

June 1, 2009

2009 IAAF World Championships Travel Dates & Training Camp Info

Dear Athletes and Coaches –

We're preparing to measure ourselves against the world and see where we stand. The IAAF World Championships in Berlin will be the first benchmark on our road to the Olympic Games in 2012. Our promise to you is that we will provide support at a world level for your preparation and competition.

Our expectations are high. We've all had to better our preparations and be certain that we've addressed every element in our plans; whether we are athletes, coaches or a member of the support team. How we perform in Berlin will re-set the course for the next three years. We look forward to seeing you at the camp and in Berlin.

Please find below an overview of our plans for the 2009 pre-World Championships Training Camp. More details will be communicated as they become available.

The Training Camp will take place at the **SportCentrum** located in the town of Kamen-Kaiserau which is near the cities of Dortmund and Düsseldorf.

All team members will fly into Düsseldorf on the dates listed below and will depart by train from Dortmund to Berlin. Return flights will be scheduled out of Berlin.

The SportCentrum in Kamen-Kaiserau consists of a high standard accommodation and conference center including a Sport Hotel and School and is one of the best of its kind in Germany (it was used by the Spanish national soccer team in preparation for the '06 World Cup!). We will have access to their track which is currently being completely resurfaced with the same surface that is being used in Berlin. There is brand new weight room prepared with our specifications, fitness facility, throwing field and adjacent grass fields for training.

Further details can be found on their website: <http://www.sportschule-kaiserau.de/index.php?lang=en>.

PRE-WORLDS TRAINING CAMP TRAVEL DATES

Arrive August 4th* - Depart for Berlin August 11th

MEN SP, 100m, HT, 20kRW, 1500m, 400mH, 3000m S/C, TJ, 10,000m

WOMEN HEP, 3000m S/C, TJ, 400m, PV, 10,000m, SP, 800m, JT, 100m, 20kRW, 400Mh

Arrive August 7th* - Depart for Berlin August 14th

MEN DT, 200m, 400m, DEC, HJ, 110mH, PV, 800m, LJ, JT

WOMEN HJ, 1500m, 100mH, DT, 5000m, 200m, HT, LJ

Arrive August 9th* - Depart for Berlin August 17th

MEN 50kRW, 4 x 100m, Marathon, 4 x 400m

WOMEN 4 x 100m, 4 x 400m, Marathon

*Note: for arrivals on these dates, departures from North America will be on the previous day

AC Event Website – please visit the AC event website often as new information will be posted there on an ongoing basis: <http://www.athletics.ca/page.asp?id=297>

Important Dates

April 15 – June 24, 2009 First Qualifying Period

June 25 – July 26, 2009 Final Phase

June 25 – June 28, 2009 2009 National Championships

July 6, 2009

Declaration Deadline – the declaration form can be found on the AC website under the following link: <http://www.athletics.ca/page.asp?id=297> and will also be available at the National Team Office during Nationals

If you have any questions, please don't hesitate to contact Scott (smacdonald@athletics.ca) or Melissa (mdowling@athletics.ca) at the national office.

All the best,



Alex Gardiner
Head Coach

Cc: Martin Goulet, Chief High Performance Officer