

ACAC INDOOR TRACK GRAND PRIX #1 INFORMATION

Location:	Kinsmen Field House 9100 Walterdale Hill, Edmonton	
Date:	Saturday, Jan 25	
Distances & Starting Times:	3000m	9:30 am (women) am (men)
	300m	am (women) am (men)
	1000m	am (women) am (men)
	600m	11:45 am (women) am (men)
	1500m	pm (women) pm (men)
	4x400m	1:30 pm (women) pm (men)
Runners going:	Everyone who indicated. Please sign up by noon Tuesday Jan 14 on the race signup sheet on our website (select Grant MacEwan race). If you decide after Tuesday noon that you want to go, signup on-line and also email Gerhard and Robert. Absolute registration deadline 5 pm Friday Jan 17.	
Transportation:	Individual cars, driving in convoy	
Vehicle Loading:	7:15 am in parking lot outside Faith and Life front entrance	
Leave Augustana:	7:20 am (we will not wait for latecomers)	
Arrive Edmonton:	8:30 am	
Leave Edmonton:	2:15 pm	
Arrive Augustana:	3:30 pm	
Facilities:	Change rooms and perhaps showers; bring own towel; bring belongings to track Have your running gear on before Augustana departure note: 5 mm or shorter spikes are allowed, but runners will be good and are recommended	
Meals:	Breakfast on your own before or enroute depending on first race. Bring your own bag lunch. May stop for supper on way home if people want.	
Other:	Bring school work along which you have time for before / after your race(s).	