

ACAC INDOOR TRACK CHAMPIONSHIPS INFORMATION

Location:	University of Alberta Universiade Pavilion ("Butterdome") University of Alberta, Edmonton	
Date:	Saturday, March 26 & Sunday, March 27	
Distances & Starting Times:	3000m	Saturday 4:30 (women) 5:00 (men)
	300m	Saturday 5:30 (women) 5:45 (men)
	1000m	Saturday 6:00 (women) 6:15 (men)
	4x200m	Saturday 6:30 (women) 6:45 (men)
	600m	Sunday 11:15 (women) 11:30 (men)
	1500m	Sunday 11:45 (women) 12:15 (men)
	4x400m	Sunday 12:45 (women) 1:00 (men)
Runners going:	Everyone who signed up using the web site form. Sign up by Tues, Mar 15.	
Transportation:	tbd, driving in convoy (you must tell me by Tuesday Mar 15 if you are travelling on your own / going to be/stay in Edmonton Saturday/Sunday)	
Vehicle Loading:	Saturday 1:25 pm Sunday 8:25 am in parking lot outside Faith and Life front entrance	
Leave Augustana:	Saturday 1:30 pm (we will not wait for latecomers) Sunday 8:30 am (we will not wait for latecomers)	
Arrive Edmonton:	Saturday 2:45 pm Sunday 9:45 am	
Leave Edmonton:	Saturday 7:30 pm (after the 7:00 pm medals presentation) Sunday 1:45 pm (after the 1:15 pm medals presentation)	
Arrive Augustana:	Saturday 9:00 pm Sunday 3:00 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. Friday: good lunch; snack/light meal 3 hours before your race; can eat more after race Saturday: good pre race breakfast; bag lunch for after race	
Accomodations:	none	
Awards dinner:	none	