

2018 CCAA XC Championships

Pre-race preparation

- 8+ hours sleep next 5 nights
- good eating
- good hydration
- maintenance running following schedule
- clean & sharpen spikes / clean runners / good laces

Schedule

Monday

tba running practice – usual place

Tuesday

tba running practice – usual place

Wednesday

tba running practice – usual place

Thursday

rest/travel day

1:30pm load vehicles at Faith and Life front entrance Augustana

1:35pm depart for airport

5:00pm flight departure

10:55pm arrive Toronto

11:45pm airport hotel check-in

Friday

11:30am course walk / jog & team picture

3:00pm CCAA hotel check-in

5:30pm supper at Toronto restaurant

7:30pm return to hotel

Saturday

Women		Men	
8:30-9:00	Breakfast		
		9:00-10:00	breakfast
10:45	arrive race start	10:45	arrive race start
11:05	easy warmup		
11:30	1-2 min race pace or shorter with lots of recovery		
11:40	Opening ceremonies	11:40	Opening ceremonies
11:50	team mtg at start area	11:50	team mtg in stadium
11:57	Viking cheer	11:57	Viking cheer
12:00	women's race start - run fast		
		12:10	Easy warmup
		12:35	1-2 min race pace or shorter with lots of recovery
		12:50	team mtg at start area
		12:57	Viking cheer
		1:00	race start - run fast

2:00pm bandit race?

5:30pm awards banquet

Sunday

8am-3pm touring Toronto
7:00pm Toronto flight departure
9:30pm Edmonton arrival
11:00pm arrive Augustana

Clothing

- be prepared for all possibilities
 - warmups
 - rain gear
 - warmup shoes if wet
 - thin polyester gloves
 - toque
 - scarf
 - tights
 - lycra shorts
 - running shorts
 - 2 thin long-sleeve shirts
 - short-sleeve shirt
 - singlet
- bring your own singlets
- race numbers distributed Saturday morning

Other

- *remember to bring appropriate id for boarding the plane*, eg. driver's license, passport
- bring headphones for plane
- very important to hydrate on airplane - bring large water bottle to fill after going through security
- bring food for plane (supper)
- essentials, including spikes, in personal bag: 15 cm x 33 cm x 43 cm (6 in x 13 in x 17 in), 7 kg ;
- 2 team checked bags and 1 carry-on; additional checked bags cost extra

Events

1. Team picture: 12:00 noon Friday, race site
 - wear Augustana warmups, bring singlet
2. Awards banquet: 5:30 pm Saturday, Shangri La Convention Centre, Markham
 - dress semi-formal

Hotel

Courtyard & Towneplace Suites, Toronto Northeast/Markham
7095 Woodbine Avenue, Markham, ON L3R 1A3 Canada
(905) 752-0446

Championship website

<http://www.ccaa.ca/sports/xc/championship/information/index>

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