

LCS Invitational XCR Meet

Wednesday, September 28, 2022 @ Lakefield College School

Convenor: [Chelsea Scott](#)

Registration



- » Register online at TrackieReg.com/LCSInvitational no later than Monday September 26, 2022 at 12:00 noon.
- » There is no cost for this event.
- » All high schools and high school runners are welcome.
- » An athlete may race up to an older classification but may only compete in one race.

Courses

- » Course routes identical to last year's OFSAA championship and this year's CISAA championship.
- » All courses are two laps and require a lap of the cinder running track.
- » Footing is primarily close-cropped grass with some short hardpack, mud, and gravel sections.
- » Athletes, teachers and volunteers must stay on course trails at all times – there is poison ivy off trail.
- » NOTE: There is an apiary within 5m of the run course; separated from the course by brush and fencing.

Races

Classification		Distance	Elevation Gain	Start	Course Record
Novice/Para Girls	Females born in 2008 or later & in grade 9, or Para	2 laps = 4 km	35 m	11:00 am	16:33.5
Novice/Para Boys	Males born in 2008 or later & in grade 9, or Para	2 laps = 4 km	35 m	11:45 am	15:04.2
Junior Girls	Females born in 2007 or later	2 laps = 5 km	55 m	12:30 pm	18:20.7
Junior Boys	Males born in 2007 or later	2 laps = 5 km	55 m	1:15 pm	17:11.6
Senior Girls	Females born in 2003 or later	2 laps = 6 km	65 m	2:00 pm	22:21.3
Senior Boys	Males born in 2003 or later	2 laps = 6 km	65 m	2:45 pm	19:14.7

 *“Course Crusher” headbands will be awarded to all athletes who finish within 10% of the course record time.* 

Results & Awards

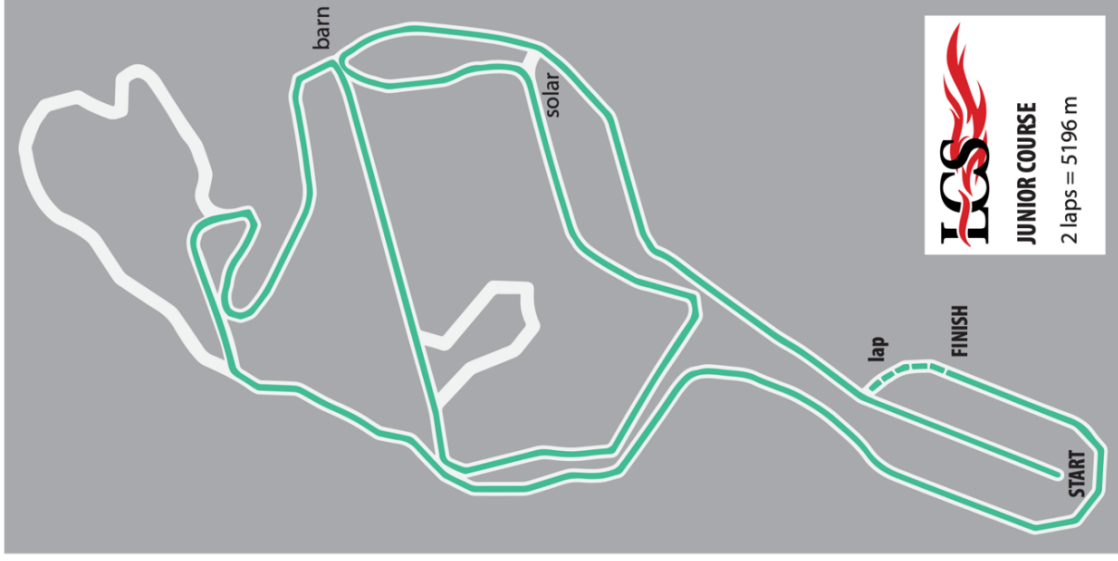
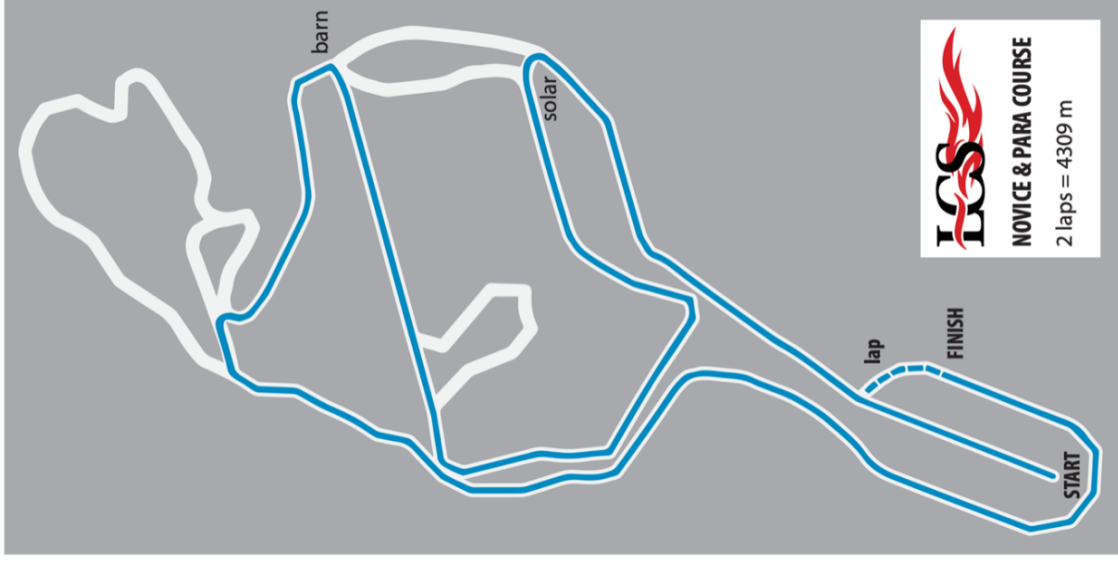
- » Finish times and placings will be published for all athletes in each classification – medals for top 3.
- » Team scores will be calculated from the top 4 finishers from each team in each race.
- » Ties in team scores will be resolved according to the placing of the 4th finisher for each team.

Schedule

9:30 am to 10:45 am	Registration; courses open for running.
10:30 am	Coaches meeting.
11:00 am to 3:30 pm	Races; see start times above.
3:30 pm	Awards

Food, Facilities, and Directions

- » Access to gymnasium washrooms and drinking water will be available; bring your own refillable bottles.
- » Limited parking for cars available in the lot overlooking Andy Harris Field and Track.
- » Buses must drop off and pick up; bus parking on campus will not be available.
- » Team tents may be erected along the west side of the track.
- » Directions and a campus map are available at: <https://www.lcs.on.ca/quicklinks/visitor-information>



- ❖ Courses are only open for warm-up when races are not in progress
- ❖ Stay on marked trails – there is poison ivy
- ❖ There are bee hives within 5m of the trail by the solar panels
- ❖ All courses are 2 laps

- ❖ All laps finish with a loop of the running track – athletes must run on the cinder track surface
- ❖ Athletes are responsible for knowing and running the correct course
- ❖ Headphones are not permitted