

2019 Laurentian University "Rumble on the Rock" High School Cross-Country Meet



Event Date: Tuesday, September 24th, 2019

Start Time: 2:15pm

Event Location: Laurentian University Track and Field Stadium and Trails

Meet Director/All Inquiries: Darren Jermyn djermyn@hsnsudbury.ca Cell: (705) 507-8246

Eligible Athletes: This competition is open to all high schools. All athletes must represent and be registered by their school. All athletes must be accompanied by a school official.

Entries:

- On-line entries only: <https://tinyurl.com/y2bolkvc>

Entry Fee/Payment: \$6 per athlete; Team maximum of \$600. Team payment via cheque, payable to "Laurentian University Cross-Country Running Team"

Entry Deadline: Sunday, Sept 22nd @ 9am

Letter of Verification – Due Monday, Sept 23rd @ 1pm (*feel free to cut and paste the example posted at tracknorth.com*). Email to jthomson@hsnsudbury.ca or fax 705-523-7170. If you do not send this email by Sept 23rd, please bring a copy to the Registration Desk on the day of the meet.

- To ensure the safety of all participants, we require a single letter, on school letterhead, from each participating school acknowledging that:
 - You have collected all the necessary parental permission forms for your students to attend and are aware of any pre-existing medical conditions or participating students. A sample letter is available at www.tracknorth.com
 - You agree to follow the Bus Protocol for our event

Schedule:

1:15pm – Team Buses allowed onsite
2:15pm – Midget Girls and Midget Boys – 4100m
2:45pm – Junior Girls and Junior Boys - 5000m
3:15pm – Senior Girls and Senior Boys – 5850m
4:00pm – Awards

Bus Protocol: IMPORTANT!

We are hosting a large elementary meet prior to the high school meet. Therefore, High School teams arriving via bus should plan to arrive at the competition site **NO EARLIER than 1:15pm**. School buses should proceed onto the Stadium Road (clockwise direction – follow the "XC Challenge" signs) for drop-off and pick-up. During the event, buses can park at the York Street

South Municipal Lot (across from Bell Park) lot. There is no bus parking on campus during the event. Buses will be allowed back into the loading zone at 4:00pm

Meet Scoring:

- Athletes cannot run in more than one race
- Although each race will have both males and females competing, races will be scored separately.
- Aggregate team scores will then be calculated based on each school's score across all six age/gender divisions
 - Tie Breaker 1 – lowest combined MG+MB score
 - Tie Breaker 2 – lowest combined JG+JB score
 - Tie Breaker 3 – 100m sprint between coaches (just kidding); lowest combined SG+SB score

Course Maps:

- Posted at www.tracknorth.com

Prizes:

- T-shirts for top 5 finishers in each age/sex category
- Championship Banner (to keep) for team with best aggregate (girls + boys) score