

POST'S
GUIDE
to the
PAN AM
GAMES



RUGBY SEVENS

GUIDE TO THE GAMES

BY KAITLYN McGRATH,
NATIONAL POST

Venue

Exhibition Stadium

Venue acronym

EPS

Landmark status

Medium

Toronto's major league soccer team, Toronto FC play here. In 2016, the CFL's Toronto Argonauts will become residents.

Other events at venue

None, but just a short walk away see events like volleyball, handball and roller figure skating at Exhibition Centre and at the Beach Volleyball Stadium.

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Transit options

Take Line 1 to Union Station, then the 509 streetcar to venue. Or take Line 2 to Bathurst Station and take the 511 streetcar south to the grounds.

For exact directions, try:

Triplinx.ca

[TTC trip planner](#)

Schedule

July 11 Preliminary round, all day

July 12 More preliminary matches and medal rounds.

[See the full competition schedule at the Pan Am website](#)

How the sport works

This description is brought to you

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by the number 7. Think of Rugby Sevens as Rugby Lite. Same great taste but less filling of days and days of matches. The whole tournament is over in two days, which makes it perfect for multi-sport games like the Pan Ams and Olympics. Rugby Sevens borrows the same rules as its traditional counterpart but is played with less players (7 instead of 15) and has two shorter halves (7 minutes each). The pitch, however, is full size (100 metres by 70 metres) meaning players have a lot of room to move. For this reason, sevens tends to be high scoring and moves at a quick pace.

Teams competing

Women

Argentina, Brazil, Canada,

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Colombia, Mexico, United States

Men

Argentina, Brazil, Canada, Chile,
Guyana, Mexico, United States,
Uruguay

Canada's team

Women

Britt Benn, Belleville, Ont.; Hannah Darling, Warsaw, Ont.; Magali Harvey, Quebec City; Sara Kaljuvee, Pickering, Ont.; Jen Kish, Edmonton; Ghislaine Landry, Toronto; Kayla Moleschi, Williams Lake, B.C.; Karen Paquin, Quebec City; Nadia Popov, Newmarket, Ont.; Kelly Russell, Caldeon, Ont.; Ashley Steacy, Lethbridge, Alta.; Natasha Watcham-Roy, Gatineau, Que.

Men

Admir Cejvanovic, Burnaby,

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B.C.; Justin Douglas, Abbotsford, B.C.; Sean Duke, Vancouver; Mike Fualiefau, Victoria; Lucas Hammond, Toronto; Nathan Hirayama, Richmond, B.C.; Harry Jones, Vancouver; Phil Mack, Victoria; John Moonlight, Picering, Ont.; Matt Mullins, Belleville, Ont.; Conor Trainor, Vancouver; Sean White Victoria



Harry Jones versus Samoa in 2014.

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Tournament format

Men

Eight teams are split into two groups and play a round robin. Every team moves on to the quarter-final round, with the top team in each group facing the last place finisher in the opposing group. The second-place team from each group cross over and play the third place teams. From there it is a standard single-elimination bracket.

Women

A pool of six teams play a round robin with each team playing each other once. The top two teams move on to the gold medal game while the third- and fourth-place finishers battle for bronze.

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Results from 2011 Pan Ams

Men

1. Canada, 2. Argentina, 3. U.S.

Women

2015 is the event's debut.

Why it's worth watching

It's fast-paced and full of end-to-end action with momentum able to shift rapidly between teams over the course of the match. And if you discover you hate it, you only wasted 14 minutes of your life. The sport will be added to the Olympic roster at the 2016 Rio Summer Games so here's your chance at a sneak preview at some of the world's top teams.

Competition outlook

Men

Canada edged Argentina 26-24

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in the 2011 final. In the World Rugby Sevens Series, the United States, Canada and Argentina are closely matched, with the U.S. having their best finish in sixth place while Argentina finished in eighth position, one spot ahead of Canada's ninth place.

Women

The Canadian women will be the favourites in this field based on their strong second place finish in this year's the World Rugby Women's Sevens Series. The United States finished in fifth in the Series and will likely be the biggest threat to Canada winning gold.

Photo: Ethan Miller, Getty Images
