 09:30 | U14 Boys Triathlon Long Jump Flight 1 | 17 | 1:08 | 09:45 | 09:30 | U14 Boys Triathlon Long Jump Flight 2 | 17 | 1:08 |
| 10:55 | 10:40 | U18 Women Long Jump Flight 1 | 8 | 0:48 | 10:40 | 10:40 | Break |  | 0:35 |
| 11:55 | 11:30 | U18 Women Long Jump Flight 2 | 12 | 1:44 | 13:55 | 13:35 | U20 Women Long Jump | 11 | 1:38 |
| 13:15 | 13:15 | Break |  | 0:35 | 15:35 | 15:15 | Masters Men (70+) Triple Jump | 7 | 1:03 |
| 14:10 | 13:55 | U16/U18/U20/Senior Men Triple Jump | 7 | 0:56 | 16:50 | 16:20 | U16 Women Long Jump Flight 1 | 16 | 1:36 |
| 15:30 | 14:55 | Masters Men (35-69) Triple Jump | 11 | 1:39 | 18:20 | 18:00 | Senior Women Long Jump | 6 | 1:06 |
| 17:10 | 16:35 | U16 Women Long Jump Flight 2 | 17 | 2:14 | 19:10 |  | End of Day's Competition |  |  |


| Standing Long Jump (Northwest) |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| $09: 55$ | $09: 40$ | U12 Boys Flight 1 | 14 | $0: 35$ |
| $10: 35$ | $10: 20$ | U10 Girls | 14 | $0: 56$ |
| $11: 20$ |  | End of Day's Competition |  |  |


| Standing Long Jump |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 09:55 | $09: 40$ | U12 Boys Flight 2 | 13 | $0: 32$ |
| $10: 15$ |  | End of Day's Competition |  |  |


| High Jump (Centre Mat) |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $09: 30$ | $09: 00$ | U16 Women Break | 14 | $2: 34$ |  |  |
| $11: 35$ | $11: 35$ |  |  |  |  | $0: 35$ |
| $12: 30$ | $12: 15$ | Masters Women | 5 | $0: 55$ |  |  |
| $13: 40$ | $13: 15$ | U18 / U20 / Senior Women (7+5+1) | 13 | $2: 10$ |  |  |
| $15: 45$ | $15: 30$ | U20 / Senior Men Flight 1 (1+2) | 3 | $0: 39$ |  |  |
| $16: 10$ |  | End of Day's Competition |  |  |  |  |


| Pole Vault |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $10: 30$ | $09: 45$ | Open Women < 3.0 metres | 14 | $3: 05$ |
| $12: 55$ | $12: 55$ | Break |  | $0: 35$ |
| $14: 05$ | $13: 35$ | Open Women >= 3.0 metres | 6 | $1: 30$ |
| $15: 10$ |  | End of Day's Competition |  |  |

## Alberta Indoor

## Track and Field Championships and

## Canadian Masters Indoor Track and Field Championships

## Field Schedule (as of March 6 2115h)

## Saturday, March 9, 2019

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field)
Reminder: Daylight Saving Time starts on March 10. All times on the Saturday schedules are Mountain Standard Time

| Event <br> Start <br> Time <br> MST | Warm- <br> Up <br> Start <br> Time | Field Events | Entries | Expected Total Time H:MM |
| :---: | :---: | :---: | :---: | :---: |


| Event | Warm- |  |  |  |
| :---: | :---: | :--- | :--- | :--- |
| Start | Up |  |  |  |
| Time | Start | Expected |  |  |
| MST | Time | Field Events |  | Exter <br> Total Time <br> H:MM |


| Shot Put and Weight Throw (Centre Circle) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $09: 30$ | $09: 05$ | U16/U18/U20/Senior Men Weight Throw | 13 | $1: 44$ |
| $11: 20$ | $10: 50$ | U20/Senior Women Shot Put (8+6) | 14 | $1: 52$ |
| $12: 45$ | $12: 45$ | Break |  | $0: 35$ |
| $13: 40$ | $13: 25$ | U16 Women Shot Put Flight 1 | 8 | $0: 40$ |
| $14: 35$ | $14: 10$ | U16 Women Shot Put Flight 2 | 12 | $1: 24$ |
| $16: 05$ | $15: 35$ | U18 Women Shot Put | 14 | $1: 34$ |
| $17: 10$ |  | End of Day's Competition |  |  |



