

ACAC INDOOR TRACK CHAMPIONSHIPS INFORMATION

Location:	Edmonton Garrison Military Fitness Center Field House CFB Edmonton Mons Ave and RR224	
Date:	Friday, Feb 27 & Saturday, Feb 28	
Distances & Starting Times:	3000m	Friday 5:30 (women) 6:00 (men)
	300m	Friday 6:45 (men)
	1000m	Friday 7:10 (women) 7:20 (men)
	600m	Saturday 10:45 (women) 11:05 (men)
	1500m	Saturday 11:25 (women) 11:45 (men)
	4x400m	Saturday 12:15 (women) 12:33 (men)
Runners going:	Everyone who indicated.	
Transportation:	3 – 5 cars, driving in convoy	
Vehicle Loading:	Friday 3:15 pm / Saturday 8:15 am in parking lot outside Faith and Life front entrance	
Leave Augustana:	Friday 3:20 pm / Saturday 8:20 am (we will not wait for latecomers)	
Arrive Edmonton:	Friday 4:45 pm / Saturday 9:45 am	
Leave Edmonton:	Friday 8:30 pm / Saturday 4:30 pm (after the awards presentation/lunch)	
Arrive Augustana:	Friday 10:00 pm / Saturday 6:00 pm	
Facilities:	Change rooms and showers; lockers; bring own towel and lock or bring belongings to track; shower sandals recommended !?! preferably have your running gear on before Augustana departure	
Lunch:	Saturday 2:00 pm at Polish Hall 10960-104 St Edmonton \$25 cost; casual apparel	