

National Championship Participant Training Times and Notes:

The following are the various training locations and details

For training athletes are required to supply their own implements & equipment. Blocks and hurdles will be available.

Rollie Miles Athletic Park: 10450 – 72 Ave

- Bring your own implements. Other equipment (blocks, hurdles, washrooms) available & self governed
- Available Thursday July 7 – Sunday July 10 from 10:00AM – 5:00PM
- Surface similar to Foote Field

Foote Field Competition Venue - 11601 68 Avenue

University of Alberta

- See details below
- Training Dates : Monday July 4 – Wednesday July 6. Specifics listed below
- Competition Dates : Thursday July 7 – Sunday July 10 : Competition + training. Specifics listed below

Foote Field Turf and Warm up Strip : 11601 68 Avenue

University of Alberta

- Monday July 4 - Tuesday July 5 - closed for set up
- Wednesday July 6 - open access
- Thursday July 7 – Sunday July 10 - competition warm up only

Thursday July 7 – Sunday July 10

Foote Field Competition Venue

Competition Track available for training during session breaks

- Partial track access available if Track competition is done, but field event still going on
- Competition venue shut down 30' prior to next session beginning

- Main cage / Javelin closed during session breaks. Turns in circle available, but no releasing of implements

Foote Field Turf and Warm up strip

- Open all day starting at 9:00AM for competition warm ups

Foote Field West Throws / Warm up location

- Open all day starting at 9:00AM for competition warm ups
- Pre comp throws to occur at Rollie Miles from 10:00AM – 5:00PM

Rollie Miles Athletic Park: 10450 – 72 Ave (2.8KM from Competition, 4.3KM from Hotel)

- Open from 10:00AM – 5:00PM
 - o Equipment (blocks / hurdles / horizontal jumps equipment) available on site
 - o Throwing permitted – bring your own implements
 - o Vertical Jumps pits / mats unavailable

Wheelchair warm up to occur on paved path adjacent to competition track

Monday July 4 Foote Field

4:00PM – 8:00PM Open Access. No throwing on infield

Tuesday July 5 Foote Field

9:00 AM – 12:00PM Set up occurs (exception = para cage throws & west throws field)

12:00PM – 9:00PM Training details below

Track

9:00AM – 12:00PM Set up occurring, no training time available

12:00PM – 1:30PM Wheelchairs priority access on inside 6 lanes

1:30PM – 7:30PM No Wheelchairs on track

7:30PM – 9:00PM Wheelchair priority on inside 6 lanes

Jumps

12:00PM – 9:00PM Pits open

4:00 – 6:00 Javelin has priority over HJ if conflicting

6:00 – 8:00 Javelin has priority over PV if conflicting

Throws

Main Cage / Javelin

10:30AM – 12:00PM Para / Rails in main cage circle

12:00PM – 2:00PM Hammer

2:00PM – 4:00PM Discus

4:00PM – 8:00PM Javelin

4:00-6:00

South Runway – PV has priority over Javelin if conflicting

North Runway - Javelin has priority over HJ if conflicting

South Runway – Javelin has priority over PV if conflicting

North Runway – HJ has priority over Javelin if conflicting

6:00-8:00

8:00PM – 9:00PM Field maintenance

West Throws / Warm Up Throws Location

9:00AM – 11:00AM Flex

11:00PM – 1:00PM Para / Rails in Circle

1:00PM – 3:00PM Hammer

3:00PM – 5:00PM Discus

5:00PM – 6:30PM Para / Rails in Circle

6:30PM – 8:30PM Hammer

8:30PM – 9:30PM Flex

North East SP Circle (circle near main finish line) The intended para competition location

9:00AM – 3:00PM Event Set Up – closed for throwing

3:00 – 8:00PM Para / Rails in circle

8:00 – 9:00PM Field maintenance

Shale Shot Put Circle (One circle - Circle closest to hill only) Intended able body comp location

12:00PM – 9:00PM Shot Put

Wednesday July 6 Foote Field

8:00AM – 11:00AM Set up occurring (exception = west throws field)
11:00AM – 9:00PM Training details below

Track

8:00AM – 11:00AM Set up occurring, no training time available
11:00AM – 12:00PM Open Access
12:00PM – 1:30PM Wheelchairs priority access on inside 6 lanes
1:30PM – 7:30PM No Wheelchairs on track
7:30PM – 9:00PM Wheelchair priority on inside 6 lanes

Jumps

8:00AM – 11:00AM Set up occurring, no training time available
11:00AM – 9:00PM Pits open
4:00 – 6:00 Javelin has priority over HJ if conflicting
6:00 – 8:00 Javelin has priority over PV if conflicting

Throws

West Throws Field / Warm Up Location

8:00AM – 10:00AM Flex
10:00AM – 12:00PM Hammer / DT
12:00PM – 2:00PM Para / Rails in circle
2:00PM – 4:00PM Hammer
4:00PM – 6:00PM Discus
6:00PM – 9:00PM Flex

Main Cage / Javelin

- Cage closed. Turns available all day, but no releasing of implements

Javelin:

4:00 – 8:00PM Javelin
4:00-6:00 South Runway – PV has priority over Javelin if conflicting
North Runway - Javelin has priority over HJ if conflicting
6:00-8:00 South Runway – Javelin has priority over PV if conflicting
North Runway – HJ has priority over Javelin if conflicting
8:00PM – 9:00PM Field maintenance

North East SP Circle (circle near main finish line) The intended para competition location

9:00 – 4:00PM Event Set up
4:00 – 8:00PM Rails in circle

Shale Shot Put Circle (One circle - Circle closest to hill only) Intended able body comp location

10:00AM – 8:00PM Shot Put