



MEDIA SCHEDULE

All times are local and subject to change

PRACTICE LOCATIONS

Teams have the option to practice indoors or outdoors on Wednesday and Friday.

Indoor practices will take place at Yara Centre in Moose Jaw.

Outdoor practices will take place at Mosaic Stadium.

Walkthroughs on Saturday will take place at Mosaic Stadium.

Each morning, the CFL Communications team will notify media where each team will practice.

REMINDER

ALL media members – whether print, online, television or other – who do not abide by the CFL's media policy may be asked to leave the venue and they may have their media credentials revoked.



MONDAY, NOVEMBER 14

GREY CUP ARRIVAL

[15 Wing Moose Jaw](#)

Snowbird Blue Hangar

2 – 3 p.m.

The Grey Cup trophy will arrive in Moose Jaw on Monday via Canadian Armed Forces escort.

Media that want to capture the moment should be in position no later than 1:40 p.m. Please arrive earlier to ensure enough setup time.

Interested media are requested to contact Captain Jean Doyon, 15 Wing Moose Jaw Public Affairs Officer, at jean.doyon@Forces.gc.ca or 306-681-3007 no later than 4 p.m. on Thursday, November 10.

The Grey Cup will arrive at the airbase, where a photo and video opportunity will occur with remarks made by CFL Commissioner Randy Ambrosie and additional dignitaries.



TUESDAY, NOVEMBER 15

COMPETING TEAM ARRIVALS

[Kreos Aviation](#)

TBD

Select players from the two competing teams and head coaches will be made available to the media for the first time in Regina. East and West Division Champions will arrive in Regina via aircraft.

A limited number of cameras will be permitted to be on the tarmac.

Media must RSVP to Lucas Barrett (lbarrett@cfl.ca) to confirm attendance and to request access to the tarmac.



PLEASE NOTE

- **Head Coaches are excused from media availability AFTER practice.**
- **Practices may finish early without notice. Media are recommended to arrive for the start of practice.**

MEDIA SHUTTLE BUS

7:30 a.m. Wingate by Wyndham to REAL District

GREY CUP HEAD COACHES' MEDIA CONFERENCE

[Queensbury Convention Centre, REAL District](#)

Ballroom A – 2nd floor

8:30 – 9:15 a.m.

The head coaches from the two competing teams will address the media simultaneously. This will be their only media availability on this day. A question & answer period will follow opening remarks. Continental breakfast will be served in Meeting Room 2 beginning at 7:30 a.m.

MEDIA SHUTTLE BUS

9:30 a.m. Wingate by Wyndham to Mosaic Stadium

EAST DIVISION CHAMPIONS PRACTICE

[Mosaic Stadium](#)

10 a.m. – 12 p.m.

Open practice to media. Filming of practice from the sidelines is restricted. Teams will notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.

Still cameras (including phones) are prohibited from capturing group shots that show formations.

All cameras must shoot from the sideline(s) designated by the CFL (not from end zones).

Lunch will be served for media in attendance.

MEDIA SHUTTLE BUS

11:30 a.m. Wingate by Wyndham to Mosaic Stadium

EAST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

12 – 12:45 p.m.

In-person media availabilities will occur on field (distanced OR masked) and in the press conference room (distanced AND masked).

MEDIA SHUTTLE BUS

1 p.m. Wingate by Wyndham to Mosaic Stadium

1:30 p.m. Mosaic Stadium to Wingate by Wyndham

WEST DIVISION CHAMPIONS PRACTICE

[Mosaic Stadium](#)

2 – 4 p.m.

Open practice to media. Filming of practice from the sidelines is restricted. Teams will notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.

Still cameras (including phones) are prohibited from capturing group shots that show formations.

All cameras must shoot from the sideline(s) designated by the CFL (not from end zones).

WEST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

4 – 4:45 p.m.

In-person media availabilities will occur on field (distanced OR masked) and in the press conference room (distanced AND masked).

MEDIA SHUTTLE BUS

5 p.m.

Mosaic Stadium to Wingate by Wyndham

CFL PLAYER AWARDS NOMINEES MEDIA AVAILABILITY

[Delta Hotel](#)

Sorrento Room – 3rd

Floor

5:30 p.m.

The East & West Most Outstanding Players for the 2022 season will be available for media interviews. NOTE: This will not include any players that are on the teams participating in the Grey Cup.

GREY CUP MEDIA PARTY

[Lancaster](#)

7:30 – 11 p.m.

Saskatchewan Roughriders, 2022 Grey Cup Festival and TSN's Dave Naylor, invite accredited media to the Grey Cup Media Party at Lancaster's downtown location.



PLEASE NOTE

- Team practices are closed to the media today.
- The quarterbacks of both teams are excused from tomorrow's media availability.

MEDIA SHUTTLE BUS

7:30 a.m. Wingate by Wyndham to REAL District

MEDIA DAY – EAST DIVISION CHAMPIONS

[Queensbury Convention Centre, REAL District](#)

Ballroom B – 2nd floor

9 – 10:30 a.m.

