

2023 Bell Canadian Track & Field Championships Training Session Times



Below you will find information regarding designated training sessions for all interested athletes at McLeod Athletic Park.

- **Monday, July 24th** – McLeod Athletic Park will be **closed** for event preparation.
 - ***Walnut Grove Secondary school is open to the public and available for use throughout the week. Note that there is no equipment on-site.
- **Tuesday, July 25th** – McLeod Athletic Park will be **closed** for event preparation.
 - ***Walnut Grove Secondary school is open to the public and available for use throughout the week. Note that there is no equipment on-site.
- **Wednesday, July 26th** – Open for training between 8:00 a.m. (PST) and 8:00 p.m. (PST).

Track Practice Schedule

1:00 p.m. - 3:00 p.m.	Exclusive to wheelchair athletes
3:00 p.m. - 4:00 p.m.	Media event
4:00 p.m. - 8:00 p.m.	Exclusive to ambulatory athletes

Shuttle bus schedule

Arrive at 12:30 p.m.	Depart at 3:15 p.m.
Arrive at 4:15 p.m.	Depart at 6:00 p.m.
Arrive at 6:30 p.m.	Depart at 8:15 p.m.

Field Practice Schedule

8:00 a.m. - 9:00 a.m.	Hammer cage (discus)
9:00 a.m. - 10:00 a.m.	Hammer cage (hammer)
8:00 a.m. - 2:30 p.m.	Pole Vault
10:00 a.m. - 12:00 p.m.	Javelin
12:00 p.m. - 3:00 p.m.	Para long throw
3:00 p.m. - 4:30 p.m.	Hammer cage (discus)
4:30 p.m. - 6:00 p.m.	Hammer cage (hammer)
4:00 p.m. - 8:00 p.m.	Pole Vault
6:00 p.m. - 8:00 p.m.	Javelin
8:00 a.m. - 8:00 p.m.	Seated shot put/shot put, long/triple jump, high jump

Shuttle bus schedule

No shuttle	
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Arrive at 12:30 p.m.	Depart at 3:15 p.m.
No shuttle	
Arrive at 12:30 p.m.	Depart at 3:15 p.m.
Arrive at 4:15 p.m.	Depart at 6:00 p.m.
Arrive at 4:15 p.m.	Depart at 6:00 p.m.
Arrive at 6:30 p.m.	Depart at 8:15 p.m.
Arrive at 6:30 p.m.	Depart at 8:15 p.m.