

**Cougar Indoor
Pullman, WA
Friday-Saturday February 2-3, 2018**

(as of January 29, 2018)

Passport #: Give it to me by Monday January 22

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

Bring:

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

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

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 1

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

7:15pm

Depart Hotel to go to track for Warmup

Location: Indoor Practice Facility

Ferdinand Lane and Fairway Lane

Subway Dinner for those who ordered

Friday February 2

AM: walk or light jog and stretch before Breakfast

10:00am

Grocery run (if needed)

12:30pm – 8:00pm

Competition

Bus Schedule TBD

8:30pm

Team Dinner

Location TBD

Saturday February 3

10:00am – 5:00pm

Competition

Bus Schedule TBD

Dinner TBD

Sunday February 4

Breakfast at Hotel
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