

Laurentian University High School XC “Rumble on the Rock” Course Maps - 2019



Schedule

2:15pm: MG & MB (4100 metres) Start-A-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish
Short Stadium Loop (blue + green shortcuts) + 1 Long White Loop

2:45pm: JG & JB (5000 metres) Start-A-B-B2-C-D-H-A-B-B2-C-D-E-G-H-I-Finish
1 X Long White Loop with green shortcut (back into stadium) + 1 X Long White Loop with yellow shortcut

3:15pm: SG & SB (5850 metres) Start-A-B-B2-C-D-E-F-G-H-A-B-B2-C-D-E-G-H-I-Finish
1 Long White Loop + 1 Long White Loop with yellow shortcut

Note for All High School Races:
Your Marker “A” will be labelled “A - High School”. Do NOT go towards “A - Elementary”.