

CIS Cross Country Itinerary

(as of November 17, 2021)

This is a general itinerary and is subject to change.

CIS Cross Country Championships Quebec City, QC. Hosted by Laval University Saturday November 20, 2021

Championship Website: [2021 U SPORTS Cross Country Championships — Cross Country — U SPORTS](https://www.usports.ca/cross-country)

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

The Weather Network Website: <https://www.theweathernetwork.com/ca/forecasts/airport-forecast/quebec/quebec-city-jean-lesage-international-airport>

Wednesday November 17, 2021

Be at the Airport by 12:00pm (Westjet is suggesting 120' prior which would be 11:30am)
Have a **photo ID and Covid Vaccine passport** for check in and Security

Depart Calgary:	Westjet #664	1:30pm	Arrive Toronto	7:14pm
	Westjet #3402	Depart 10:10pm	Arrive Quebec City	11:48pm

12:00am Team will take Taxis from Airport to Hotel
Check into Hotel

Hotel: Hotel le Concorde Quebec

1225, Cours du General de Montcalm, Quebec (Québec) G1R 4W6
418 647-2222 / 800 463-5256 Fax: 418 647-4710

Thursday November 18, 2021

AM Free Time
3:00pm Taper Workout on course

PM Team Dinner – Arranged by Captains

Friday November 19, 2021

AM Free Time for athletes

9:30am TECHNICAL MEETING
Site: TBD

10:30am COACHES ANNUAL MEETING
Site: TBD

3:00pm Meet in Lobby to go to course for run through

Saturday November 20, 2021

7-9:00am Light jog or walk/stretch and Breakfast

12:00pm Women's Championship 8k

1:00pm Men's Championship 8k

2:00pm Awards Ceremonies

Return to Hotel after Awards

Sunday November 21, 2021

3:30am Depart for Airport – Team will take Taxis from the Hotel to the Airport.
Be at Airport before 4:45am

Depart Quebec City: Westjet #3427	6:00am	Arrive Toronto	8:07am
Westjet #655	Depart 10:00am	Arrive Calgary	12:23pm

Cell #'s

Jessica 403-921-0593

Doug 403-831-6481

Steve 403-519-2586

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!

Live in the Moment! ENJOY!