

## Indoor Meets 2016 – 17

Date			
Nov 19, 2016	Performance Practice	U de M	10 - 12
Nov 26, 2016	Gagetown Invitational	Oromocto, NB	
Dec 3, 2016	Athletics NB Performance Practice	U de M	
Dec 17 2016	Last Chance Meet	U de M	
Jan 14, 2017	University of Moncton Open	U de M	
Jan 21, 2017	AUS Open	Halifax	
Jan 27, 28 2017	McGill Team Challenge	Montreal	
Feb 4, 2017	NB Indoor Championships	Oromocto NB	
Feb 10, 11, 2017	AUS Relays	Halifax	
Feb 18, 19 2017	AC Indoor Championships	Montreal	
Feb 24, 25	AUS Championships	Moncton	
March 9-11	CIS Championships	York University (?)	

### Notes regarding the track and field competition schedule

1. Not all athletes will attend all of the meets listed above. We will probably have no athletes competing outside of the Atlantic provinces this year – some of the meets listed above are for information only.
2. There are limited dollars for travel so we will choose the meets that will help us build towards a good performance in the AUS championships.
3. The Performance practice is simply a trip to Moncton to train on the indoor facility. The atmosphere is very different and the practice will be invaluable as you prepare to compete in actual meets. The practice may take place early in January instead of in November.

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4. We would like the AUS championships to be your third or fourth meet of the year. I would really like to have relay teams together for the AUS Relays in Halifax on Feb 10, 11.