

SAIT INDOOR TRACK MEET INFORMATION

Location:	Repsol (formerly Talisman) Centre, Calgary, 2225 Macleod Trail SE		
Date:	Saturday, Feb 3		
Distances & Starting Times:	3000m	12:00 (women)	12:30 (men)
	300m	1:00 (women)	1:30 (men)
	1000m	2:00 (women)	2:20 (men)
	4x400m	2:40 (women)	3:10 (men)
Runners going:	Everyone who indicates by signing up on-line.		
Transportation:	Vehicles tbd driving in convoy		
Vehicle Loading:	7:15 am (note: time may be earlier if driving conditions slower - check email Friday evening) in parking lot outside Faith and Life front entrance		
Leave Augustana:	7:20 am (we will not wait for latecomers)		
Arrive Calgary:	11:00 am		
Leave Calgary:	4:00 pm		
Arrive Augustana:	7:30 pm		
Facilities:	Change rooms and showers; bring own towel and bring belongings to track; preferably have your running gear on before Augustana departure		
Food:	On your own. breakfast: eat before leaving or bring along a bag breakfast snack: bring along snack to eat 3 hours before your race lunch: own bag lunch supper: own bag supper or we will stop briefly in Airdrie for fast pick up		