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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 Calgary Foothills Soccer Club.

Wednesday's outdoor practice will take place at Shouldice Park.

Friday's outdoor practice will take place at McMahon Stadium.

Walkthroughs on Saturday will take place at McMahon Stadium.

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



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

7:45 a.m. Homewood Suites Downtown Calgary to Stampede Park
8:30 a.m.

MEDIA DAY – EAST DIVISION CHAMPIONS

[BMO Centre – Palomino Room](#)

9 – 10:30 a.m. Media are invited to attend a buffet breakfast from 7:45 – 9:00 a.m. Following breakfast, players and coaches from the East Division Champions will be available for interviews and the Grey Cup Trophy will be present.

Media who require a booth may contact Lucas Barrett (lbarrett@cfl.ca). Booths are limited and must be reserved in advance.

Media are welcome to make use of the work area which will be available until the conclusion of the West Division Champions' media day session.

MEDIA SHUTTLE BUS

11 a.m. Homewood Suites Downtown Calgary to Stampede Park

MEDIA LUNCH

[BMO Centre – Palomino Room](#)

12:00 p.m. Between the two Media Day sessions, lunch will be served.

FOOTBALL CANADA ANNOUNCEMENT

[BMO Centre – Palomino Room](#)

1:00 p.m. Football Canada will be holding an announcement between both media days. Details to follow.

MEDIA SHUTTLE BUS

2:30 p.m. Homewood Suites Downtown Calgary to Stampede Park

MEDIA DAY – WEST DIVISION CHAMPIONS

[BMO Centre – Palomino Room](#)

3:00 p.m. – 4:30 p.m. Players and coaches from the West Division Champions will be available for interviews. Players and coaches will be available for interviews and the Grey Cup Trophy will be present.

Media who require a booth may contact Lucas Barrett (lbarrett@cfl.ca). Booths are limited and must be reserved in advance.

Stampede Park staff will be converting the room following the completion of media day.

MEDIA SHUTTLE BUS

4:45 p.m. Stampede Park to Homewood Suites Downtown Calgary

MEDIA SHUTTLE BUS

5:45 p.m. Homewood Suites Downtown Calgary to Scotiabank Saddledome

MEDIA LOCKDOWN ROOM OPENS FOR SHAW CFL AWARDS

[Scotiabank Saddledome – Media Lounge \(Media to enter through security/loading dock\)](#)

5:30 p.m. Doors to the media lockdown room will open at 5:30 p.m. at which time, 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.

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

Dinner will be served at 6:00 p.m.

SHAW CFL AWARDS RED CARPET

[Scotiabank Saddledome – Dutton's Entrance](#)

6 – 7:30 p.m. Players and honoured guests' arrival for the award ceremony.

MEDIA SHUTTLE BUS

6:45 p.m. Homewood Suites Downtown Calgary to Scotiabank Saddledome

SHAW CFL AWARDS

[Scotiabank Saddledome](#)

7:30 – 9:30 p.m. (approx.) TSN's James Duthie will host the 2019 Shaw CFL Awards. The night will recognize individual performances and achievements from the season by naming the Most Outstanding Player, Most Outstanding Defensive Player, Most Outstanding Canadian, Nissan TITAN Most Outstanding Offensive Lineman, Most Outstanding Special Teams Player, Most Outstanding Rookie, Coach of the Year and the first recipient of the Jane Mawby Tribute Award.

MEDIA SHUTTLE BUS

10 p.m. Scotiabank Saddledome to Homewood Suites Downtown.



PLEASE NOTE The quarterbacks of both teams are excused from today's media availability. Media members must leave the afternoon practice no later than 5 p.m.

MEDIA SHUTTLE BUS

8 a.m. Homewood Suites Downtown Calgary to Stampede Park

CFL COMMISSIONER'S STATE OF THE LEAGUE MEDIA ADDRESS

[Stampede Park - Boyce Theatre](#)

8:30 – 9:15 a.m. CFL Commissioner Randy Ambrosie will discuss the state of the league with national and international media. A question and answer period will follow opening remarks.

A designated area will be set for video cameras.

A continental breakfast will be served beginning at 7:30 a.m.

MEDIA SHUTTLE BUS

9:30 a.m. Stampede Park to Calgary Foothills Soccer Club OR McMahon Stadium.

EAST DIVISION CHAMPIONS PRACTICE

Calgary Foothills Soccer Club OR McMahon Stadium

10:15 a.m. – 12:15 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 at 1 p.m. In the case that teams are not practicing at the same location, lunch will be served at the second practice location.

FAN STATE OF THE LEAGUE WITH COMMISSIONER AMBROSIE

[Stampede Park - Boyce Theatre](#)

10:30 – 11:30 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

11:25 a.m. Homewood Suites Downtown Calgary to Calgary Foothills Soccer Club OR McMahon Stadium

EAST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

12:15 – 12:45 p.m. On the field – Calgary Foothills Soccer Club OR McMahon Stadium. Select players will take the podium.

EAST DIVISION CHAMPIONS HEAD COACH MEDIA AVAILABILITY

12:45 – 1 p.m. Media conference room – Calgary Foothills Soccer Club OR McMahon Stadium

MEDIA SHUTTLE BUS

1:00 p.m. Homewood Suites Downtown Calgary to Shouldice Park OR Calgary Foothills Soccer Club
Note: If teams are not practicing at the same location, a shuttle will also be offered from the first location to the other. That shuttle will then head back to the hotel.

