

LCS XCR Invitational & Relays

Wednesday 9 October 2024 @ Lakefield College School

Convenor: Todd Harris

Registration

- » Register for this event online at <https://trackie.com/event/2024-LCSInvitational>
- » Registration closes Monday 7 October 2024 at 6p
- » Registration is open to all high-school and elementary XCR teams, and individual athletes
- » An athlete may race up to an older Classification, but may only compete in one individual race and one relay
- » New this year: 4x 1.1km Mixed Team Relay

Courses

- » All individual race 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, volunteers & spectators 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
- » Athletes are responsible for knowing and running the correct course – see included course maps

Races

Classification		Distance	Start	Record
Elementary	All athletes in grades 8 or lower	2 laps = 3 km	9:45a	
Novice/Para	Athletes born in 2010 or later & in grade 9, or Para	2 laps = 4 km	10:30a/10:35a	15:04.2/16:33.5
Juniors	Athletes born in 2009 or later	2 laps = 5 km	11:20a/11:25a	17:11.6/18:20.7
Seniors	Athletes born in 2005 or later	2 laps = 6 km	12:10p/12:15p	19:14.7/22:21.3
Mixed Relays	2 Women & 2 Men per team	4x 1.1 = 4.4 km	1:20p	

🏆 Course Crusher headbands will be awarded to any competitor that finishes within 10% of the course record 🏆

Results & Awards

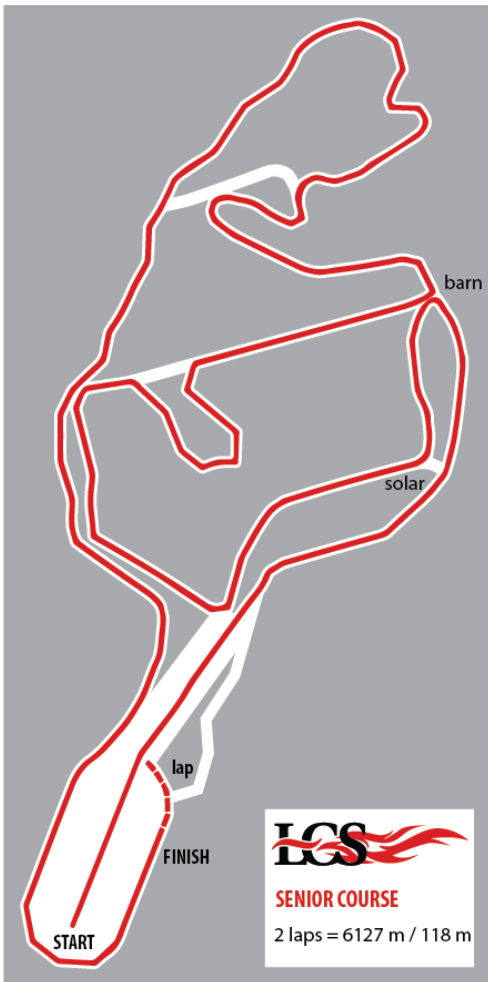
- » Finish times and placings will be published for all athletes in each classification – medals will be awarded for top 3
- » Team scores will be calculated from the top 4 finishers from each team in each race
- » Ties in team scores will be resolved according to the elapsed time of the 4th finisher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

Schedule

9a	Team check-in (in stadium) & courses open for preview running or walking
9:30a	Coaches Meeting (in stadium)
10:30a	Courses closed to non-competitors
~3p	Awards

Other Event Details

- » Due to construction, we are unable to provide indoor space or change rooms this year. Bring a tent!
- » There will be water available and porta-potties next to the stadium
- » Athletes can be dropped off by the North entrance to campus, before vehicles park
- » Very limited car parking is available in the lot next to the South entrance to campus & the tennis courts
- » Busses & some cars will need to park in the village
- » Directions and a campus map are available at <https://www.lcs.on.ca/page/quicklinks/visitor-information>
- » Note: construction on the road next to the stadium requires vigilance from everyone. Ideally, we would prefer everyone stays on the field by their team tents



- ❖ 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

