

2015 Nike Indoor Challenge

1-5pm Saturday February 7th 2015
UofA Butterdome, UofA Edmonton

Entries will be \$15 per athlete (they can do as many events as they would like for \$15). T-shirts (gender specific) for the first 100 men (S,M,L,XL) and first 100 women (XS, S, M, L) to register. Register early to ensure desired t-shirt sizes!

*We will accept day of meet entries but pre-entries are preferred for scheduling purposes. Day of meet entry fee will be \$20.

Cheques payable to Running Solutions Inc. Receipts available if requested.

Races are open to all so feel free to bring non-ACAC runners if you would like to. We'll have prizes for the top 3 in the 300/1000/1500/3k. No prizes for the 4x400m relay.

*This is a non-sanctioned meet and will be hand timed.

Please use the attached spreadsheet to register your athletes and send directly to me. I will only charge you for athletes that actually show up on the day to race. When you e-mail it to me just indicate if you will be entering a 4x400m team(s). You can enter as many as you like, include a seed time with each team.

We have the track booked from 1-5pm so athletes can start warming up at 1pm. I am hoping to set up for race package pickup at noon.

If you think any of your athletes may get lapped in the 3k, please help count laps for them!

***Spikes are permitted, 5mm ceramic length only.**

***Starting blocks may not be used**

***We will use the inside lanes for the 300m and 4x400m**

Tentative Schedule of Events (Will send out an updated schedule the week of the meet)

- 1:00pm – Track open for warmups/registration
- 2:00pm – Nike Open Women's 3000m
- 2:25pm – Nike Open Men's 3000m Heat #1 (Slower Heat)
- 2:40pm – Nike Open Men's 3000m Heat #2 (Faster Heat)

- 2:55pm – Running Room Open Women’s 1000m
- 3:00pm – Running Room Open Men’s 1000m Heat #1 (Slower Heat)
- 3:05pm – Running Room Open Men’s 1000m Heat #2 (Faster Heat)

- 3:15pm – Nike Open Women’s 300m Heat #1 (Slower Heat)
- 3:17pm – Nike Open Women’s 300m Heat #2 (Faster Heat)
- 3:19pm – Nike Open Women’s 300m Heat #3 (Fastest Heat)
- 3:30pm – Nike Open Men’s 300m Heat #1 (Slower Heat)
- 3:32pm – Nike Open Men’s 300m Heat #2 (Faster Heat)
- 3:34pm – Nike Open Men’s 300m Heat #3 (Fastest Heat)

- 3:40pm – Running Room Open Women’s 1500m
- 3:50pm – Running Room Open Men’s 1500m Heat #1 (Slower Heat)
- 3:55pm – Running Room Open Men’s 1500m Heat #2 (Faster Heat)

- 4:05pm – Nike Open Women’s 4x400m Heat #1 (Slower Heat)
- 4:10pm – Nike Open Women’s 4x400m Heat #2 (Faster Heat)
- 4:20pm – Nike Open Men’s 4x400m Heat #1 (Slower Heat)
- 4:25pm – Nike Open Men’s 4x400m Heat #2 (Faster Heat)

*Awards and prizes to be given out after the relays

**No prizes or awards for the relays or 400m races