

Stewart Cup Cross Country / Alberta Championships
Saturday October 28, 2017
Gold Bar Park, Edmonton

NOTE: If you plan to travel or stay outside of the Team Itinerary, you must contact me by Monday October 23 and fill out the appropriate forms.

Bring:

Competition Gear:
U of Calgary Singlet and Black Shorts
Spikes
Track Suit
Extra clothing for bad weather
Bring food and water for the Bus trip

Saturday October 28, 2017

Depart: Calgary. 7:30am North entrance to Olympic Oval
No Stops

Directions to Gold Bar Park: Drive North on 50th Street NW towards the North Saskatchewan River, and turn East on to Gold Bar Park Road. Follow Gold Bar Park Road till you arrive at the main parking lot where the park shelter is located.

Arrive: Edmonton, 10:30am
Competition Location TBD, Edmonton

Schedule:

12:00pm	Women 8000m
1:00pm	Men 10000m
TBD	Stewart Cup Memorial Run (Warm-down)

After Arrival:

Get competitor numbers from Coaches or Trainer
Course tour can be done as part of Warm-up

Bus will depart after warm downs completed and awards have been collected.

This should be about 2:00-2:30pm

We will stop on the way out of Edmonton to eat.

Arrive back in Calgary about 7:00pm

Sunday: Dinos T&F Team meeting at 10:00am, Jack Simpson Track. Workout to follow.

Monday: On your own - Short to Medium Run

Ensure maximum recovery for workout on Tuesday.

Cell #'s

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