| Shot Put (West Circle) |  |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: | :---: |
| $09: 25$ | $09: 20$ | U14 Girls Triathlon Flight 1 | 13 | $0: 45$ |  |
| $10: 15$ | $10: 10$ | U14 Girls Triathlon Flight 3 | 13 | $0: 45$ |  |
| $11: 10$ | $11: 00$ | U12 Girls Flight 1 | 15 | $0: 52$ |  |
| $11: 55$ | $11: 55$ | Break |  | $0: 35$ |  |
| $15: 30$ | $14: 40$ | Masters Women | 17 | $2: 33$ |  |
| $17: 15$ |  | End of Day's Competition |  |  |  |


| Shot Put (Northwest Circle) |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| $09: 25$ | $09: 20$ | U14 Girls Triathlon Flight 2 | 13 | $0: 45$ |
| $10: 15$ | $10: 10$ | U14 Girls Triathlon Flight 4 | 12 | $0: 42$ |
| $11: 00$ | $10: 55$ | U12 Girls Flight 2 | 14 | $0: 49$ |
| $11: 45$ |  | End of Day's Competition |  |  |

## Track and Field Championships and

## Canadian Masters Indoor Track and Field Championships <br> Track Schedule (as of March 9 2000h)

## Sunday, March 10, 2019

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).
Reminder: Daylight Saving Time starts on March 10. All times on the Sunday schedules are Mountain Daylight Time.

| Time MDT | Track Events |  | Entries | Heats | Total Minutes | Athlete <br> Must Be <br> in Call <br> Room <br> Before | Advancement or Note |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 08:15 | 3000m Timed Final - Masters Women |  | 9 | 1 | 19:00 | 08:00 |  |
| 08:34 | 3000m Timed Final - Masters Men | Full | 14 | 1 | 18:00 | 08:19 |  |
| 08:52 | 50m Triathlon Under-14 Girls |  | 47 | 5 | 10:00 | 08:37 |  |
| 09:02 | 50m Triathlon Under-14 Boys |  | 28 | 3 | 6:00 | 08:47 |  |
| 09:08 | 50m Under-12 Girls |  | 26 | 3 | 6:00 | 08:53 |  |
| 09:14 | 50m Under-12 Boys |  | 26 | 3 | 6:00 | 08:59 |  |
| 09:20 | 50m Under-10 Girls |  | 12 | 2 | 4:00 | 09:05 |  |
| 09:24 | 50m Under-10 Boys |  | 12 | 2 | 4:00 | 09:09 |  |
| 09:28 |  |  |  |  | 5:00 |  |  |
| 09:35 | 60m Hurdles Timed Final - Masters Women |  | 5 | 1 | 5:00 | 09:20 | 60+ $0.6912 \mathrm{~m}, 7 \mathrm{~m}$ (red). |
| 09:40 | 60m Hurdles Timed Final - Masters Men (35-59) |  | 6 | 1 | 5:00 | 09:25 | Lanes 1-6: 35-49 0.99 13.72m, 9.14m (blue). Lanes 7-8: 50-59 0.91 13m, 8.5m (yellow). |
