

ACAC INDOOR TRACK CHAMPIONSHIPS INFORMATION

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|--------------------------------|---|---|
| Location: | University of Alberta Pavilion (Butterdome) Edmonton | |
| Date: | Saturday, March 21 & Sunday, March 22 | |
| Distances & Starting Times: | 1000m | Saturday 5:30 (women) 5:45 (men) |
| | 300m | Saturday timed finals 6:00 (women) 6:30 (men) |
| | 3000m | Saturday 7:00 (women) 7:30 (men) |
| | 4x200m | Saturday 8:00 (women) 8:15 (men) |
| | 600m | Sunday 9:30 (women) 10:00 (men) |
| | 1500m | Sunday 10:30 (women) 10:45 (men) |
| | 4x400m | Sunday 11:15 (women) 11:45 (men) |
| Signup: | Use the web site form. Sign up by Tues, Mar 10. Sign up for one race each day and one or both relays. | |
| Transportation: | tbd, driving in convoy (you must tell me by Friday Mar 13 if you are travelling on your own / going to be / stay in Edmonton Saturday / Sunday) | |
| Vehicle Loading: | in parking lot outside Faith and Life front entrance | |
| Saturday itinerary: | | |
| Augustana departure: | 2:40 pm load / 2:45 pm leave (we will not wait for latecomers) | |
| Edmonton arrival: | 4:00 pm | |
| Edmonton return: | 8:45 pm | |
| Augustana arrival: | 9:30 pm | |
| Sunday itinerary: | | |
| Augustana departure: | 7:00 am load / 7:05 am leave (we will not wait for latecomers) | |
| Edmonton arrival: | 8:15 am | |
| Edmonton return: | 4:00 pm (after the 2:00 pm awards presentation/lunch) | |
| Augustana arrival: | 5:15 pm | |
| Facilities: | Change rooms and showers with One Card; bring belongings to track; best to have your running gear on before Augustana departure | |
| Food: | On your own except awards dinner. Friday supper: eat 3 hours before your race; can eat more after race Saturday breakfast: eat 3 hours before your race before departure or enroute | |
| Awards dinner: | Saturday 2:00 pm Highlands Golf Club, 6603 Ada Boulevard, Edmonton (please tell me if you have any allergies or special dietary requirements) Dress – team gear / casual, nice | |