

ACAC INDOOR TRACK CHAMPIONSHIPS INFORMATION

Location:	University of Alberta Universiade Pavilion (Butterdome) 11440 87 Avenue NW Edmonton, Alberta	
Date:	Saturday, March 18 & Sunday, March 19	
Distances & Starting Times:	Saturday 3000m 4:30 (women first & men thereafter) 300m 5:30 (women first & men thereafter) 1000m 6:00 (women first & men thereafter) 4x200m 6:30 (women first & men thereafter) Sunday 600 m 10:30 (women first & men thereafter) 1500m 11:10 (women first & men thereafter) 4x400m 12:00 (women first & men thereafter)	
Runner signup:	Sign up by 6pm Friday Mar 10 on the race signup sheet on our website (select ACAC race). You should sign up for one individual event each day and one or both relays. Absolute registration deadline 6 pm Sunday Mar 12.	
Transportation:	15 passenger van	
Vehicle Loading:	Saturday 1:30 pm Sunday 8:00 am in parking lot outside Faith and Life front entrance	
Leave Augustana:	Saturday 1:35 pm Sunday 8:05 am (we will not wait for latecomers)	
Arrive Edmonton:	Saturday 2:45 pm Sunday 9:15 am	
Leave Edmonton:	Saturday 7:30 pm Sunday 1:30 pm	
Arrive Augustana:	Saturday 8:45 pm Sunday 2:45 pm	
Facilities:	Change rooms and showers with One Card; bring own towel; bring belongings to track. Have your running gear on before Augustana departure. note: 5 mm or shorter spikes are allowed.	
Meals:	On your own before departure. Bring your own snacks, bag lunch/supper and post-race food.	
Other:	Bring school work along which you have time for before / after your race(s).	