

ACAC INDOOR TRACK CHAMPIONSHIPS INFORMATION

Location:	University of Alberta Universiade Pavilion (Butterdome) 11440 87 Avenue NW Edmonton, Alberta																							
Date:	Saturday, March 16 & Sunday, March 17																							
Distances & Starting Times:	<table><tr><td colspan="2">Saturday</td></tr><tr><td>3000m</td><td>4:30 (women first & men thereafter)</td></tr><tr><td>300m</td><td>5:30 (women first & men thereafter)</td></tr><tr><td>1000m</td><td>6:00 (women first & men thereafter)</td></tr><tr><td>4x200m</td><td>6:30 (women first & men thereafter)</td></tr><tr><td colspan="2">Sunday</td></tr><tr><td>60m heats</td><td>10:00 (women first & men thereafter)</td></tr><tr><td>600m</td><td>10:30 (women first & men thereafter)</td></tr><tr><td>1500m</td><td>11:10 (women first & men thereafter)</td></tr><tr><td>60m finals</td><td>12:00 (women first & men thereafter)</td></tr><tr><td>4x400m</td><td>12:30 (women first & men thereafter)</td></tr></table>		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		60m heats	10:00 (women first & men thereafter)	600m	10:30 (women first & men thereafter)	1500m	11:10 (women first & men thereafter)	60m finals	12:00 (women first & men thereafter)	4x400m	12:30 (women first & men thereafter)
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Runner signup:	Sign up by 6pm Friday Mar 8 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 10.																							
Transportation:	15 passenger van																							
Vehicle Loading:	Saturday 1:25 pm Sunday 7:25 am in parking lot outside Faith and Life front entrance																							
Leave Augustana:	Saturday 1:30 pm Sunday 7:30 am (we will not wait for latecomers)																							
Arrive Edmonton:	Saturday 2:45 pm Sunday 8:45 am																							
Leave Edmonton:	Saturday 8:00 pm Sunday 2:30 pm																							
Arrive Augustana:	Saturday 9:45 pm Sunday 3:45 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).																							