A buffet breakfast will be from 7:30 – 8:15 a.m. Following breakfast, 24 players and coaches from the East Division Champions will be available for interviews. The Grey Cup Trophy will be present.

Players and coaches will be stationed in individual booths for interviews.

Media are welcome to make use of Meeting Room 2 as a work area. This space will be available until the conclusion of the West Division Champions' media day session.

MEDIA SHUTTLE BUS

11 a.m. Wingate by Wyndham to REAL District

MEDIA LUNCH

[Queensbury Convention Centre, REAL District](#)

Meeting Room 2 – 2nd floor

12 p.m.

Between the two Media Day sessions, lunch will be served.

MEDIA SHUTTLE BUS

1 p.m. Wingate by Wyndham to REAL District

MEDIA DAY – WEST DIVISION CHAMPIONS

[Queensbury Convention Centre, REAL District](#)

Ballroom B – 2nd floor

1:30 – 3 p.m.

24 players and coaches from the West Division Champions will be available for interviews. The Grey Cup Trophy will be present.

Players and coaches will be stationed in individual booths for interviews.

Ballroom B and the media work area in Meeting Room 2 will close following the conclusion of the West Division Champions' media day session.

MEDIA SHUTTLE BUS

3:30 p.m. REAL District to Wingate by Wyndham

4:45 p.m. Wingate by Wyndham to Conexus Arts Centre

MEDIA LOCKDOWN ROOM OPENS FOR CFL AWARDS

[Conexus Arts Centre](#)

Jacqui Shumiatcher Room

5 p.m.

Media will be provided with the evening's results under embargo. Media will be strictly prohibited from publicizing any information until after each award has been presented.

Media are asked to enter via west entrance.

After each award presentation, the winner will be made available to the media.

Dinner will be served at 6 p.m.

MEDIA SHUTTLE BUS

6 p.m.

Wingate by Wyndham to Conexus Arts Centre

CFL AWARDS

[Conexus Arts Centre](#)

7 – 9 p.m.
(approx.)

TSN's Kate Beirness will host the 2022 CFL Awards. The night will recognize the top individual performances and achievements from the season by naming the Most Outstanding Player, Most Outstanding Defensive Player, Most Outstanding Canadian, Most Outstanding Offensive Lineman, Most Outstanding Special Teams Player, Most Outstanding Rookie, Coach of the Year, Commissioner's Award, Hugh Campbell Distinguished Leadership Award, Jake Gaudaur Veterans' Award, Tom Pate Award and the Jane Mawby Tribute Award.

MEDIA SHUTTLE BUS

9:30 p.m.

Conexus Arts Centre to Wingate by Wyndham



PLEASE NOTE

- The quarterbacks of both teams are excused from today's media availability.
- Practices may finish early without notice. Media are recommended to arrive for the start of practice.
- Media members must leave the afternoon practice no later than 5 p.m.

MEDIA SHUTTLE BUS

7 a.m. Wingate by Wyndham to REAL District

CFL COMMISSIONER'S STATE OF THE LEAGUE MEDIA ADDRESS

[Queensbury Convention Centre, REAL District](#)

Ballroom A – 2nd floor

8 – 8:45 a.m.
(approx.)

CFL Commissioner Randy Ambrosie will discuss the state of the league with national media. A question-and-answer period will follow opening remarks.

A continental breakfast will be served beginning at 7 a.m. in Meeting Room 2.

MEDIA SHUTTLE BUS

9:15 a.m. REAL District to Mosaic Stadium, then on to Wingate by Wyndham

EAST DIVISION CHAMPIONS PRACTICE

[Mosaic Stadium](#)

10 a.m. – 12 p.m.

Open practice to media. Filming of practice from the sidelines is restricted. Teams will notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.

Still cameras (including phones) are prohibited from capturing group shots that show formations.

All cameras must shoot from the sideline(s) designated by the CFL (not from end zones).

Lunch will be served for media in attendance.

FAN STATE OF THE LEAGUE WITH COMMISSIONER AMBROSIE

[International Trade Centre](#)

Riderville

10 – 11 a.m.

CFL Commissioner Randy Ambrosie will provide an update to hundreds of fans in a town hall-style event before taking questions. The Grey Cup Trophy will be in attendance.

MEDIA SHUTTLE BUS

11:30 a.m. Wingate by Wyndham to Mosaic Stadium

EAST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

12 – 12:30 p.m. In-person media availabilities will occur on field (distanced OR masked) and in the press conference room (distanced AND masked).

EAST DIVISION CHAMPIONS HEAD COACH MEDIA AVAILABILITY

12:30 – 12:45 p.m. Media conference room – Mosaic Stadium

MEDIA SHUTTLE BUS

1 p.m. Wingate by Wyndham to Mosaic Stadium

1:30 p.m. Mosaic Stadium to Wingate by Wyndham

WEST DIVISION CHAMPIONS PRACTICE

[Mosaic Stadium](#)

2 – 4 p.m. Open practice to media. Filming of practice from the sidelines is restricted. Teams will notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.