MEDIA SHUTTLE BUS

1:45 p.m. Calgary Foothills Soccer Club OR McMahon Stadium to Homewood Suites Downtown Calgary

WEST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

1:45 – 2:15 p.m. On the field – Calgary Foothills Soccer Club OR McMahon Stadium. Select players will take the podium.

WEST DIVISION CHAMPIONS HEAD COACH MEDIA AVAILABILITY

2:15 – 2:30 p.m. Media conference room – Calgary Foothills Soccer Club OR McMahon Stadium.

WEST DIVISION CHAMPIONS PRACTICE

Calgary Foothills Soccer Club OR McMahon Stadium

2:30 – 4:30 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).

MEDIA SHUTTLE BUS

2:45 p.m. Calgary Foothills Soccer Club OR McMahon Stadium to Homewood Suites Downtown

4:45 p.m. Calgary

INTERNATIONAL GRIDIRON FOOTBALL EVENT HOSTED BY THE CFL

[ATCO Stratosphere at Stampede Park](#)

4:30 – 5:15 p.m. Media are invited to an exciting announcement on how the CFL and its partners from around the world are working together to grow the game of gridiron football. Food and refreshments (with an international flare) to be provided.



SATURDAY, NOVEMBER 23

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 the walkthrough. Media members must leave the stadium no later than 4:30 p.m.

MEDIA SHUTTLE BUS

9:30 a.m. Homewood Suites Downtown Calgary to McMahon Stadium

WEST DIVISION CHAMPIONS WALKTHROUGH

[McMahon Stadium](#)

10:30 – 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 12:30 p.m. in the main auxiliary media room in the amateur facility (west side of McMahon Stadium).

MEDIA SHUTTLE BUS

11:15 a.m. Homewood Suites Downtown Calgary to McMahon Stadium

WEST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

11:30 a.m. – 12 p.m. On the field – McMahon Stadium. Select players will be take the podium.

WEST DIVISION CHAMPIONS HEAD COACH MEDIA AVAILABILITY

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

MEDIA SHUTTLE BUS

12:30 p.m. McMahon Stadium to Homewood Suites Downtown Calgary

EAST DIVISION CHAMPIONS WALKTHROUGH

McMahon 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.

Lunch will be served 12:30 p.m. in the main auxiliary media room in the amateur facility (west side of McMahon Stadium).

MEDIA SHUTTLE BUS

1:45 p.m.

McMahon Stadium to Homewood Suites Downtown Calgary.

EAST DIVISION CHAMPIONS PLAYER MEDIA AVAILABILITY

1:30 – 2 p.m.

On the field – McMahon Stadium. Select players will be take the podium.

EAST DIVISION CHAMPIONS HEAD COACH MEDIA AVAILABILITY

2 – 2:15 p.m.

Media Conference Room – McMahon Stadium

MEDIA SHUTTLE BUS

3 p.m.

McMahon Stadium to Homewood Suites Downtown Calgary

4:30 p.m.



SUNDAY, NOVEMBER 24

PLEASE NOTE Both Head Coaches will have a pre-game media availability at the podium.
Non-rights holders will be able to do live hits on the field from 2:30 – 3:15 p.m.

FOOTBALL REPORTERS OF CANADA HALL OF FAME INDUCTION BRUNCH

[Homewood Suites Downtown Calgary](#)

9 a.m. The Football Reporters of Canada's Annual General Meeting will follow the brunch.

MEDIA SHUTTLE BUS

12 p.m. Homewood Suites Downtown Calgary to McMahon Stadium

1 p.m.

2 p.m.

3 p.m.

PRESS BOX OPEN TO THE MEDIA

[McMahon Stadium](#)

1 p.m. A pre-game meal will be served beginning at 3 p.m. A snack will be served at halftime.

GATES OPEN TO THE PUBLIC

2 p.m.

EAST DIVISION HEAD COACH PRE-GAME MEDIA AVAILABILITY

2 p.m. Media Conference Room

WEST DIVISION HEAD COACH PRE-GAME MEDIA AVAILABILITY

2:15 p.m. Media Conference Room

NON-RIGHTS HOLDERS' IN-BOWL STAND-UPS

2:30 – 3:15 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.

107TH GREY CUP PRESENTED BY SHAW

[McMahon Stadium](#)

4 p.m.

NOTE: If media need to use any type of radio frequency in order to perform their job on game day, it is mandatory to contact CFL Communications. Your equipment will need to be approved and you will be told what frequency to use.

TSN and RDS are the only television stations permitted to broadcast the game, as well as, the pregame and post-game ceremonies. Without expressed consent, no other television cameras are permitted to shoot or record inside the stadium or on the field outside of the Non-Rights Holders' In-Bowl Stand-Ups window.

All other television reporters and camera crews are required to remain in the designated media areas or the media holding area until the post-game trophy presentations have concluded.

Media will be allowed access to the field after the presentation of the Grey Cup trophy.

MEDIA SHUTTLE BUS

9 p.m.

McMahon Stadium to Homewood Suites Downtown Calgary

10 p.m.

10:30 p.m.

11:30 p.m.

12:00 a.m.