

**Sled Dog Open Cross Country**  
**September 25, 2021**  
**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 24**

Depart: Calgary. 8:00am      North entrance to Olympic Oval  
Stops:            11:00pm Hanna (15')  
                    1:30pm Kindersley (45' for lunch)

Bring food and water

There is no time change going to Saskatchewan in the summer and fall

Arrange Saskatoon: 4:30pm  
    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, drills, strides and stretch  
6:30pm: Team Dinner      TBD

**Saturday September 25**

AM: walk or light jog and stretch before breakfast  
8-10:00am: Breakfast – Full hot breakfast is included in accommodation package

10:30am: Checkout of Hotel and Bus to park

Location: Victoria Park (622 Spadina Crescent West, Saskatoon, SK, S7M 1P1)

12:00pm: Women's 8000m race  
1:00pm: 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 – Long 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**

**Steve 403-519-2586**