

CIS Cross Country Itinerary

(as of November 7, 2017)

This is a general itinerary and is subject to change.

CIS Cross Country Championships Victoria, BC. Hosted by University of Victoria Sunday November 12, 2017

Championship Website: <https://usports.ca/en/championships/cross-country/x>

Trackie Website: <http://www.trackie.com/CIS/>

The Weather Network Website: <https://www.theweathernetwork.com/ca/weather/british-columbia/victoria>

Friday November 10, 2017

Be at the Airport no later than 10:00am
Have a photo ID for check in and Security

Depart Calgary: Westjet #449 11:35am Arrive Victoria 12:09pm

35-45' Drive from Airport to Hotel Check in to Hotel

Hotel: Harbour Towers Hotel & Suites

Address: 345 Quebec Street, Victoria, BC, V8V 1W4

Phone 1-250-480-6562

Your guestroom rate includes a full hot breakfast buffet each morning. This breakfast is taking place each morning as follows:

- November 9th- Breakfast in Vic's Restaurant- vouchers will be provided
- November 10th- Breakfast in Raven's Conference Centre, 7am-10am
- November 11th- Breakfast in Raven's Conference Centre, 7am-10am
- November 12th- Breakfast in Raven's Conference Centre, 6:30am-9:30am
- November 13th- Breakfast in Raven's Conference Centre, 7am-10am

There has been a stretching room assigned throughout the day on November 12th in our West Harbour Ballroom. Feel free to use this if you would like to before and after the race.

All guestrooms include complimentary access to the pool and fitness centre. The room keys will gain you access to the fitness area.

We offer complimentary internet- the wi-fi password is "ocean".

2:30pm Travel to course for Taper Workout

PM Team Dinner – Arranged by Captains

Saturday November 11, 2017

AM Free Time for athletes

9:00am TECHNICAL MEETING for Coaches
Site: Harbour Towers Hotel & Suites

10:30am COACHES ANNUAL MEETING
Site: Harbour Towers Hotel & Suites Fortin

2:30pm Meet in Lobby to go to course for run through

Sunday November 12, 2017

8-11:00am Light jog or walk/stretch and Breakfast

1:00pm Women's Championship 8000m
2:00pm Men's Championship 10000m

3:00pm Awards Presentations
TBD Canada West Awards (usually before CIS Awards)
3:30pm Return to Hotel

6:30pm Banquet and Awards presentation University of Victoria, CARSA Performance Gym
Bus Transportation provided
Dress: Business

TBD Post Championships Event

Monday November 13, 2017

10:30am Depart for Airport

Depart Victoria: Westjet #196 12:55pm Arrive Calgary 3:17pm

Cell numbers
Doug 403-831-6481

Head Coach: Doug Lamont
Assistant Coach: Terry Crook
Athletic Therapist: Crystal Bartkowski

Monday October 30	Short to Medium Run
Tuesday October 31	4:30pm Interval workout: $\frac{1}{2}$ - $\frac{3}{4}$ Load
Wednesday November 1	Short Run
Thursday November 2	4:30pm Long Interval: H Load
Friday November 3	Long Run
Saturday November 4	Rest
Daylight Savings Time ends - Clock fall back one hour at 2am on Sunday November 2	
Sunday November 5	10:00am Tempo Run: H Load
Monday November 6	Short - Medium Run
Tuesday November 7	4:30pm Taper Workout $\frac{1}{2}$ - $\frac{3}{4}$ Load
Wednesday November 8	Short run
Thursday November 9	4:00pm Short Run
Friday November 10	Course Tour and taper workout
Saturday November 11	Competition warmup
Sunday November 12	Race Day

Basics: Nutrition / Hydration / Rest

Planning:

- Basic Structure for days - reduce unnecessary stresses
- Clothing/shoes plans for race depending on conditions / spikes
- Race plans
- Clothes/Shoes for Pre and Post Race days

Do not have to do anything special, Just do what got you here!

Yes it is going to hurt! Enjoy the effort of pushing your limits.

Live in the Moment!