



DATE	TIME	EVENT	WHO	WHERE	DETAILS
<b>Thursday 25 May</b>	Afternoon/ Evening	Early Arrivals / Check-in	Event Head Trainer, Early arrivals, Chief Official	90 University, Residence	Carpool as per the FI's to 90 Residence
<b>Friday 26 May</b>	Afternoon/ Evening	Arrivals / Check-in	Everyone staying at 90U	90 University, Residence	Carpool as per the FI's to 90 U Residence
	TBD	Warm-up Party	Patron, Chief Official, VIP's	Ottawa Shaw Center, 4th floor	Recognition of event's sponsors & partners
<b>Saturday 27 May</b>	0600 hrs - 0930 hrs	Breakfast	Everyone staying at 90U	UCU Bldg (85 University) Café	Breakfast coupon required. Buffet Style
	0930 hrs	Pre-Championship Briefing	Everyone	FSS Bldg (120 University) Rm 4007	<b>MANDATORY:</b> Attendance
	1030 hrs - 1400 hrs	Race Changes	All athletes	Ottawa Shaw Center, 3rd floor, Booth TBD	Athletes will walk to the Shaw Centre to correct any errors if necessary.
	1600 hrs	5km race begins	5km runners	Start line: 110 Laurier Ave W	Elite runners make your way to the front of the start line
	1830 hrs	10km race begins	10km runners	Start line: 110 Laurier Ave W	
	2000 hrs	Awards / Group photo	5km & 10km runners, Patron, Chief Official	90 University Residence, Rm 140	<b>MANDATORY:</b> Attendance. CAF Singlet or CAF event shirt
<b>Sunday 28 May</b>	0530 hrs - 0930 hrs	Breakfast	Everyone staying at 90U	UCU Bldg (85 University) Café	Breakfast coupon required. Buffet Style
	0700 hrs	Marathon race begins	Marathon runners	Start line: 110 Laurier Ave W	Elite runners make your way to the front of the start line
	0900 hrs	1/2 Marathon race begins	1/2 Marathon runners	Start line: 110 Laurier Ave W	
	1200 hrs	Awards / Group photo	1/2 & marathon runners, Patron, Chief Official	90 University, Residence, Rm 140	<b>MANDATORY:</b> Attendance. CAF Singlet or CAF event shirt
	NLT 1300 hrs	Checkout	Everyone	90 University, Residence	Return room keys.
	Afternoon/ Evening	Departures	Everyone	Departing from 90 University, Residence	Carpool as per MOT.

