

## Athletics Canada Cross Country Championship Itinerary

(as of November 7, 2018)

This is a general itinerary and is subject to change.

### Athletics Canada Cross Country Championships

Kingston, ON.

Saturday November 24, 2018

<b>Costs:</b>	Airfare	\$565.00
	Hotel	\$70.00 per night for 3 nights (Club invoice after)
	Ground Transportation	\$100 (Club invoice after)
	Coach Levy	\$100 (Club invoice after)
	Food – Athletes will be responsible for their own food expenses	

Championship Website: <http://athletics.ca/championnat/acxc2018/>

The Weather Network Website: <https://www.theweathernetwork.com/ca/weather/ontario/kingston>

**Thursday November 22, 2018**

Be at the Airport no later than 8:00am  
Airfare does include the price of checking in 1 bag  
Have a photo ID for check in and Security

**Depart Calgary: Westjet #610 9:20am Arrive Ottawa 15:09pm**

3:30pm **Bus** to Kingston (approx. 2 hours)  
4:00pm Lunch stop on road to Kingston  
6:00pm Check in to Hotel

**Hotel: Ambassador Hotel & Conference Centre**

1550 Princess Street, Kingston ON

T: 1-800-267-7880

website: <http://www.ambassadorhotel.com/>

Shake out

**Friday November 23, 2018**

AM Free Time for athletes

1:00pm Meet in Lobby to go to course for run through  
**BUS:** Race Location: Fort Henry Discovery Centre

2:30pm **BUS:** from race location back to hotel

3:00 – 7:00pm Race Package pick up

6:30pm **Bus:** Team Dinner

## Saturday November 24, 2018

8-11:00am Light jog or walk/stretch and Breakfast

9:30am **Bus:** U18 athletes bus to Course

10:45am **Bus:** U20 athletes bus to Course

12:15pm **Bus:** Senior athletes bus to Course

11:00am U18 Girls 4km

11:30am U18 Boys 6km

12:15pm U20 Women 6km

12:45pm U18 Awards

1:00pm U20 Men 8km

1:45pm Senior Women 10km

2:30pm U20 Awards

2:45pm Senior Men 10km

3:30pm Senior Awards

4:00pm **Bus:** Return to Hotel

6:30pm **Bus:** Team Dinner

## Sunday November 25, 2018

10:00am **Bus:** Depart for Ottawa

12:00-4:00pm Tour of Ottawa

4:30pm **Bus:** Depart Ottawa for Airport (30-45')

**Depart Ottawa: Westjet #613      6:50pm      Arrive Calgary      9:24pm**

**Basics:** Nutrition / Hydration / Rest

**Planning:**

Basic Structure for days - reduce unnecessary stresses

Clothing/shoes plans for race depending on conditions / spikes

Race plans

Clothes/Shoes for Pre and Post Race days

Do not have to do anything special, Just do what got you here!

Yes it is going to hurt! Enjoy the effort of pushing your limits

**Live in the Moment!**

Coaches Cell numbers

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Terry Crook      403-969-5249

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