



LOUIS-RIEL XCOOKIE MEET

THURSDAY, SEPTEMBER 12TH 2019 @ HORNETS NEST

Here we go again - it's Cross-Country season! Les Rebelles are proud to invite your team to the **11th 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 run XC" students for a trial. Nonetheless to say, this is a great way to recruit athletes and build team chemistry!

As this is the first meet of the school year, **shorter distances will be in effect**. This will facilitate the intergration of newer athletes to the sport. As for your veterans, they can run for braggin' rights!

Giddy-up, it's time to run!

SCHEDULE

Coaches Meeting:	12h00 (at the finish line)
Intermediate Girls:	12h25 (3K)
Intermediate Boys:	12h50 (3K)
High School Girls:	13h20 (3K)
High School Boys:	13h45 (5K)

**Start time are subject to change based on the number of entries. May needs be, coaches will be notified by email prior to Meet Day.*

LOCATION

Hornets Nest (1662 Bearbrook Rd, Gloucester, ON)

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.

Very spectators friendly - bring your bells and cheer signs!

ENTRIES

DEADLINE: Tuesday, September 10th (22h00)

Visit Trakie.com to register your athletes.

Click "Find Event" and type in "Louis-Riel XCookie Meet"

Questions? Call contact Seb Lalonde.

No emailed, faxed nor telephoned entries!

FEES

\$5.00 PER ATHLETES - TEAM MAX.: \$200.00

LATE ENTRIES: \$10.00 PER ATHLETES - NO TEAM MAX.

PAYMENT

By cheque (payable to "ESP Louis-Riel") or by cash.

AWARDS

INDIVIDUAL AWARDS:

Since this is a fun oriented meet, everyone is a winner! All finishers will get a fresh apple - isn't this amazing?!

TEAM AWARDS:

The Top Team will win the prestigious LR XCookie Bowl loaded with cookies... ..full of sugar for the bus ride home! Now THAT'S amazing!

SCORING Overall scoring - Team points awarded for each race:

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

The school accumulating the most overall team points (in all divisions) will be declared the aggregate champion. Should there be ties, they will be broken by the most firsts, the most seconds, ect.)

You may enter unlimited number of runners in each races, however, only one race per runner. Athletes can run above his own division, but can't run in a lower one.

RESULTS

Athletes will be given an *ID STICKER* (or a *Chipped Bib*) for them to **pin** on their racing top.

*If given an *ID Sticker* : **DO NOT PEEL** the sticker. Race official will peel it at the finish line.

If given a *Chipped Bib* : **DO NOT CRUMBLE the bib as you'll break the chip at the back of your bib.

*****NO ID STICKER / BIB NUMBER = NO TIME / RESULT!**

MISCELLANEOUS

- Please pay your entry fees upon arrival at the registration area. You will then be given your team package.
- The Hornets Nest Dome and office building are out of bounds for everyone.
- City provided "Porta-Potties" will be available.
- Each team is responsible for their own first aid / emergency kit. In extreme emergency, call 9-1-1.
- In case of extreme weather / major emergency, the Louis-Riel Dome will be open.
- When competing, all team members within the same divisions should be wearing matching school colored tops.

PREVIOUS LRXCOOKIE BOWL WINNING TEAMS

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

[FOR ALL OTHER INFO AND RESULTS : LOUISRIELATHXC.COM](http://LOUISRIELATHXC.COM)