

2022 CCAA XC Championships

Pre-race preparation

- 8+ hours sleep next 5 nights
- good eating
- good hydration
- easy running - no intensity for 3 days prior
- sharpen spikes / clean runners / good laces before travel

Schedule

Friday

8:55am load vehicles at Faith and Life front entrance Augustana
 9:00am depart for Medicine Hat
 12:30pm lunch in Brooks (bag or Subway)
 2:00pm arrive Medicine Hat – registration, team pictures
 3:00pm course scan/jog
 4:15pm check in at hotel
 5:15pm dinner at local restaurant
 7:30pm Opening Ceremonies

Saturday

Women		Men	
8:00-9:00	breakfast	8:30-9:30	breakfast
11:00	arrive race start	11:00	arrive race start
11:20	easy warmup		
11:40	1-2 min race pace or shorter with lots of recovery		
11:55	team mtg in stadium	11:55	team mtg in stadium
11:57	Viking cheer	11:57	Viking cheer
12:00	race start - run fast		
		12:20	easy warmup
		12:40	1-2 min race pace or shorter with lots of recovery
12:55	team meeting & cheer	12:55	team meeting & cheer
		1:00	race start - run fast

Saturday

9:30am 3km / 6km community race (for those not running CCAA race)
 information and on-line entry: www.racepro.ca
 deadline: not sure, enter as soon as possible
 entry fee: \$15

Sunday

10:00am depart Medicine Hat
 3:30pm arrive Augustana

Clothing

- be prepared for all possibilities
 - warmups
 - rain gear
 - warmup shoes if wet
 - thicker gloves/mittens for warmup
 - thin polyester gloves for race
 - short-sleeve shirt
 - scarf / buff
 - tights
 - lycra shorts
 - running shorts
 - 2 thin long-sleeve shirts
 - toque
 - singlet
 - arm warmers
- singlets (bring your own – get one from Gerhard before Friday if you don't have your own)
- race numbers distributed on race morning

Meals / Other

- bring good bag lunch to eat during drive
- important to hydrate on trip
- pasta pre-race supper at local restaraunt

Events

1. Team picture: 2:00 pm Friday, MHC Big Eagle Welcome Center
 - wear Augustana theme warmups, bring singlet
2. Opening ceremonies: 7:30 pm Friday, MHC Gymnasium
 - wear Augustana theme warmups
3. Awards banquet: 6:00 pm Saturday, Medicine Hat Lodge
 - 1051 Ross Glen Drive SE, Medicine Hat 403-580-8503
 - dress semi-formal

Accommodation

Medicine Hat Lodge
- 1051 Ross Glen Drive SE, Medicine Hat 403-580-8503

Championship website

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

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