

# **INVITATION CROSS COUNTRY** **LOUIS-RIEL** **CROSS COUNTRY INVITATIONAL**



**DATE:** Thursday, October 2nd 2025  
**WHERE:** Hornets Nest - 1622 Bearbrook Rd.  
**FEES:** \$10.00 per participant **MAXIMUM TEAM FEE:** \$300.00  
**TIMING:** Chip timing - CS Timing Solutions  
**NOTE:** Schools **must** send their intentions to compete in order to be able to access the registration page. Please email the meet director at [patrick.white@cepeo.on.ca](mailto:patrick.white@cepeo.on.ca)

## **DIVISIONS:**

INTERMEDIATE: Born in 2013 & 2012 (7 & 8th grade)	3000m
JUNIOR VARSITY: Born in 2010 & 2011 (9 & 10th grade)	4000m
VARSITY: Born in 2007, 2008 & 2009 (11 & 12th grade)	6000m
<b>PARA:</b> The Para division will be offered should there be interest. Note that athletes will compete in their age group, unless the number of participants allows for an exception.	

**REGISTRATION PROCESS:** All entries must be completed online using the online platform Trackie **before Monday, September 29th at 7pm.**  
<https://trackie.com/event/lrxc25>

**ENTRY FEE:** \$10.00 per participant - Maximum team fee: \$300.00

Only cheques will be accepted at the registration area upon arrival.  
 Please make the cheque out to "**ESP Louis-Riel**". **NO CASH PAYMENTS**

- **Late additions** (after the registration deadline of Monday, September 29th at 7pm) will result in a \$20.00 additional fee, **even if the team maximum has already been reached.**
- Scratches/withdrawals after the deadline will **not** be refunded.

## MEET SCHEDULE

<b>9h30</b>	Race Registration opens for pre-registered athletes and teams.	
<b>10h40</b>	Coaches meeting on the terrace.	
<b>11h00</b>	Intermediate Girls	(3000m)
<b>11h25</b>	Intermediate Boys	(3000m)
<b>11h50</b>	Junior Varsity Girls	(4000m)
<b>12h25</b>	Junior Varsity Boys	(4000m)
<b>13h00</b>	Varsity Girls	(6000m)
<b>13h45</b>	Varsity Boys	(6000m)

If entry numbers permit, we may opt to combine 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).

Also note that we might go ahead of schedule up to 10min if/when possible. Please advise your athletes!

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## THE RACE START

Athletes should be in the start area 20 minutes before the scheduled race start time.

Runners should be wearing their correct bib pinned to the front of their school shirt. **No/Wrong bib = no time = no results.**

## THE START

A white flag will be raised in the air, 30 seconds before the start of the race. An air horn will begin the start of the race.

## THE COURSE

Mainly composed of grass and trails.

The layout will be clearly indicated with the help of **red flags to the right of the runners** and/or **lime green flags to the left of the runners**.

(RED = Right / LIME = Left).

## PRIZES

The top 8 runners of each division will receive a ribbon. The winner of each division will receive a pumpkin!

## RESULTS

All results will be posted online during the event on the CS Timing Solutions website ([www.cstiming.com](http://www.cstiming.com)) as well as on the Louis-Riel track and cross country teams' website ([www.louisrielathxc.com](http://www.louisrielathxc.com)).

## ADDITIONAL INFORMATION FOR COACHES

- Please inform your athletes not to crease their race bib, as this can damage the timing chip attached to the back.  
**No chip = No time = No results.**
- Please take the time to distribute the bibs to your athletes ensuring the number and the match matches.
- No tents will be allowed on the soccer fields. Please install your tents outside of the soccer fields and far enough away from the start & finish areas.
- Please inform your athletes that no balls, frisbees or other sporting items should be used close to the start & finish areas.
- Coffee and snacks will be available for coaches on the terrace. Come sit back, have a coffee and discuss your race strategies.
- City Porta-potties will be on site.
- For all inquiries, please contact Mr. Patrick White ([patrick.white@cepeo.on.ca](mailto:patrick.white@cepeo.on.ca)), meet director.