

ACAC INDOOR TRACK CHAMPIONSHIPS INFORMATION

Location:	Repsol Centre 2225 Macleod Trail SE, Calgary
Date:	Friday, March 15 & Saturday, March 16
Distances & Starting Times:	3000m Friday 5:00 (women) 5:30 (men) 300m Friday heats/finals 6:00/7:30 (women) Friday 6:20/7:45 (men) 1000m Friday 6:45 (women) 7:00 (men) 600m Saturday 8:45 (women) 9:15 (men) 1500m Saturday 9:45 (women) 10:15 (men) 4x400m Saturday 11:00 (women) 11:15 (men)
Runners going:	Everyone who signed up using the web site form. Sign up by Mon, Mar 11.
Transportation:	tbd, driving in convoy (you must tell me by Monday Mar 11 if you are travelling on your own / going to be/stay in Calgary Friday/Saturday/Sunday)
Vehicle Loading:	Friday 12:25 pm in parking lot outside Faith and Life front entrance
Leave Augustana:	Friday 12:30 pm (we will not wait for latecomers)
Arrive Calgary:	Friday 3:45 pm
Leave Calgary:	Saturday 4:00 pm (after the 2:00 pm awards presentation/dinner)
Arrive Augustana:	Saturday 7:45 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: on your own
Accomodations:	to be determined: hotel or with friends or on the street!
Awards dinner:	Saturday 2:00 pm The Gateway Restaurant, SAIT Campus, Calgary (please tell me if you have any allergies or special dietary requirements) Dress – casual, nice; team colors preferred