

## **Important Notes for All Athletes, Coaches, and Spectators**

**Delete Your Temporary Files:** To ensure you have the most current schedule via the Internet, please perform the steps to delete your temporary/cache files **before** you visit the web site. See <http://www.wikihow.com/Clear-Your-Browser's-Cache>.

**Technical Meeting:** Technical meetings will be held near the finish line at 8:15 a.m. Saturday, 8:15 a.m. Sunday.

### **Meeting, Seating, Spectating: Upper Bleachers ONLY**

Please do **NOT** use the track level as a meeting/seating area for your athletes/club. Unless your athletes are in a field event or have been called to the marshalling area, they should **not** be on the track level. (**Please** direct **ALL** spectators to the upper bleachers.) We **need** the outside of the track to accommodate the large number of athletes that will need to warm up at the same time.

**Warming-Up:** Athletes are allowed to warm up on the track level **with the following restrictions:**

- At no time will athletes be permitted to warm up in the finish line area or on the finish straight.
- When distance events not run in lanes are taking place, warming up on the back straight is permitted, but **inner lanes 1, 2, and 3 must be kept clear**.
- When full lap events, run partially or completely in lanes, are taking place, **the entire track is closed for warming up.**

The above **restrictions also apply to the track perimeters** (inside and outside of the track). Please note that the above restrictions will be monitored and enforced by meet personnel and by officials.

Please also note that the area to the north of the marshalling/call room is available for warming up at all times.

For the safety of yourself and others, please do **NOT** wear headphones/earbuds during warm-ups. (They prevent you from clearly hearing warnings and vital announcements.)

**Be "Competition Ready":** Athletes must be "competition ready", with warm-ups off, when they go onto the track from the Call Room.

### **Less Confusion, Faster Results**

Hip numbers must be clearly visible on the athlete's right side. (Please tuck in your shirt/uniform.)

If your event has heats and you plan on not running in the next round, you **must** inform the Results desk you are running as "exhibition" **before** your event's heats start. (Otherwise, "Failure to Compete DQ" rules (IAAF 142.4) will apply.)

Pee Wee and Bantam athletes: For your 60m races, **please** remain in your assigned lane for the entire race. Note that the lanes have alternating colours -- "stay in the colour you start in".

**PLEASE Leave Your Valuables at Home:** Events in the Universiade Pavilion (Butterdome) are tempting targets for thieves who keep an eye out for unattended backpacks, jackets -- pretty much anything of value.

Participants can use the locker rooms and use their own lock (picture ID is needed to rent locks (\$2.50 fee)). The locker must NOT remain locked overnight. The University and the organizers assume no responsibility for anyone's belongings, whether it is in a locker room or the Pavilion. Please contact the Equipment Room ([equiprm@ualberta.ca](mailto:equiprm@ualberta.ca)) for more information.

### **Please Do NOT Use Tape**

Please do **not** use tape on the Universiade Pavilion surface — tape removes a considerable amount of paint and finish from the new (expensive) surface.

### **Restrictions on Track Spikes**

Please note the following restrictions regarding track spikes:

- Metal pin/needle type spikes are prohibited.
- Only pyramid or "Christmas tree" type spikes are allowed.
- No other spike elements are permitted.
- Spike length must not exceed six millimetres.
- Athletes must remove any spikes that do not conform to the above rules.
- Use of football/soccer type cleats/footwear is not allowed.

The above spikes restrictions are due to the surface in the Universiade Pavilion. Bags of spikes can be purchased at the Registration Desk (\$5.00 per bag), and can be pre-ordered on the TrackieReg page.

# 2010 Butterdome Start Lines & Notes

**50m, 60m, 150m, 200m & 300m** (including hurdle events)

Solid white lines as shown on the track diagram

**100m** White/**black**/white lines at end of back straight.

**400m & 600m** 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. 800m run in this fashion would be a one turn cut-in.

**1,000m to 3,000m** 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..

**4 x 200m Relay** White/**red**/white start line, with a three turn cut-in. First exchange is in lanes, the 2<sup>nd</sup> and 3<sup>rd</sup> exchanges are not done in lanes. 3<sup>rd</sup> and 4<sup>th</sup> runners place themselves in the order of the athletes at the 100m 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.

