

2019 ACAC Running Room IT Grand Prix #2

March 2, 2019

University of Alberta Buttedome

Edmonton, AB

Hosted by:

Concordia University of Edmonton



TECHNICAL PACKAGE

Presented by:



2019 ACAC IT Grand Prix #2

**University of Alberta Butterdome
Edmonton, AB
116th street and 87th avenue**

Saturday March 2nd, 2019

Tentative* Schedule of Events

*To be confirmed week of event

March 2nd, 2019

10:00am: Track available for warmups/package pickup

10:30am: Open Women 300m Heat #1

10:32am: Open Women 300m Heat #2

10:34am: Open Women 300m Heat #3

10:36am: Open Men 300m Heat #1

10:38am: Open Men 300m Heat #2

10:40am: Open Men 300m Heat #3

10:50am: Open Women 3000m Heat #1

11:05am: Open Women 3000m Heat #2

11:20am: Open Men 3000m Heat #1

11:35am: Open Men 3000m Heat #2

12:00am: Open Women 800m Heat #1

12:04pm: Open Women 800m Heat #2

12:08pm: Open Men 800m Heat #1

12:12pm: Open Men 800m Heat #2

12:20pm: Open Women 1500m Heat #1

12:28pm: Open Women 1500m Heat #2

12:36pm: Open Men 1500m Heat #1

12:42pm: Open Men 1500m Heat #2

12:50pm: Open Women 600m Heat #1

12:54pm: Open Women 600m Heat #2

12:58pm: Open Women 600m Heat #3

1:02pm: Open Men 600m Heat #1

1:06pm: Open Men 600m Heat #2

1:10pm: Open Men 600m Heat #3

1:20pm: Open Women 4x400m

1:30pm: Open Men 4x400m

2:00pm: Track Booking Ends

General Information

- Race package pickup on site at UofA beginning at 10am.
- Schools/clubs will not be charged for scratches
- Entry fee is \$20/athlete for unlimited events
- ACAC schools can be invoiced for registration fees, just let us know.
- Please make cheques payable to Concordia University of Edmonton

Medical Services

A certified athletic therapist will be on-site during the entire competition. Taping service is available on request, and teams are responsible to bring their own supplies (tape, pro wrap, etc.).

An Emergency Action Plan will be given to each coach upon arrival at the competition.

Contact

Joel Mrak – joel.mrak@concordia.ab.ca or 780-479-9321

Matt Norminton – matthew.norminton@concordia.ab.ca or 780-935-3771

Directions

To University of Alberta (Edmonton) from south of the city:

- Take Gateway Blvd north to Whyte (82) Ave
- Turn left on Whyte (82) Ave
- Take Whyte Ave to 114 St
- Turn right on 114st and follow to 85th Ave
- Turn left on 87th Ave and you will see the Butterdome facility on the right side

To University of Alberta (Edmonton) from north or East of the city:

- Take 75th street south to Whyte (82) ave
- Turn right on Whyte (82) ave
- Take Whyte Ave to 114 St
- Turn right on 114st and follow to 85th Ave
- Turn left on 87th Ave and you will see the Butterdome facility on the right side

Entry forms

All entries are due by Tuesday February 26th, 2019 at 4:00 pm. Entry fee is \$20/athlete.

Entries can be completed using the attached excel spreadsheet and e-mailed to Matt Norminton at matthew.norminton@concordia.ab.ca.