

**Sled Dog Open Cross Country**  
**September 29, 2018**  
**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 28**

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: Holiday Inn Express Saskatoon East - University  
          1838 College Drive, Bldg #2, Saskatoon, SK  
**Phone:** 306-954-1250      **Fax:** 306-954-1255

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

**Saturday September 29**

AM: walk or light jog and stretch before breakfast  
8-9:00am: Breakfast – Full hot breakfast is included in accommodation package

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  
**Doug 403-831-6481**