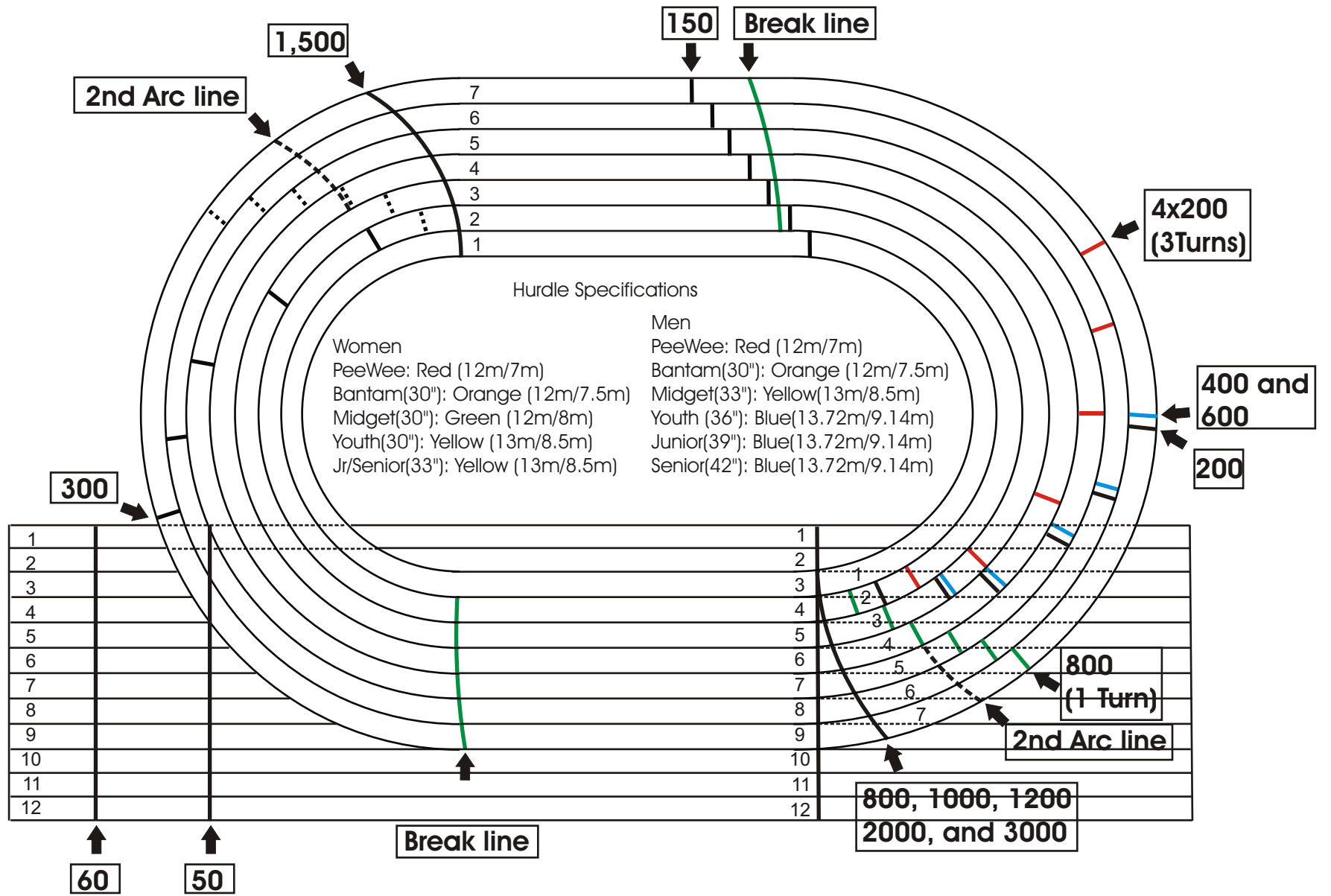
**4 x 400m Relay** White/**blue**/white start line with a two turn cut-in.

**4 x 800m Relay** A one turn cut-in.

**4 x 100m 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<sup>nd</sup> & 3<sup>rd</sup> 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



### Saturday, March 5, 2016

**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 13. All times on the Saturday schedules are Mountain Standard Time.

