



2025-2026

CROSS-COUNTRY

NATIONAL CHAMPIONSHIPS

INFORMATION BULLETIN #3



SECTION 1: GENERAL INFORMATION

1. ORGANIZING COMMITTEE

Address: Centre sportif / Université de Sherbrooke /
2500 Boulevard Université
Sherbrooke (Québec), J1K 2R1

Web Site: Vert & Or - Université de Sherbrooke

POSITION	NAME	PHONE	E-MAIL
Championship Convenor	Jean-Benoit Jubinville	(819)821-8000 #66103	Jean-benoit.jubinvillesherbrooke.ca
Technical / Event operations	Luc Lafrance	(819) 819 349- 7521	Luc.Lafrance2@usherbrooke.ca
Communications & Media	Anne-Sophie Gobeil	(819)821-8000 #62599	Anne-Sophie.Gobeil@USherbrooke.ca
Hospitality / VIP Services	Brenda Laliberté	(819)821-8000 #62242	Brenda.Laliberte@USherbrooke.ca
Awards & Ceremonies	Sébastien Bouthillier	(819)821-8000 #62170	Sebastien.Bouthillier@USherbrooke.ca
Accreditation / Athlete Services	Marc-Antoine Pépin	(819)821-8000 #65675	Marc-Antoine.Pepin3@USherbrooke.ca
Medical	Mario Mercier	(819) 821-7593	Mario.Mercier2@USherbrooke.ca
Sponsorship	Anne-Marie Proulx	(819)821-8000 #62542	Anne-Marie.Proulx3@USherbrooke.ca



2. SCHEDULE OF EVENTS

**All times are local*

Thursday November 6th

2:30 pm to 6:30 pm	Training and course recognition
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Friday November 7th

10:00 am to 11:00 am	Technical meeting
11:00 am to 12:00 pm	Coaches' Association meeting
1:30 pm to 4:30 pm	Training and course recognition

Saturday November 8th

3:30 pm to 4:30 pm	Medals ceremony and awards ceremony
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3. COMPETITION SCHEDULE

****Note: All races take place on the University's campus**

Saturday November 8th

1:00 pm	Women's race
2:15 pm	Men's race

4. PRACTICE SCHEDULE

Thursday November 6th

2:30 pm to 6:30 pm	On campus
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Day

1:30 pm to 4:30 pm	On campus
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Day

11:00 am to 12:30 pm	On campus
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Process: TBD

Contact: Luc Lafrance



SECTION 2

PARTICIPATING TEAMS

INFORMATION

1. ANCILLARY EVENTS

A. ALL CANADIAN AWARDS CEREMONY

More information in the next bulletin.

2. MEETINGS

A. TECHNICAL MEETING

Date: Friday November 7th

Time: 10:00 am to 11:00 am

Location: University's Sports center

Room: 322-323

B. U SPORTS COACHES MEETING

Date: Friday November 7th

Time: 11:00 am to 12:00 pm

Location: University's Sports center

Room: 322-323



3. MEDIA INFORMATION

More information in the next bulletin.

4. CHAMPIONSHIP HOTELS

There will be 2 championship hotels

Host Hotel: OTL Sherbrooke
Address: [3131, rue King Ouest, Sherbrooke \(QC\), Canada J1L 1C8](#)
Website: [OTL Gouverneur Sherbrooke | Site officiel](#)
Phone: [1 888 910-1111](tel:18889101111)
Email: info.sherbrooke@otl.ca
Rate: see appendix
Room Types: see appendix
Distance from Competition Site: 5km (9 minutes)

Host Hotel: Comfort Inn Sherbrooke
Address: [4295 boul. Bourque, Sherbrooke, QC, J1N 1S4, CA](#)
Website: [Comfort Inn – Hotel in Sherbrooke, QC](#)
Phone: (819) 564-4400
Email: CN345@stayatchoice.com
Rate: see appendix
Room Types: see appendix
Distance from Competition Site: 6km (11 minutes)

Hotels are fully booked. There are still rooms available at the following hotel:

Hôtel Le Président

3535, King Ouest, Sherbrooke, (Québec) J1L 1P8,

Sans frais 1.800.363.2941



5. TRANSPORTATION

A. TRAVEL TO THE CHAMPIONSHIP

Closest Airport is Pierre-Elliot Trudeau International Airport in Montreal

B. FROM MONTREAL AND ON-SITE TRANSPORTATION

[Car Rental | Aeroports De Montreal](#)

6. TEAM REGISTRATION AND ACCREDITATION

A. TEAM REGISTRATION

Team and participant registration is done directly on Trackie

- The registration link will be available starting October 20, 2025
- The registration deadline is October 29, 11:59 PM*
- The registration fee (payable directly on Trackie):
 - \$500.00 per women's team
 - \$500.00 per men's team
 - \$75.00 per individual registration

Registration link:

<https://www.trackie.com/event/championnat-usports-de-cross-country-2025/1031221/>

The list of participants will be sent to you following registration.

