

Sled Dog Open Cross Country
October 30, 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 October 29

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 Old Spaghetti Factory

Saturday October 30

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
2:15pm Awards after race at the park

Depart Park: approx 2:45pm

Lunch in Saskatoon

Depart Saskatoon: approx 4:00pm

Arrive Calgary: approx 10:30pm

Sunday: On your own – medium to long easy run or cross train

Monday: On your own – Short to medium run

Ensure maximum recovery for hard workout on Tuesday.

Cell #'s

Jessica 403-921-0593

Doug 403-831-6481

Steve

403-519-2586