| 09:45 | 60m Hurdles Timed Final - Masters Men (60+) |  | 5 | 1 | 5:00 | 09:30 | Lanes 1-4: 70-79 0.76 12m, 7 m (red). Lanes 5-8: 60-69 0.84 12m, 8 m (green). |
| 09:50 | 60m Hurdles Heats - Under-16 Women |  | 19 | 3 | 13:30 | 09:35 | Top $2+2$ going to 1 race (8) -- $0.76,12 \mathrm{~m}$, 8 m green |
| 10:03 | 60m Hurdles Heats - Under-18 Women |  | 18 | 3 | 13:30 | 09:48 | Top $2+2$ going to 1 race (8) -- 0.76, 13m, 8.5m yellow |
| 10:17 | 60m Hurdles Heats - Under-20 Women |  | 11 | 2 | 9:00 | 10:02 | Top $3+2$ going to 1 race (8) -- $0.84,13 \mathrm{~m}$, 8.5m yellow |
|  | 60m Hurdles Final - Senior Women |  | 1 |  |  |  |  |
| 10:26 | 60m Hurdles Heats - Under-16 Men |  | 9 | 2 | 9:00 | 10:11 | Top $3+2$ going to 1 race (8) -- $0.84,13 \mathrm{~m}$, 8.5m yellow |
| 10:35 | 60m Hurdles Heats - Under-18 Men |  | 11 | 2 | 9:00 | 10:20 | Top $3+2$ going to 1 race (8) -- 0.91, $13.72 \mathrm{~m}, 9.14 \mathrm{~m}$ blue |
| 10:44 | 60m Hurdles Final - Under-20 Men |  | 6 | 1 | 5:00 | 10:29 | 0.99, 13.72m, 9.14 m blue |
| 10:49 | 60m Hurdles Final - Senior Men |  | 5 | 1 | 5:00 | 10:34 | 1.07, 13.72m, 9.14 m blue |
| 10:55 | 60m Hurdles Pentathlon - Masters Women |  | 4 | 1 | 5:00 | 10:40 | Lanes 1-5: 60+ 0.69 12m, 7 m (red). Lanes 6-8: 40-49 0.76 12m, 8 m (green). |
| 11:00 | 60m Hurdles Pentathlon - Masters Men (35-69) |  | 5 | 1 | 5:00 | 10:45 | Lanes 1-4: 35-49 0.99 13.72m, 9.14m (blue). Lanes 5-8: 60-69 0.84 12m, 8m (green). |
| 11:05 | 60m Hurdles Pentathlon - Masters Men (70+) |  | 4 | 1 | 5:00 | 10:50 | Lanes 2-7: 70-79 0.76 12m, 7 m (red). |
| 11:10 |  |  |  |  | 2:00 |  |  |
| 11:15 | 200m Timed Final - Masters Women |  | 24 | 4 | 15:00 | 11:00 |  |
|  | 200m Timed Final - Paralympic Women |  | 1 |  |  |  |  |
| 11:30 | 200m Timed Final - Masters Men |  | 48 | 7 | 26:15 | 11:15 |  |
|  | 200m Timed Final - Paralympic Men |  | 1 |  |  |  |  |
| 11:56 | 1200m Timed Final - Under-16 Women |  | 17 | 2 | 14:00 | 11:41 |  |
| 12:10 | 1200m Timed Final - Under-16 Men |  | 18 | 2 | 14:00 | 11:55 |  |
| 12:24 | BREAK |  |  |  | 30:00 |  |  |
| 12:55 | 600m Timed Final - Under-18 Women |  | 13 | 2 | 8:30 | 12:40 |  |
| 13:03 | 600m Timed Final - Under-18 Men |  | 19 | 3 | 12:45 | 12:48 |  |

