

THURSDAY, OCTOBER 10TH 2019

REBELLES XC INVITATIONAL

ONLY 3 WEEK 'TIL OFSAA!

When: Thursday, October 10th 2019

Where: Hornets Nest Facility (1662 Bearbrook Rd.)

Entry Fees: \$5.00 per athletes – Team Max.: \$200.00

9h30 - **Race Registration** opens for pre-registered athletes and teams for bib number pick-up.

11h00 - **Races Begin.** Please plan to arrive at least one hour before your scheduled race time to pick-up your race registration material and team distribution. *See full schedule below.*

RACE DIVISIONS:

INTERMEDIATE

GRADES 7 & 8

Race distance : 3000m
Girls & Boys Races

JUNIOR VARSITY

GRADES 9 & 10

Race distance : 4000m
Girls & Boys Races
(OFSAA Midget & Junior
Divisions Combined)

VARSITY

GRADES 11 & 12 (ALSO OPEN!)

Race distance : 6000m
Girls & Boys Races
(Open to all Grades for
team composition!)

TEAM ENTRY:

School Teams must have a minimum of 4 runners to be entitled to score team points. The first 4 place finishers of a team are totaled to comprise the score for the team. All 4 athletes **MUST** finish the race to qualify for a team score.

INDIVIDUALS ENTRY:

Athletes may enter as “**individuals**” in their respective age group division. Individual entry athletes are required to represent their school in name and wearing their team’s uniform.

ENTRY DEADLINE

Tuesday,
October 8th, 7pm

COURSE

Grass & Trails. Get ready for mud if it rains!

FACILITIES

City's *Porta-Potties* will be on site..

TENTS

To be set **OUTSIDE** of the soccer fields.

AWARDS

Ribbons for the Top 8 of each divisions
+
Racing pumpkins for each Top 1 position (individual and team).
+
Keeper plaque for best aggregate team.

INQUIRIES

Seb Lalonde
(Meet Director)
sebastien.lalonde@cepeo.on.ca



2019 REBELLES XC INVITATIONAL

REGISTRATION PROCESS:

Visit www.trackie.com, click on “TrackieReg” and then “Find Event” at the top of your screen and enter “Louis-Riel XC Invitational”. Continue on with the regular entry process.

No emailed nor faxed entries. Entries will only be accepted via Trackie.

This is a great opportunity to have your team compete and run hard on a friendly, yet challenging course. With only weeks to go before OFSAA, it’s time to put the pedal to the metal and start taking care of business!

ENTRY FEES:

\$5.00 per athletes — Team Max. : \$200.00

(Coaches, note that after the entry deadline, entry fee will jump to \$10.00 per athletes and no team max.!))

You may pay by cash or cheque at the registration area upon arrival. If paying by cheque, please label it to “ESP Louis-Riel”.

ENTRY DEADLINE:

Tuesday, October 8th @ 7pm

MEET SCHEDULE

10h40 - Coaches Meeting on the patio.

11h00 - INTERMEDIATE GIRLS (3000m)

11h35 - INTERMEDIATE BOYS (3000m)

12h05 - JUNIOR VARSITY GIRLS (4000m)

12h35 - JUNIOR VARSITY BOYS (4000m)

13h05 - VARSITY GIRLS (6000m)

13h40 - VARSITY BOYS (6000m)

*If entry numbers permits, we may opt to combined both genders within the same division. We’ve done this in the past and it creates a better sense of competition and great results for your athletes. *(Results will be divided based on your athletes gender and division).*



THE RACE START:

Athletes should be in the start area **20 minutes before** the schedule race start time. Runners should be wearing their correct bib (*wrong bib = no time/no ranking*) pinned to the **FRONT** of their **SCHOOL** shirt.

In the start area, the race starter will give the following start time notices:

2 Blasts of AIR HORN = 10 minutes to the start of the race

1 Blast of AIR HORN = 5 minutes to the start of the race

Multiple Quick WHISTLE Signal = 1 minute warning to the start of the race

The starter will be situated 50 meters in front of the start line. All runners should remove warm-ups starting on the 5 minute warning horn and assemble on the start line by the 1 minute whistle signal. Each teams should line up on the start line in running order.

THE START:

A white flag will be raised into the air 15 seconds before the race start which will then be followed by an AIR HORN BLAST to begin the race. Should any athlete fall in the early stages of the race start, series of WHISTLE AND AIR HORN blasts will signal the stop of the race and runners will return to the start line to repeat the process of the start.

The course will be CLEARLY marked and the paths flagged with RED and LIME GREEN flags. **RED FLAGS WILL BE THE ATHLETE'S RIGHT SIDE** and **LIME GREEN FLAGS WILL BE ON THE ATHLETE'S LEFT SIDE.** No runners will get lost or wander off course.

Individual awards will be given IMMEDIATELY after each races. Team score will be compiled and final results will be posted on the patio.

SCORING:

The first 4 place finishers of a team are totaled to comprise the score for the team. All 4 athletes **MUST** finish the race to qualify for a team score. The other members of the team will act as displacers and will not score.

In the event of a tie, it shall be resolved in favour of the team whose fourth runner finishes nearest first place.

Scoring for Overall Champions will be determined by place finishes in the divisional races and the following point system will be used :

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 winning school will have accumulated the most points from all three divisions.



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RESULTS:

All results will be posted throughout the meet on the patio and posted online after the meet at the Louis-Riel Track/XC web page (www.louisrielathxc.com)

INQUIRIES:

Contact Seb Lalonde at sebastien.lalonde@cepeo.on.ca

