

ALBERTA

TEAM TALK

ISSUE 5

AUGUST 9, 2011

RECORD BREAKING DAY...

In the Women's High Jump event, Rachel Machin cleared the bar at 1.80M to win gold and set a new Western Canada Summer Games record. In the Women's and Men's 200M events, Shane Ohrt captured silver with a time of 21.73, while on the women's side, Leah Walkeden posted a time of 24.65 to earn the second silver of the day. Leah's teammate Tayllor Lemphers crossed the line in 25.54, finishing just off the podium in fourth position.

The Women's 4x100M Relay Team of Amanda Ntiamoah, Leah Walkeden, Stephanie Clarke and anchored by Isatu Fofanah came in with a time of 45.08. This is Fofanah's second gold medal of the Games, after winning the Women's 100m event on Day 1.

The Men's Team of Benjamin Williams, Matthew Schaeffer, Braden Bullen and anchored by Shane Ohrt came in with a time of 41.45.

It was a double medal day for Team Alberta's triathletes in action today with the Men's and Women's team relay event. Coming off a strong finish in the individual sprint events, the women's team was lead by veteran Karlyn Eford. With her teammates Kinley Gibson and Jessie Lilly, the women crossed the finish line with a time good enough to earn a silver medal.

The men's team of Kameron King, Mackenzie Kary and Russell Pennock earned a bronze medal for their performance.

That increases Team Alberta's medal count to 59, while British Columbia remains in first place with a total of 65 medals.

ALBERTA
MEDAL COUNT



18



20



21

TOTAL

59

DEPARTURE DETAILS

All Sports can stay in their rooms until 7:00 PM. Room MUST be left clean, empty fridge, etc.

Room keys should be collected by coaching staff and returned to front desk in the Athletes Village.

There will be two cargo vans for loading luggage out front of residence at 7:00 PM divided by flight (one for athletics, one of all other sports), this includes all sport equipment. Sleeping bags should be stuffed in luggage if possible or clearly labeled. Once dropped off in cargo van all luggage will not be seen until arrival in Edmonton.



Carry on should be kept with them, they can utilize baggage check in CAC if they wish to leave their carryon behind for a portion of the day.

Busses to airport will be loaded 1 hour and 15 minutes prior to scheduled departure time from Lot N.

Flight 1 will board busses at 10:15 PM (all sports except athletics).

Flight 2 will board busses at 11:45 PM (athletics).

WEATHER FORECAST



Sunny

High: 32

Low: 17

team alberta



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ALBERTA
SPORT, RECREATION
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Alberta

DAILY SCHEDULE - AUGUST 9, 2011

START	END	SPORT	EVENT	VENUE
9:00 AM	10:00 AM	Canoe/Kayak	War Canoe - 500 M Mixed	Shumway Lake
10:00 AM	12:00 PM	Beach Volleyball	Bronze Medal Game Vs. Saskatchewan	Women - Overlander Park Court 3
10:00 AM	11:00 AM	Canoe/Kayak	K1 - 2000 M, C1 - 2000 M (Men's & Women's Final)	Shumway Lake
10:00 AM	12:00 PM	Softball	G2 - 2nd Place vs. 3rd Place	Men - Charles Anderson Stadium Men's Diamond Women - Charles Anderson Stadium Women's Diamond
10:00 AM	12:00 PM	Tennis	Alberta Vs. BC	Canada Games Tennis Centre Courts 1-2 and 3-4
10:15 AM	11:45 AM	Triathlon	Women's Individual Sport Relay	Lac Le Jeune
10:30 AM	12:30 PM	Basketball	Men's Bronze Medal Game Vs. Saskatchewan	Tournament Capital Centre Court 1
11:00 AM	1:00 PM	Athletics	Long Jump (Heptathlon), Pole Vault (Men)	Hillside Stadium
11:45 AM	2:00 PM	Canoe/Kayak	K2 - 2000 M, C2 - 2000 M (Men's & Women's Final)	Shumway Lake
11:45 AM	1:00 PM	Triathlon	Men's Individual Sport Relay	Lac Le Jeune
12:00 PM	2:00 PM	Baseball	Gold Medal Game Vs. BC	McArthur Island - Norbrock Stadium
12:00 PM	2:00 PM	Softball	G3 - Winner G1 vs Winner G2	Men - Charles Anderson Stadium Men's Diamond Women - Charles Anderson Stadium Women's Diamond
12:00 PM		Tennis	Medal Ceremonies	Canada Games Tennis Centre
12:00 PM	3:00 PM	Wrestling	Individual Bronze Medal Matches	Men - McArthur Island Mat B Women - McArthur Island Mat A
12:30 PM	1:10 PM	Athletics	400 M Hurdles (Men's & Women's Final)	Hillside Stadium
1:00 PM	3:00 PM	Athletics	Javelin (Heptathlon), Shot Put (Women)	Hillside Stadium
1:00 PM	3:30 PM	Basketball	Women's Bronze Medal Game Vs. Saskatchewan	Tournament Capital Centre Court 1
1:00 PM	3:00 PM	Beach Volleyball	Gold Medal Game Vs. BC	Men - Overlander Park Court 1
1:10 PM	1:50 PM	Athletics	3000 M (Men's & Women's Final)	Hillside Stadium
1:30 PM		Triathlon	Medal Ceremonies	Lac Le Jeune
1:50 PM	2:30 PM	Athletics	4 x 400 M (Men's & Women's Final)	Hillside Stadium
2:00 PM		Baseball	Medal Ceremonies	McArthur Island - Norbrock Stadium
2:00 PM	4:00 PM	Softball	G4 - Loser G1 vs. Loser G2	Men - Charles Anderson Stadium Men's Diamond Women - Charles Anderson Stadium Women's Diamond
2:15 PM	3:00 PM	Canoe/Kayak	K1 - 200 M, C1 - 200 M (Men's & Women's Finals)	Shumway Lake
2:30 PM	3:00 PM	Athletics	800 M (Heptathlon)	Hillside Stadium
3:00 PM		Athletics	Medal Ceremonies	Hillside Stadium
3:00 PM		Canoe/Kayak	Medal Ceremonies	Shumway Lake
3:00 PM	6:00 PM	Wrestling	Individual Gold Medal Matches	Men - McArthur Island Mat B Women - McArthur Island Mat A
3:30 PM		Beach Volleyball	Medal Ceremonies	Overlander Park
4:00 PM	6:00 PM	Softball	Bronze Medal Game (Loser G3 vs Winner G4)	Men - Charles Anderson Stadium Men's Diamond
6:00 PM	7:30 PM	Basketball	Men's Gold Medal Game	Tournament Capital Centre Court 2
6:00 PM	8:00 PM	Softball	Gold Medal Game (Winner G3 vs Winner G5)	Men - Charles Anderson Stadium Men's Diamond Women - Charles Anderson Stadium Women's Diamond
6:00 PM		Wrestling	Medal Ceremonies	McArthur Island Park
8:00 PM		Basketball	Medal Ceremonies	Tournament Capital Centre
8:00 PM		Softball	Medal Ceremonies	Charles Anderson Stadium

