



**2019 Canada West Track and Field Championships**  
**February 22 - 23, 2019**  
**Universiade Pavilion – Edmonton, Alberta**

**CHAMPIONSHIP SCHEDULE**

**3. COMPETITION SCHEDULE**

**Day One – Friday, February 22**

2:00PM	M	Weight Throw	FINAL
2:00PM	M	Long Jump	FINAL
2:10PM	W	60m Hurdles	Pentathlon
2:20PM	W	60m Hurdles	Heats
2:35PM	M	60m Hurdles	Heats
2:50PM	M	60m	Heptathlon
2:55PM	W	High Jump	Pentathlon
3:10PM	W	1000m Timed	FINAL
3:25PM	M	1000m Timed	FINAL
3:40PM	W	300m	Heats
4:00PM	M	300m	Heats
4:00PM	M	Long Jump	Heptathlon
4:15PM	W	Shot Put	Pentathlon
4:25PM	W	3000m	FINAL
4:40PM	M	3000m	FINAL

**Awards: Weight Throw (M), Long Jump (M), 1000m (M/W), 3000m (M/W)**

5:15PM	W	Long Jump	Pentathlon
5:20PM	M	Shot Put	Heptathlon

**Session 2**

5:45PM	W	Pole Vault	FINAL
6:30PM	W	Long Jump	FINAL
6:40PM	M	High Jump	Heptathlon
6:50PM	W	Shot Put	FINAL
6:50PM	W	60mH	FINAL
7:00PM	M	60mH	FINAL
7:15PM	W	300m	FINAL
7:20PM	M	300m	FINAL
7:30PM	W	800m	Pentathlon

**Awards: Long Jump (W), Pole Vault (W), 60mH (M/W), Shot Put (W), 300m (M/W)**

7:50PM	W	4x800m	FINAL
8:05PM	M	4x800m	FINAL

**Awards: Pentathlon (W), 4x800m Relay (M/W)**

## Day Two , Saturday, February 23

### Session 3

8:30am Canada West Coaches Annual General Meeting

10:45AM	W	Weight Throw	FINAL
10:50AM	M	60mH	Heptathlon
11:30AM	M	Triple Jump	FINAL
11:40AM	M	Pole Vault	Heptathlon
12:00PM	W	High Jump	FINAL
12:30PM	W	60m	Heats
12:50PM	M	60m	Heats
1:10PM	W	600m	FINAL
1:25PM	M	600m	FINAL
1:30PM	M	Pole Vault	FINAL
1:40PM	W	60m	FINAL
1:50PM	M	60m	FINAL
2:00PM	M	Shot Put	FINAL
2:00PM	M	High Jump	FINAL
2:00PM	W	Triple Jump	FINAL
2:00PM	M	1000m	Heptathlon

**Awards: Weight Throw (W), Triple Jump (M), High Jump (W), Pole Vault (M), 600m (M/W), 60m (M/W)**

### Session 4

2:45PM	W	4x200m	FINAL
2:55PM	M	4x200m	FINAL
3:05PM	W	1500m	FINAL
3:20PM	M	1500m	FINAL

**Awards: Shot Put (M), Triple Jump, (W), High Jump (M), 4x200m Relay (M/W), 1500m (M/W), Heptathlon (M)**

3:50PM	W	4x400m	FINAL
4:00PM	M	4x400m	FINAL

**Awards: 4x400m Relay (M/W) & Canada West Championship Trophy & Banner (M/W)**