Still cameras (including phones) are prohibited from capturing group shots that show formations.

All cameras must shoot from the sideline(s) designated by the CFL (not from end zones).

WEST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

4 – 4:30 p.m. In-person media availabilities will occur on field (distanced OR masked) and in the press conference room (distanced AND masked).

WEST DIVISION CHAMPIONS HEAD COACH MEDIA AVAILABILITY

4:30 – 4:45 p.m. Media conference room – Mosaic Stadium

MEDIA SHUTTLE BUS

5 p.m. Mosaic Stadium to Wingate by Wyndham



PLEASE NOTE

- **Players and Head Coaches will be made available to the media following walkthroughs.**
- **Walkthrough practices may finish early without notice. Media are recommended to arrive for the start of walkthrough.**
- **Media members must leave the stadium no later than 4:30 p.m.**

MEDIA SHUTTLE BUS

9:30 a.m. Wingate by Wyndham to Mosaic Stadium
10:30 a.m.

WEST DIVISION CHAMPIONS WALKTHROUGH

[Mosaic Stadium](#)

10:30 a.m. – 11:30 a.m. Open practice to media. The press box, media conference room and photographers' room are available for use until 4:30 p.m.

Filming of practice from the sidelines is restricted. Teams will notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.

Still cameras (including phones) are prohibited from capturing group shots that show formations.

All cameras must shoot from the sideline(s) designated by the CFL (not from end zones).

All cameras (including phones) are prohibited from shooting from the press box or any other elevated location without permission from the CFL.

Lunch will be served in the press box.

MEDIA SHUTTLE BUS

11:30 a.m. Wingate by Wyndham to Mosaic Stadium

WEST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

11:30 a.m. – 12 p.m. On the field – Mosaic Stadium

MEDIA SHUTTLE BUS

12:30 p.m. Wingate by Wyndham to Mosaic Stadium

WEST DIVISION CHAMPIONS HEAD COACH MEDIA AVAILABILITY

12 p.m. – 12:15 p.m. Media Conference Room – Mosaic Stadium

MEDIA SHUTTLE BUS

1 p.m. Mosaic Stadium to Wingate by Wyndham

EAST DIVISION CHAMPIONS WALKTHROUGH

[Mosaic Stadium](#)

12:30 – 1:30 p.m.

Open practice to media. The press box, media conference room and photographers' room are available for use until 4:30 p.m.

Filming of practice from the sidelines is restricted. Teams will notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.

Still cameras (including phones) are prohibited from capturing group shots that show formations.

All cameras must shoot from the sideline(s) designated by the CFL (not from end zones).

All cameras (including phones) are prohibited from shooting from the press box or any other elevated location without permission from the CFL.

MEDIA SHUTTLE BUS

2 p.m.

Mosaic Stadium to Wingate by Wyndham

EAST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

1:30 – 2 p.m.

On the field – Mosaic Stadium

EAST DIVISION CHAMPIONS HEAD COACH MEDIA AVAILABILITY

2 – 2:15 p.m.

Media Conference Room – Mosaic Stadium

MEDIA SHUTTLE BUS

3 p.m.

Mosaic Stadium to Wingate by Wyndham

4:30 p.m.



PLEASE NOTE

- Both Head Coaches will have a pre-game media availability in the Mosaic Stadium media conference room.
- Non-rights holders will have the opportunity to do live hits on the field from 3:30 – 3:55 p.m.

FOOTBALL REPORTERS OF CANADA HALL OF FAME INDUCTION BRUNCH

[DoubleTree by Hilton](#)

Swift Current Room

9 a.m. The Football Reporters of Canada’s brunch, followed by Hall of Fame inductions.

MEDIA SHUTTLE BUS

1 p.m. Wingate by Wyndham to Mosaic Stadium

2 p.m.

3 p.m.

PRESS BOX OPENS TO THE MEDIA

[Mosaic Stadium](#)

2 p.m. A pre-game meal will be served beginning at 4 p.m. A snack will be served at halftime.

GATES OPEN TO THE PUBLIC

3 p.m.

EAST DIVISION HEAD COACH PRE-GAME MEDIA AVAILABILITY

3 p.m. Media Conference Room

WEST DIVISION HEAD COACH PRE-GAME MEDIA AVAILABILITY

3:15 p.m. Media Conference Room

NON-RIGHTS HOLDERS’ IN-BOWL STAND-UPS

3:30 – 3:55 p.m. A group departure from the Media Conference Room will take place shortly after the West Division Head Coach pre-game media availability. All non-rights holders must be escorted at field level by CFL Communications representatives.

109TH GREY CUP GAME

5 p.m.

MEDIA SHUTTLE BUS

9:30 p.m. Mosaic Stadium to Wingate by Wyndham

10:30 p.m.

11:30 p.m.