Check-in for each event begins **forty-five minutes before the "Must Check in Before" time indicated.**

Time MST	Track Events		Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
		Entries							
8:30	60m Timed Finals - Bantam Boys	Full 36	9	4	2:50	11:20	8:15	8:15	
8:41	60m Timed Finals - Bantam Girls	61	9	7	2:50	19:50	8:26	8:26	
9:01	60m Timed Finals - Pee Wee Girls	28	9	4	2:50	11:20	8:46	8:46	
9:12	60m Timed Finals - Pee Wee Boys	Full 27	9	3	2:50	8:30	8:57	8:57	
9:21	60m Heats - Midget Women	47	9	6	3:10	19:00	9:06	9:06	Top 2 + 6 going to 2 races (18)
9:40	60m Heats - Midget Men	33	9	4	3:10	12:40	9:25	9:25	Top 3 + 4 going to 2 races (16)
9:52	60m Heats - Under-18 Women	41	9	5	3:10	15:50	9:37	9:37	Top 2 + 8 going to 2 races (18)
10:08	60m Heats - Under-18 Men	31	9	4	3:10	12:40	9:53	9:53	Top 3 + 4 going to 2 races (16)
10:21						5:00			
10:26	1200m Timed Finals - Midget Women	12	13	1	7:00	7:00	10:11	10:11	
10:33	1200m Timed Finals - Midget Men	24	13	2	6:30	13:00	10:18	10:18	
10:46	1500m Timed Finals - Under-18 Women	Full 13	13	2	9:00	18:00	10:31	10:31	Faster flight first. Sections include Masters based on seed time.
	1500m Timed Finals - Masters Women	1	13						< 5:20 run with Under-18 Section 1. > 5:20 run with Under-18 Section 2.
11:04	1500m Timed Finals - Under-20 Women	8	13	1	8:00	8:00	10:49	10:49	
11:12	1500m Timed Finals - Senior Women	14	13	2	8:00	16:00	10:57	10:57	
11:28	Race Walk 1500m - Midget Women	2	13	1	13:00	13:00	11:13	11:13	
11:41	Race Walk 3000m - Women	5	13	1	23:00	23:00	11:26	11:26	Not all Masters.
12:04	Race Walk 3000m - Men	5	13	1	22:00	22:00	11:49	11:49	Not all Masters.
12:26	<b>BREAK</b>					35:00			
13:01	150m Timed Finals - Pee Wee Girls	28	5	6	2:50	17:00	12:46	12:46	
13:18	150m Timed Finals - Pee Wee Boys	27	5	6	2:50	17:00	13:03	13:03	
13:35						5:00			
13:40	200m Timed Finals - Bantam Boys	36	5	8	2:50	22:40	13:25	13:25	
14:02						5:00			
14:07	60m Heats - Under-20 Women	20	9	3	3:10	9:30	13:52	13:52	Top 2 + 3 going to 1 race (9)
14:17	60m Heats - Under-20 Men	28	9	4	3:10	12:40	14:02	14:02	Top 3 + 4 going to 2 races (16)
14:30	60m Final - Senior Women	4	9	1	3:10	3:10	14:15	14:15	Final
14:33	60m Heats - Senior Men	16	9	2	3:10	6:20	14:18	14:18	Top 3 + 2 going to 1 race (8)
14:39	60m Final - Masters Women	8	9	1	3:10	3:10	14:24	14:24	Final
14:42	60m Final - Masters Men	7	9	1	3:10	3:10	14:27	14:27	Final
14:45	60m Final - Midget Women (A/B)	18	9	2	3:10	6:20	14:30	14:30	
14:52	60m Final - Midget Men (A/B)	16	8	2	3:10	6:20	14:37	14:37	
14:58	60m Final - Under-18 Women (A/B)	18	9	2	3:10	6:20	14:43	14:43	
15:04	60m Final - Under-18 Men (A/B)	16	8	2	3:10	6:20	14:49	14:49	
15:11	60m Final - Under-20 Women	9	9	1	3:10	3:10	14:56	14:56	
15:14	60m Final - Under-20 Men (A/B)	16	8	2	3:10	6:20	14:59	14:59	

### Saturday, March 5, 2016

**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 13. All times on the Saturday schedules are Mountain Standard Time.

