

CIS Cross Country Itinerary

(as of October 16, 2018)

This is a general itinerary and is subject to change.

CIS Cross Country Championships Kingston, ON. Hosted by Queen's University Saturday November 9, 2019

Championship Website: <https://usports.ca/en/championships/cross-country/x>

Trackie Website: <http://www.trackie.com/CIS/>

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

Thursday November 7, 2019

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 9:15am Arrive Ottawa 15:04pm

3:30pm **Bus to Kingston** (approx. 2 hours)

4:00pm Lunch stop on road to Kingston

6:00pm Check in to Hotel

Hotel: Ramada Kingston Hotel & Conference Centre

33 Benson Street, Kingston ON

T: 613-546-3661 F: 613-544-4126

Shake out

Friday November 8, 2019

AM Free Time for athletes

11:00am TECHNICAL MEETING for Coaches
Site: Ramada Hotel and Conference Centre

12:30pm COACHES ANNUAL MEETING
Site: Ramada Hotel and Conference Centre

3:00pm Meet in Lobby to go to course for run through
BUS: Race Location: Fort Henry Discovery Centre

4:30pm **BUS:** from race location back to hotel

Saturday November 9, 2019

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

11:30am **Bus:** Women bus to Course
12:30pm **Bus:** Men bus to Course

1:00pm Women's Championship 8000m
2:00pm Men's Championship 10000m

3:30pm Awards Presentations

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

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

TBD Post Championships Event

Sunday November 10, 2019

11:00am **Bus:** Depart for Ottawa

1:00-4:00pm Tour of Ottawa

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

Depart Victoria: Westjet #613 6:55pm Arrive Calgary 9:30pm

Cell numbers
Doug 403-831-6481

Head Coach: Doug Lamont
Assistant Coach: Steve Adams
Athletic Therapist: Judith Kelsey Creguer-Norgate

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!