

ACAC INDOOR TRACK CHAMPIONSHIPS INFORMATION

Location:	Kinsmen Field House 9100 Walterdale Hill, Edmonton	
Date:	Friday, March 9 & Saturday, March 10	
Distances & Starting Times:	3000m	Friday 5:30 (women) 6:00 (men)
	300m	Friday heats/finals 6:30/8:00 (women) Friday 6:50/8:15 (men)
	1000m	Friday 7:15 (women) 7:30 (men)
	600m	Saturday 8:30 (women) 9:00 (men)
	1500m	Saturday 9:30 (women) 10:00 (men)
	4x400m	Saturday 11:00 (women) 11:15 (men)
Runners going:	Everyone who signed up using the web site form. Sign up by Tues, Feb 27.	
Transportation:	tbd, driving in convoy (you must tell me by Friday Mar 2 if you are travelling on your own / going to be/stay in Edmonton Friday/Saturday/Sunday)	
Vehicle Loading:	Friday 3:05 pm Saturday 6:30 in parking lot outside Faith and Life front entrance	
Leave Augustana:	Friday 3:10 pm (we will not wait for latecomers) Saturday 6:35 am (we will not wait for latecomers)	
Arrive Edmonton:	Friday 4:30 pm Saturday 7:45 am	
Leave Edmonton:	Friday 8:30 pm Saturday 5:00 pm (after the 3:00 pm awards presentation/dinner)	
Arrive Augustana:	Friday 9:45 pm Saturday 6:15 pm	
Facilities:	Change rooms and showers; bring belongings to track; best to have your running gear on before Augustana departure	
Food:	On your own except awards dinner. Friday supper: bring along snack/light supper to eat 3 hours before your race; can eat more after race Saturday breakfast: eat before leaving or bring along Saturday lunch: bring light bag lunch for after your event(s)	
Awards dinner:	Saturday 3:00 pm Sutton Place Hotel, 10235-101 St., Edmonton (please tell me if you have any allergies or special dietary requirements) Dress – casual, nice; team colors preferred	