## Track and Field Championships and

## Canadian Masters Indoor Track and Field Championships <br> Track Schedule (as of March 9 2000h) <br> Sunday, March 10, 2019 <br> Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.

This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).
Reminder: Daylight Saving Time starts on March 10. All times on the Sunday schedules are Mountain Daylight Time.

| Time |  |  |  |  |  |
| :--- | :--- | :---: | :---: | :---: | :--- | :--- |
| MDT |  |  |  |  |  |
|  | Track Events |  |  |  | Athlete <br> Must Be <br> in Call <br> Room |

## Alberta Indoor

## Track and Field Championships and

## Canadian Masters Indoor Track and Field Championships

## Field Schedule (as of March 6 2115h)

## Sunday, March 10, 2019

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday evening.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).
Reminder: Daylight Saving Time starts on March 10. All times on the Sunday schedules are Mountain Standard Time.

| $\begin{aligned} & \text { Event } \\ & \text { Start } \\ & \text { Time } \\ & \text { MDT } \end{aligned}$ | Warm- <br> Up <br> Start <br> Time | Field Events | Entries | Expected Total Time H:MM |  | Warm- <br> Up <br> Start <br> Time | Field Events | Entries | $\begin{array}{\|c\|} \hline \text { Expected } \\ \text { Total Time } \\ \text { H:MM } \end{array}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Long/Triple Jump (Centre Pit) |  |  |  |  | Long/Triple Jump (Wall Pit) |  |  |  |  |
| 09:30 | 09:15 | U14 Girls Triathlon Long Jump Flight 1 | 16 | 1:04 | 09:45 | 09:30 | U14 Girls Triathlon Long Jump Flight 2 | 16 | 1:04 |
| 10:45 | 10:20 | U16/U18/U20/Senior Women Triple Jump | 13 | 1:44 | 10:50 | 10:35 | U14 Girls Triathlon Long Jump Flight 3 | 15 | 1:00 |
| 12:05 | 12:05 | Break |  | 0:35 | 12:10 | 11:40 | Pentathlon Masters Men | 9 | 0:57 |
| 13:05 | 12:45 | U18 Men Long Jump Flight 1 | 10 | 1:00 | 12:40 | 12:40 | Break |  | 0:35 |
| 14:15 | 13:50 | U18 Men Long Jump Flight 2 | 12 | 1:44 | 14:00 | 13:20 | Masters Women Long Jump | 14 | 2:06 |
| 15:55 | 15:35 | U20/Senior Men Long Jump | 11 | 1:38 | 16:00 | 15:30 | Pentathlon Masters Women | 4 | 0:42 |
| 17:40 | 17:15 | U16 Men Long Jump Flight 2 | 12 | 1:44 | 16:30 | 16:15 | U16 Men Long Jump Flight 1 | 8 | 0:48 |
| 19:00 |  | End of Day's Competition |  |  | 17:05 |  | End of Day's Competition |  |  |
| Standing Long Jump (Northwest) |  |  |  |  | Standing Long Jump |  |  |  |  |
| 09:55 | 09:40 | U12 Girls Flight 1 | 13 | 0:32 | 09:55 | 09:40 | U12 Girls Flight 2 | 13 | 0:32 |
| 10:25 | 10:15 | U10 Boys | 12 | 0:48 | 10:15 |  | End of Day's Competition |  |  |
| 11:05 |  | End of Day's Competition |  |  |  |  |  |  |  |


| High Jump (Centre Mat) |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| 09:25 | $09: 00$ | U16 Men | 13 | $2: 23$ |
| $11: 55$ | $11: 25$ | Pentathlon Masters Women | 4 | $1: 02$ |
| $12: 30$ | $12: 30$ | Break |  | $0: 35$ |
| $13: 55$ | $13: 10$ | Masters Men | 15 | $2: 45$ |
| $16: 30$ | $16: 00$ | Pentathlon Masters Men | 9 | $1: 42$ |
| $17: 45$ |  | End of Day's Competition |  |  |


| High Jump (West Mat) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $15: 30$ | $15: 05$ | U18 Men, U20 Men Flight 2 | 13 | $2: 10$ |
| $17: 20$ |  | End of Day's Competition |  |  |


| Pole Vault |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $10: 30$ | $09: 45$ | Open Men < 3.0 metres | 8 | $2: 05$ |
| $11: 55$ | $11: 55$ | Break |  | $0: 35$ |
| $13: 05$ | $12: 35$ | Open Men >= 3.0 metres | 7 | $1: 40$ |
| $14: 20$ |  | End of Day's Competition |  |  |

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| Shot Put and Weight Throw (Centre Circle) |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| 09:30 | $09: 00$ | U16/U18/U20/Senior Women Weight Throw | 17 | $1: 55$ |
| $11: 40$ | $11: 00$ | Masters Men (35-59) Shot Put | 13 | $1: 57$ |
| $13: 00$ | $13: 00$ | Break |  | $0: 35$ |
| $14: 00$ | $13: 40$ | U16 Men Shot Put | 10 | $1: 14$ |
| $15: 15$ | $14: 55$ | U18/U20 Men Shot Put | 11 | $1: 19$ |
| $16: 30$ | $16: 15$ | Senior Men Shot Put | 5 | $0: 45$ |
| $17: 05$ |  | End of Day's Competition |  |  |


| Shot Put (West Circle) |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| $09: 25$ | $09: 20$ | U14 Boys Triathlon Flight 1 | 14 | $0: 49$ |
| $10: 15$ | $10: 10$ | U12 Boys Flight 1 | 13 | $0: 45$ |
| $11: 40$ | $11: 00$ | Masters Men (60+) | 13 | $1: 57$ |
| $13: 00$ | $13: 00$ | Break |  | $0: 35$ |
| $14: 10$ | $13: 40$ | Pentathlon Masters Women/Men | 13 | $1: 09$ |
| $14: 55$ | $14: 50$ | Paralympic Men | 2 | $0: 18$ |
| $15: 10$ |  | End of Day's Competition |  |  |


| Shot Put (Northwest Circle) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $09: 25$ | $09: 20$ | U14 Boys Triathlon Flight 2 | 14 | $0: 49$ |
| $10: 15$ | $10: 10$ | U12 Boys Flight 2 | 13 | $0: 45$ |
| $11: 00$ |  | End of Day's Competition |  |  |


| Medicine Ball Throw (Southwest Corner) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 09:50 | $09: 45$ | U10 Girls | 12 | $0: 27$ |
| $10: 15$ |  | End of Day's Competition |  |  |

