

Sled Dog Open Cross Country
September 30, 2017
University of Saskatchewan, Saskatoon, SK

Bring:

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

Friday September 29

Depart: Calgary. 9:00am North entrance to Olympic Oval
Stops: 12:00pm Hanna (15')
 2:30pm Kindersley (45' for lunch)

Bring food and water

There is no time change going to Saskatchewan in the summer and fall

Hotel: Saskatoon Inn
 2002 Airport Drive, Saskatoon, SK
Phone: 306-242-1440 **Fax:** 306-244-5672

10-20' warm-up run and stretch
6:30pm: Team Dinner

Saturday September 30

AM: walk or light jog and stretch before breakfast
9:00am: Breakfast

10:00am: Checkout of Hotel and Bus to park

Location: Victoria Park (tentative)
12:00pm: Women's 8000m race
12:45pm: Men's 8000m race
Warm-down
Awards after race

Depart Park: approx 2:30pm
Lunch in Saskatoon
Depart Saskatoon: approx 3:30pm
Arrive Calgary: approx 10:30pm

Sunday: On your own – Short easy run or cross train
Monday: On your own – Short to medium run
 Ensure maximum recovery for hard workout on Tuesday.

Cell #'s
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