Check-in for each event begins **forty-five minutes before the "Must Check in Before" time indicated.**

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note	
15:20	60m Final - Senior Men	8	8	1	3:10	3:10	15:05	15:05		
15:23						5:00				
15:28	1500m Timed Finals - Under-18 Men	21	13	2	8:30	17:00	15:13	15:13	Slower flight first. Sections include Masters based on seed time.	
	1500m Timed Finals - Masters Men	4	13						Run with Section 1 of Under-18.	
15:45	1500m Timed Finals - Under-20 Men	Full	13	13	1	8:00	8:00	15:30	15:30	
15:53	1500m Timed Finals - Senior Men		8	13	1	8:00	8:00	15:38	15:38	
16:01	200m Timed Finals - Bantam Girls	61	7	9	2:50	25:30	15:46	15:46	Lanes 1-7	
16:27	400m Timed Final - Masters Men	3	7	1	4:00	4:00	16:12	16:12	Lanes 1-7	
16:31	400m Timed Final - Under-18 Women	24	7	4	4:00	16:00	16:16	16:16	Lanes 1-7	
16:47	400m Timed Final - Under-18 Men	24	7	4	4:00	16:00	16:32	16:32	Lanes 1-7	
17:03						5:00				
17:08	400m Timed Final - Under-20 Women	22	7	4	4:00	16:00	16:53	16:53	Lanes 1-7	
	400m Timed Final - Masters Women	2	7						Run with Section 1 of Under-20.	
17:24	400m Timed Final - Senior Women	6	7	1	4:00	4:00	17:09	17:09	Lanes 1-7	
17:28	400m Timed Final - Under-20 Men	Full	15	5	3	4:00	12:00	17:13	17:13	Lanes 3-7
17:40	400m Timed Final - Senior Men	Full	7	7	1	4:00	4:00	17:25	17:25	Lanes 1-7
17:44						5:00				
17:49	300m Timed Final - Midget Men	22	7	4	4:00	16:00	17:34	17:34	Lanes 1-7	
18:05	300m Timed Final - Midget Women	27	7	4	4:00	16:00	17:50	17:50	Lanes 1-7	
18:21	<b>End of Day's Competition</b>			131						

### Saturday, March 5, 2016

**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 13. All times on the Saturday schedules are Mountain Standard Time.

Event Start Time MST	Warm-Up Start Time MST	Field Events	Entries	Expected Total Time H:MM	Event Start Time MST	Warm-Up Start Time MST	Field Events	Entries	Expected Total Time H:MM
<b>Triple Jump (Centre Pit)</b>					<b>Long Jump (Wall Pit)</b>				
09:05	08:55	Midget Men Triple Jump 9-metre board	6	1:06	09:10	09:00	Bantam Boys Flight 1	12	0:39
10:25	10:05	Midget Women Triple Jump	9	1:34	09:50	09:40	Bantam Boys Flight 2	12	0:39
11:40	11:40	<b>Break</b>		0:35	10:30	10:20	Bantam Boys Flight 3	12	0:39
12:45	12:20	U-18/U-20 Women Triple Jump (6 + 6)	12	2:12	11:15	11:00	Bantam Girls Flight 1	15	0:48
14:50	14:35	Men Triple Jump 9-metre board	5	1:00	11:50	11:50	<b>Break</b>		0:35
15:45	15:40	Men Triple Jump 11-metre board	2	0:24	12:45	12:30	Bantam Girls Flight 2	15	0:48
16:10	16:05	Men Triple Jump 13-metre board	1	0:12	13:35	13:20	Bantam Girls Flight 3	15	0:48
16:30	16:20	Senior/Masters Women Triple Jump (1 + 3)	4	0:48	14:25	14:10	Bantam Girls Flight 4	16	0:52
17:10		<b>End of Day's Competition</b>			15:05		<b>End of Day's Competition</b>		

Men Triple Jump: Athletes from all age groups (Under-18, Under-20, Senior, Masters) using the take-off board indicated will jump at that time. Medals for each age category will be awarded after all athletes in that category (all boards) complete their jumps.

