

(as of January 29, 2019)

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.

U of A Indoor Twilight Competition

Friday February 1, 2019

Meet Website:

<https://www.trackie.com/online-registration/event/ualberta-indoor-twilight-competition/29477/#.XFCYJ2zsZPY>

Schedule and entry lists will be posted on this site

NON-VARSITY/Training roster COSTS (payable by February 1, 2019): \$40

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 February 1

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

Meet starts at 4:30pm and ends about 7:00pm

Depart Edmonton: approx 7:00pm.

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 10:00pm