

LCS Invitational XCR Meet

Wednesday 11 October 2023 @ Lakefield College School

Convenor: Todd Harris

Registration

- » Register for this free event online at <https://trackie.com/event/2023-LCSInvitational>
- » Registration closes at noon on Monday 9 October 2023
- » Registration is open to all high school runners up to 150 athletes per race
- » An athlete may race up to an older Classification, but may only compete in one race

Courses

- » 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
- » All athletes, teachers and volunteers are to stay on course trails at all times – there is poison ivy off trail
- » Please note there is an apiary within 5m of the run course which is separated from the course by brush and fencing
- » Course maps will be available at registration – athletes are responsible for knowing and running the correct course

Races

Classification		Distance	Elevation	Start	Record
Novice/Para Girls	Females born in 2009 or later & in grade 9, or Para	2 laps = 4 km	35 m	10:45a	16:33.5
Novice/Para Boys	Males born in 2009 or later & in grade 9, or Para	2 laps = 4 km	35 m	11:30a	15:04.2
Junior Girls	Females born in 2008 or later	2 laps = 5 km	55 m	12:15p	18:20.7
Junior Boys	Males born in 2008 or later	2 laps = 5 km	55 m	1:00p	17:11.6
Senior Girls	Females born in 2004 or later	2 laps = 6 km	65 m	1:45p	22:21.3
Senior Boys	Males born in 2004 or later	2 laps = 6 km	65 m	2:30p	19:14.7

Results & Awards

- » Finish times and placings will be published for all athletes in each classification – medals will be awarded 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
- » Course Crusher headbands will be awarded to any competitor that finishes within 10% of the course record

Schedule

9:30a	Courses open for running
10:00a	Coaches Meeting in the Hadden Hall Courtyard tent (check-in ideally before the meeting)
10:45-3:15p	Courses closed to non-competitors
3:15p	Awards

Other Event Details

- » Indoor space, bottle filler stations, change rooms, and washrooms are all provided on the lower level of Hadden Hall
- » Please have all athletes, coaches, and spectators enter and exit Hadden Hall via the Athletic Reception Area doors
- » Limited parking is available in the lot overlooking the Andy Harris Field & Track
- » Team tents may be erected next to Lower Hadden Hall on the South side of the road or along the West side of the track
- » Please do a sweep for garbage and lost items before your departure
- » Directions and a campus map are available at <https://www.lcs.on.ca/page/quicklinks/visitor-information>