<b>High Jump (Centre Mat)</b>				
09:30	09:00	Midget Women	16	2:56
12:00	12:00	<b>Break</b>		0:35
13:00	12:40	U-18/U-20/Senior Women (8 + 2 + 1)	11	1:50
14:35		<b>End of Day's Competition</b>		

<b>High Jump (West Mat)</b>				
10:10	09:50	U-18 Men	9	1:30
11:35	11:25	Masters Women/Men (2 + 1)	3	0:33
12:00	12:00	<b>Break</b>		0:35
13:10	12:40	Midget Men	14	2:34
15:30	15:15	U-20/Senior Men (4 + 3)	7	1:10
16:30		<b>End of Day's Competition</b>		

<b>Pole Vault</b>				
10:00	09:00	Women <= 3.0 metres	10	2:15
11:20	11:20	<b>Break</b>		0:35
13:00	12:00	Men <= 3.5 metres	14	3:02
16:05	15:05	Men/Women > 3.5 metres (6 + 2)	8	2:10
17:20		<b>End of Day's Competition</b>		

<b>Standing Long Jump (Northwest Corner)</b>				
09:35	09:30	Pee Wee Girls Flight 1	14	0:24
10:00	09:55	Pee Wee Girls Flight 2	14	0:24
10:25	10:20	Pee Wee Boys Flight 1	14	0:24
10:50	10:45	Pee Wee Boys Flight 2	13	0:22
11:10		<b>End of Day's Competition</b>		

<b>Shot Put (Centre Circle)</b>				
10:30	10:00	U-18 Women Shot Put	14	1:34
11:35	11:35	<b>Break</b>		0:35
12:40	12:15	U-18/Masters Men (4 + 8)	12	1:36
14:15	13:55	U-20/Senior Men (5 + 5)	10	1:20
15:35	15:20	U-20/Senior Women (6 + 2)	8	1:04
16:25		<b>End of Day's Competition</b>		

<b>Shot Put (West Circle)</b>				
12:20	12:00	Masters Women	7	1:03
13:35	13:05	Midget Men	16	1:44
15:10	14:50	Midget Women Flight 1	9	0:45
16:05	15:40	Midget Women Flight 2	12	1:24
17:05		<b>End of Day's Competition</b>		

# Alberta Indoor Track and Field Championships

## Track Schedule (as of March 4 0100h)

**Sunday, March 6, 2016**

**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 13. All times on the Sunday schedules are Mountain Standard Time.

Check-in for each event begins **forty-five minutes before the "Must Check in Before" time indicated.**

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
8:30	60m Timed Finals - Tyke Girls	13	9	2	2:50	5:40	8:15	8:15	
8:35	60m Timed Finals - Tyke Boys	5	9	1	2:50	2:50	8:20	8:20	
8:38						5:00			
8:43	3000m Timed Finals - Under-18 Women	2	13	1	14:00	14:00	8:28	8:28	
	3000m Timed Finals - Masters Women	2	13						
	3000m Timed Finals - Under-20 Women	6	13						
8:57	3000m Timed Finals - Senior Women	8	13	1	13:30	13:30	8:42	8:42	
9:11	3000m Timed Finals - Under-18 Men	7	13	1	16:00	16:00	8:56	8:56	
	3000m Timed Finals - Masters Men	4	13						
9:27	3000m Timed Finals - Under-20 Men	6	13	1	15:00	15:00	9:12	9:12	
	3000m Timed Finals - Senior Men	2	13						
9:42						5:00			
9:47	200m Timed Finals - Midget Women	42	5	9	3:10	28:30	9:32	9:32	
10:15	200m Timed Finals - Under-18 Women	42	5	9	3:10	28:30	10:00	10:00	
10:44	200m Timed Finals - Midget Men	27	5	6	3:10	19:00	10:29	10:29	
11:03	400m Timed Finals - Tyke Girls	13	15	1	5:00	5:00	10:48	10:48	
11:08	400m Timed Finals - Tyke Boys	5	15	1	5:00	5:00	10:53	10:53	
11:13						5:00			
11:18	60m Hurdles Heats - Midget Women	17	8	3	5:30	16:30	11:03	11:03	Top 2 + 2 going to 1 race (8) -- 0.76, 12, 8 green
11:34	60m Hurdles Heats - Under-18 Women	9	8	2	5:30	11:00	11:19	11:19	Top 3 + 2 going to 1 race (8) -- 0.76, 13, 8.5 yellow
11:45	60m Hurdles Final - Under-20 Women	5	8	1	5:30	5:30	11:30	11:30	Final -- 0.84, 13, 8.5 yellow
	60m Hurdles Final - Senior Women	1	8	1					Final -- 0.84, 13, 8.5 yellow
11:51	60m Hurdles Final - Midget Men	7	8	1	5:00	5:00	11:36	11:36	Final -- 0.84, 13, 8.5 yellow
11:56	60m Hurdles Final - Under-18 Men	5	8	1	5:30	5:30	11:41	11:41	Final -- 0.91, 13.72, 9.14 blue
12:01	60m Hurdles Final - Under-20 Men	7	8	1	5:30	5:30	11:46	11:46	Final -- 0.99, 13.72, 9.14 blue
12:07	60m Hurdles Final - Senior Men	3	8	1	5:30	5:30	11:52	11:52	Final -- 1.07, 13.72, 9.14 blue
12:12	<b>BREAK</b>					35:00			
12:47	60m Hurdles Final - Masters Women 40-59	3	8	1	5:30	5:30	12:32	12:32	Lanes 1-4: 50-59: 0.76m, 12, 7 red. Lanes 6-8: 40-49: 0.76, 12, 8 green
12:53	60m Hurdles Final - Masters Women 60+	1	8	1	5:30	5:30	12:38	12:38	Lanes 1-3: 60+: 0.69, 12, 7 red
	60m Hurdles Final - Masters Men	1	8	1					Lanes 5-7: 50-59: 0.91, 13, 8.5 yellow
12:58	60m Hurdles Final - Midget Women	8	8	1	5:30	5:30	12:43	12:43	Final -- 0.76, 12, 8 green
13:04	60m Hurdles Final - Under-18 Women	8	8	1	5:30	5:30	12:49	12:49	Final -- 0.76, 13, 8.5 yellow
13:09						5:00			
13:14	600m Timed Finals - Pee Wee Boys	24	15	2	5:00	10:00	12:59	12:59	
13:24	600m Timed Finals - Pee Wee Girls	26	15	2	5:00	10:00	13:09	13:09	



