

10TH ANNUAL

Hosted by les  
Rebelles de Louis-Riel

# Louis-Riel XCookie Run

**THURSDAY, SEPTEMBER 13TH, 2018**  
**@ HORNETS NEST**

Here we go again - it's cross-country season! Louis-Riel is proud to invite your team the 10th Annual Louis-Riel XCookie Run. This "Pre-Season" Meet is the perfect occasion for you, coaches, to bring your "I'm not sure I want to do XC" students for a trial. It's a great way to recruit athletes and build a stronger team!

Shorter distances will be in effect to introduce the sport to your new athletes and to get your veterans hyped for the season! As per every year, this is a fun meet for all. Giddy-up, it's time to run!

**Don't forget:**  
**GRADES 7/8**  
**ARE WELCOME!**

## Schedule:

Coaches Meeting : .....@ 12h00 (at the finish line)  
Intermediate Girls : 3K.....@ 12h25 (All Intermediate Girls will run as **one** division.)  
Intermediate Boys : 3K.....@ 12h50 (All Intermediate Boys will run as **one** division.)  
High School Girls : 3K.....@ 13h20 (All HS Girls will run as **one** division.)  
High School Boys : 5K.....@ 13h45 (All HS Boys will run as **one** division.)

*\*Start time are subject to change depending on the number of entries. If needed, coaches will be notified in advance.*

**Location:** Hornets Nest (1662 Bearbrook Rd, Gloucester, ON)  
- There's plenty of free parking on location! -

**Course description:** The course consist mainly of grass, hills and trails.  
Maps will only be sent to the schools submitting their intentions to compete.  
They will also be posted on site. It is a great course for spectators to view the races.

**Entries:** Deadline : Tuesday September 11th @ 6:00pm  
Visit [trackie.com](http://trackie.com) to register your athletes.  
Click "Find Event" and type in "Louis-Riel XCookie Meet"

**\*\*No** emailed, faxed nor telephoned entries. May you have any questions, contact Seb Lalonde.\*\*

Fees: \$5.00 per athletes - Team Max.: \$150.00  
**Late Entries: \$10.00 - No Team Max.**

**Payment:** By cheque (payable to "E.S.P. Louis-Riel" and Note: LRXC) or by cash.

# Louis-Riel XCookie Run - Thursday, September 13th @ Hornets Nest - Hosted by les Rebelles de Louis-Riel -

---

## **Awards:**

Individual awards: Since this is a fun oriented meet, everyone is a winner! Again this year, we will keep our "healthy rewards" approach. Every athletes will get a fresh apple.

Team awards: No cookies? Don't worry - the meet is still called the "LR XCookie Run" for a reason! The Top Team will win the prestigious LR XCookie Bowl loaded with homemade cookies... ..full of sugar for the bus ride home! Isn't this great?

**Scoring:** Overall scoring - Team points awarded for each race:

1st = 15pts / 2nd = 12pts / 3rd = 10pts / 4th = 9pts / 5th = 8pts / 6th = 7pts  
7th = 6pts / 8th = 5pts / 9th = 4pts / 10th = 3pts / 11th = 2pts / 12th = 1pt

The school accumulating the most overall team points (in all divisions) will be declared the overall school champion. Should there be any ties, they will be broken by the most firsts, the most seconds, etc. You may enter unlimited number of runners in each races, however, only one race per runner. All runners on a team must wear school colored tops when competing.

## **Results:**

- Athletes will be given a ID Sticker for them to pin on their singlet. The race officials will peel-off the tag at the finish line. No ID Sticker = No Time!
- Results will be posted on location and will also be sent to the coaches by email at the end of the day.

## **Miscellaneous:**

- You may pay your entry fees and pick-up your team package starting at 11h00 at the Registration Area
- The Hornets Nest Dome and office building will be out of bounds for everyone.
- There will be "Porta Potties" on the course.
- Each team is responsible for their own first aid / emergency kit.
- In case of extreme weather and/or major emergency, the Dôme @ Louis-Riel will be open.

## **Previous aggregate winning teams:**

2009 - South Carleton      2018 - \_\_\_\_\_  
2010 - Louis-Riel  
2011 - All Saints  
2012 - Louis-Riel  
2013 - Louis-Riel  
2014 - St-Michael  
2015 - Louis-Riel  
2016 - Louis-Riel  
2017 - Louis-Riel