

# ACAC INDOOR TRACK GRAND PRIX #1 INFORMATION

|                                |   |                                      |
|--------------------------------|---|--------------------------------------|
| Location:                      | Kinsmen Field House<br>9100 Walterdale Hill, Edmonton   |                                      |
| Date:                          | Saturday, Jan 21  |                                      |
| Distances &<br>Starting Times: | 300m  | 11:00 (women first & men thereafter) |
|                                | 3000m   | 11:30 (women first & men thereafter) |
|                                | 1000m   | 12:00 (women first & men thereafter) |
|                                | 4x200m  | 12:30 (women first & men thereafter) |
|                                | 600m  | 1:30 (women first & men thereafter)  |
|                                | 1500m   | 2:00 (women first & men thereafter)  |
|                                | 4x400m  | 2:30 (women first & men thereafter)  |
| Runner signup:                 | Sign up by noon Tuesday Jan 17 on the race signup sheet on our website (select Concordia race). You should sign up for one individual event and one or both relays. 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 Wednesday Jan 18. |                                      |
| Transportation:                | Individual cars, driving in convoy  |                                      |
| Vehicle Loading:               | 8:30 am in parking lot outside Faith and Life front entrance  |                                      |
| Leave Augustana:               | 8:35 am (we will not wait for latecomers)   |                                      |
| Arrive Edmonton:               | 9:50 am   |                                      |
| Leave Edmonton:                | 3:30 pm   |                                      |
| Arrive Augustana:              | 4:45 pm   |                                      |
| Facilities:                    | Change rooms and showers; bring own towel; bring belongings to track.<br>Have your running gear on before Augustana departure.<br>note: 5 mm or shorter spikes are allowed, but runners will be good and are recommended.   |                                      |
| Meals:                         | Breakfast on your own before.<br>Bring your own snacks, bag lunch and post-race food.   |                                      |
| Other:                         | Bring school work along which you have time for before / after your race(s).  |                                      |