# Alberta Indoor Track and Field Championships

## Track Schedule (as of March 4 0100h)

**Sunday, March 6, 2016**

**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 13. All times on the Sunday schedules are Mountain Standard Time.

Check-in for each event begins **forty-five minutes before the "Must Check in Before" time indicated.**

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note	
13:34	800m Timed Finals - Under-18 Women	13	10	2	4:45	9:30	13:19	13:19		
13:44	800m Timed Finals - Under-20 Women	13	10	2	4:45	9:30	13:29	13:29	Faster flight first. Flights will include Masters Women based on seed times.	
13:53	800m Timed Finals - Senior Women	6	10	1	4:45	4:45	13:38	13:38		
13:58	800m Timed Finals - Midget Women	18	10	2	4:45	9:30	13:43	13:43		
14:07	800m Timed Finals - Midget Men	21	10	3	4:45	14:15	13:52	13:52		
14:22	800m Timed Finals - Under-18 Men	23	10	3	4:45	14:15	14:07	14:07		
14:36	800m Timed Finals - Under-20 Men	13	10	2	4:45	9:30	14:21	14:21	Faster flight first.	
	800m Timed Finals - Masters Men	1	10						< 2:15 runs with Flight 1 Under-20.	
14:45	800m Timed Finals - Senior Men	9	10	1	4:45	4:45	14:30	14:30		
14:50	800m Timed Finals - Bantam Girls	55	15	4	5:00	20:00	14:35	14:35		
15:10	2000m Timed Finals - Midget Women	3	13	1	10:00	10:00	14:55	14:55		
15:20	2000m Timed Finals - Midget Men	8	13	1	10:00	10:00	15:05	15:05		
15:30						5:00				
15:35	200m Timed Finals - Under-18 Men	28	5	6	3:10	19:00	15:20	15:20		
15:54	800m Timed Finals - Bantam Boys	33	15	3	5:00	15:00	15:39	15:39		
16:09	200m Timed Finals - Under-20 Women	24	5	5	3:10	15:50	15:54	15:54		
16:25	200m Timed Finals - Under-20 Men	27	5	6	3:10	19:00	16:10	16:10		
16:44	200m Timed Finals - Senior Women	8	5	2	3:10	6:20	16:29	16:29	Faster flight first.	
16:50	200m Timed Finals - Masters Women	6	5	2	3:10	6:20	16:35	16:35		
16:57	200m Timed Finals - Senior Men	Full	10	5	2	3:10	6:20	16:42	16:42	Faster flight first.
17:03	200m Timed Finals - Masters Men	4	5	1	3:10	3:10	16:48	16:48		
17:06	<b>End of Day's Competition</b>			102						



