

## **ACAC INDOOR TRACK CHAMPIONSHIPS INFORMATION**

Location:	University of Lethbridge, Lethbridge, AB 4401 University Drive	
Date:	Friday, Mar 3 & Saturday, Mar 4	
Distances & Starting Times:	3000m	Friday 5:30 (women) 6:00 (men)
	300m	Friday heats/finals 6:30/7:50 (women) Friday 6:50/8:05 (men)
	1000m	Friday 7:15 (women) 7:30 (men)
	600m	Saturday 11:00 (women) 11:30 (men)
	1500m	Saturday 11:55 (women) 12:15 (men)
	4x400m	Saturday 1:00 (women) 11:40 (men)
Runners going:	Everyone who indicated.	
Transportation:	tbd, driving in convoy	
Vehicle Loading:	Friday 10:50 pm in parking lot outside Faith and Life front entrance	
Leave Augustana:	Friday 11:00 pm (we will not wait for latecomers)	
Arrive Lethbridge:	Friday 4:00 pm	
Leave Lethbridge:	Saturday 5:30 pm (after the awards presentation/lunch)	
Arrive Augustana:	Saturday 10:30 pm	
Accommodations:	Sandman Hotel	
Facilities:	Change rooms and showers; lockers; bring own towel and lock or bring belongings to track; preferably have your running gear on before Augustana departure	
Food:	On your own except banquet. Friday lunch: eat before leaving or bring along a bag lunch Friday supper: bring along snack/light supper to eat 3 hours before your race; can eat more after race Saturday breakfast: bring your own or can go to eg. Tim Horton's	
Awards banquet:	Saturday 3:00 pm Sandman Hotel, Lethbridge	