

KINGSTON INVITATIONAL CROSS-COUNTRY MEET

2025 Pre-EOSSAA

Date: Thursday, Sept 25th, 2025

Location: Fort Henry Hill, Kingston, Ontario.

You can get a feel for the course from this 2:19 video of the '2014 OUA Cross Country Championships: Kingston, Ont: <https://www.youtube.com/watch?v=zTKoEZrESY0>.

Directions: Exit south off the 401 at Hwy 15. Hwy 15 ends at Hwy 2. Take a right, go down the hill then take a left towards the RMC campus. Stay left and drive up the hill to the parking lot at the Fort Henry historic site. NO PARKING ALLOWED ON THE ROAD- you will get towed, so please use the parking lot!

Timings, Distances & Categories:

Category	Race Time	Distance
Grade 7-8 Girls	10:00	2.5km
Grade 7-8 Boys	10:30	2.5km
Novice Girls (NG)	11:00	4.0km
Novice Boys (NB)	11:30	4.0km
Junior Girls (JG)	12:00	5.0km
Junior Boys (JB)	12:45	5.0km
Senior Girls (SG)	1:30	6.0km
Senior Boys (SB)	2:15	6.0km

Course Maps: Race maps will be included in your race day package. A course map is included below

Terrain & Footwear: The terrain is cut grass trails on rolling hills with some steeper sections. Spikes are recommended.

Fees: High School Students- \$10 per entry

Elementary Students- \$5 per entry

Awards & Presentations:

T-shirts to the first 3 finishers. Trophy to the overall winning HS team after all of the races.

Registration & Payment:

On trackie at <https://www.trackie.com/event/kingston-invitational-pre-eossaa/1031427/>

Please bring a cheque payable to 'KSS Cross Country' to the registration table on race day.

Questions or problems with registration? If you are unable to register on trackie, please contact Shannon Niemi at niemis@limestone.on.ca. Please also include carrierem@limestone.on.ca on your email to Shannon.

Entry Fee = Number of Registered Runners ____ x \$5.00 (elementary) = \$_____.

Entry Fee = Number of Registered Runners ____ x \$10.00 (high school) = \$_____.

Entry Deadline -Monday, September 22nd, 2025 by 4:00pm.

Contacts:

Marc Carriere (carrierem@limestone.on.ca) and Morgann Rymal (rymalm@limestone.on.ca) are the team at Kingston Secondary School hosting convening the meet- you can reach out to anyone of us

FORT HENRY RUNNING COURSE

Novice Loop: A - B - C - E - F - H (2km x 2 = 4km)

Junior Loop: A - B - C - D - E - F - H (2.5km x 2 = 5km)

Senior Loop: A - B - C - D - E - F - G - H (3km x 2 = 6km)

