

**Cougar Indoor  
Pullman, WA  
Friday-Saturday February 3-4, 2017**

**(as of January 31, 2017)**

**Need by Monday January 23**

I have to send the list of travelers to the border in advance.

**Bring:**

**Medical Insurance for Travel Outside of Canada.**

Your parents may already have this coverage or you can purchase it at Travel Cuts in Mac Hall.

**Bring your documentation with you**

**Passport for Border Crossing**

**Athletes under 18 years of age** – see me about a Parent release form, ASAP

**Non Canadian Citizens** – Must have proper paperwork for traveling to USA

**US Currency**

**Competition Gear:**

U of Calgary Singlet and Black Shorts  
Spikes  
Track Suit and rain gear  
Extra clothing for bad weather  
Food and water for Bus Ride

**Thursday February 2**

**Depart: Calgary. 7:00am      North entrance to Olympic Oval**

12:00pm: Lunch in Fernie or Cranbrook (We gain 1 hour going to BC)

**Arrive: Pullman. 6:00pm**

Hotel: Holiday Inn Express  
1190 SE Bishop Blvd, Pullman, WA  
Ph: 1-509-334-4437      Fax: 1-509-334-4447

Warmup TBD

Dinner

**Friday February 3**

AM: walk or light jog and stretch before Breakfast

Location: Indoor Practice Facility  
Ferdinand Lane and Fairway Lane  
Competition: TBD

**Saturday February 4**

Location: Indoor Practice Facility  
Ferdinand Lane and Fairway Lane  
Competition: TBD

**Sunday February 5**

**Depart Hotel - 9:00am**

1:30pm: Lunch in Cranbrook  
We lose one hour coming back to Alberta.

**Arrive Calgary: approx 7:00pm**

Cell #'s Doug 403-831-6481