# Alberta Indoor Track and Field Championships

## Field Schedule (as of March 4 0100h)

### Sunday, March 6, 2016

**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 13. All times on the

Event Start Time MST	Warm-up Start MST	Field Events	Entries	Expected Total Time H:MM
<b>Long Jump (Centre Pit)</b>				
08:10	08:00	Pee Wee Boys Flight 1	12	0:39
09:00	08:40	U-18 Men	9	1:09
10:10	09:50	U-18 Women Flight 1	10	0:50
11:10	10:45	U-18 Women Flight 2	12	1:24
12:10	12:10	<b>Break</b>		0:35
13:15	12:50	U-20/Senior Men (7 + 6)	13	1:44
14:45	14:35	U-20/Senior Women (6 + 0)	6	0:48
15:40	15:25	Masters Women/Men (4 + 1)	5	0:45
16:15		<b>End of Day's Competition</b>		

Event Start Time MST	Warm-up Start MST	Field Events	Entries	Expected Total Time H:MM
<b>Long Jump (Wall Pit)</b>				
08:10	08:00	Pee Wee Boys Flight 2	12	0:39
09:10	08:55	Tyke Girls	13	0:42
09:45	09:40	Tyke Boys	5	0:16
10:15	10:00	Pee Wee Girls Flight 1	13	0:42
11:00	10:45	Pee Wee Girls Flight 2	13	0:42
11:30	11:30	<b>Break</b>		0:35
12:30	12:10	Midget Men Flight 1	10	0:50
13:30	13:05	Midget Men Flight 2	12	1:24
14:55	14:30	Midget Women Flight 1	12	1:00
16:05	15:35	Midget Women Flight 2	16	1:44
17:20		<b>End of Day's Competition</b>		

<b>High Jump (Centre Mat)</b>				
08:30	08:15	Bantam Girls Flight 1	14	1:03
09:35	09:20	Bantam Girls Flight 2	14	1:03
10:40	10:25	Bantam Girls Flight 3	14	1:03
11:45	11:30	Bantam Girls Flight 4	13	0:58
12:30		<b>End of Day's Competition</b>		

<b>High Jump (West Mat)</b>				
09:00	08:45	Bantam Boys Flight 1	17	1:16
10:20	10:05	Bantam Boys Flight 2	16	1:12
11:20		<b>End of Day's Competition</b>		

<b>Shot Put and Weight Throw (Centre Circle)</b>				
08:10	08:00	Midget Women Weight Throw	4	0:32
08:55	08:35	U-18 Women Weight Throw	11	1:19
10:05	09:55	Midget/U-18 Men Weight Throw (1 + 4)	5	0:40
10:50	10:40	U-20/Senior Men Weight Throw (1 + 3)	4	0:32
11:30	11:15	U-20/Senior/Masters Women Weight Throw (2 + 2 + 4)	8	1:04
12:20	12:20	<b>Break</b>		0:35
13:10	13:00	Masters Men Weight Throw	3	0:27
13:35	13:30	Bantam Girls Shot Put Flight 3	14	0:49
14:30	14:20	Bantam Boys Shot Put Flight 1	17	0:59
15:20		<b>End of Day's Competition</b>		

<b>Shot Put (West Circle)</b>				
08:05	08:00	Pee Wee Girls Flight 1	13	0:45
08:55	08:50	Pee Wee Girls Flight 2	13	0:45
09:45	09:40	Pee Wee Boys Flight 1	12	0:42
10:30	10:25	Pee Wee Boys Flight 2	12	0:42
11:15	11:10	Bantam Girls Flight 1	14	0:49
12:00	12:00	<b>Break</b>		0:35
12:45	12:40	Bantam Girls Flight 2	14	0:49
13:35	13:30	Bantam Girls Flight 4	13	0:45
14:30	14:20	Bantam Boys Flight 2	16	0:56
15:20		<b>End of Day's Competition</b>		