

(as of December 15, 2018)

**Reminder: If you plan to travel or stay outside of the Team Itinerary, there are release forms that need to be signed a week in advance.**

**Golden Bear Open, Edmonton. January 18-19, 2019**

Meet Website: <https://www.trackie.com/online-registration/event/golden-bear-open/8296/#.WjQiNE-pVFo>

Schedule and entry lists will be posted on this site

**NON-VARSITY COSTS (payable by January 7, 2019): \$100**

**Bring:**

Competition Gear: U of Calgary Singlet and Black Shorts

Clothing for warm-up

Track Shoes

Spike length maximum 6mm and they must be pyramids or Christmas trees. No Pins!

Bring food and water for the trip

**Friday January 18**

Depart Calgary: 11:30am North entrance to Olympic Oval

No stops

**1 Bus will go directly to the Fieldhouse:**

Universiade Pavilion, U of Alberta, 87 Ave & 114 St, Edmonton

**1 Bus will go directly to the Hotel:**

Hotel: Campus Towers

11145 87 Avenue, Edmonton

Ph: 1-780-439-6060

Fax: 1-780-433-4410

Meet starts at 4:00pm and ends about 10:00pm

Hotel is walking distance to the Pavilion

**Saturday January 19**

Check out by 11:00am

We will try to arrange an opportunity for you to drop your bags on the bus at the hotel or you can bring your luggage with you to the track.

Depart Edmonton: approx 5:30pm.

Bus will not be stopping on the way out of town, so athletes will have to eat before we leave the Pavilion.

Arrive Calgary: approx 8:30pm