For questions or more information, contact Luc Lafrance.
Luc.lafrance2@ucherbroke.ca

B. ACCREDITATION

Staff accreditation accompanying each team (coaches, members of the medical team, therapists, etc.) is done by completing the following link before October 30.

Link: <https://forms.office.com/r/PzsddLbieC>



Bibs and accreditations will be handed out on Friday, November 7 during the technical meeting.

Each participant will receive a gift bag. The bags will be handed out Friday afternoon on site.

7. TEAM SERVICES

- The indoor stadium will be set up for the occasion.
- Each team will have a reserved space in the indoor stadium.
- Universities do not need to bring their own tents.
- The medal and All-Canadian ceremonies will take place in the indoor stadium. A space will be set up specifically for the occasion.
- Indoor stadium facilities will be available (locker rooms, showers, etc.).
- Please note that to avoid the risk of freezing, water will not be available in the outdoor stadium. Chemical toilets will be available.

9. TECHNICAL INFORMATION

A. VENUE: Sherbrooke University

B. LOCKER ROOMS: Many locker rooms available

10. MEDICAL SERVICES

- A doctor and sports therapists will be on site.
- The central point will be located in the outdoor stadium near the start and finish areas.
- Two flying teams will be positioned at strategic locations.

11. OTHER IMPORTANT INFO

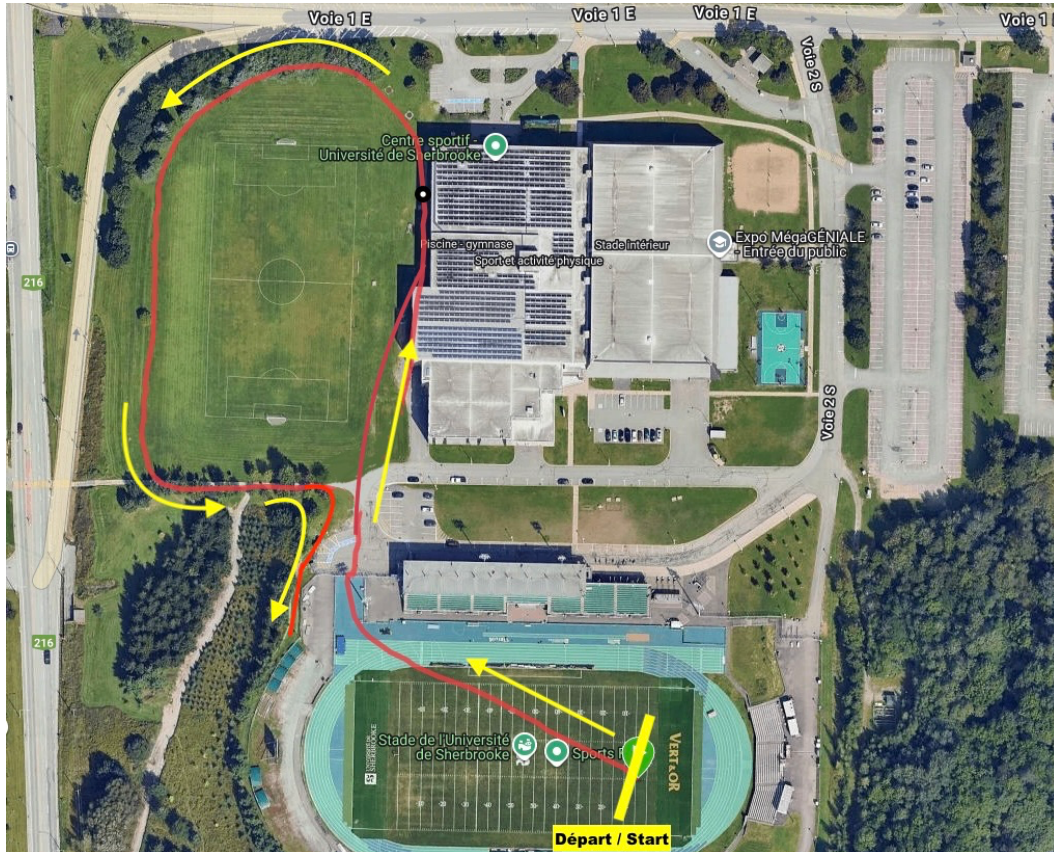
- Maximum stud length is 12 mm.
- The final information bulletin will be sent to each registered university on October 30th.
- Links to the online results and webcast will be sent on October 30th via the final information bulletin.

Course



Start 650 m
Loop 1.73 km (4 x)
Finish line 420 m

Start:



650 m:

- The start will be from the outdoor stadium.
- Starting line at the end of the Mondo: 150 m
- Starting line at the sidewalk at the end of the starting loop: 650 m
- Relatively flat section consisting mainly of natural grass and transition sections of synthetic turf.



Loop:

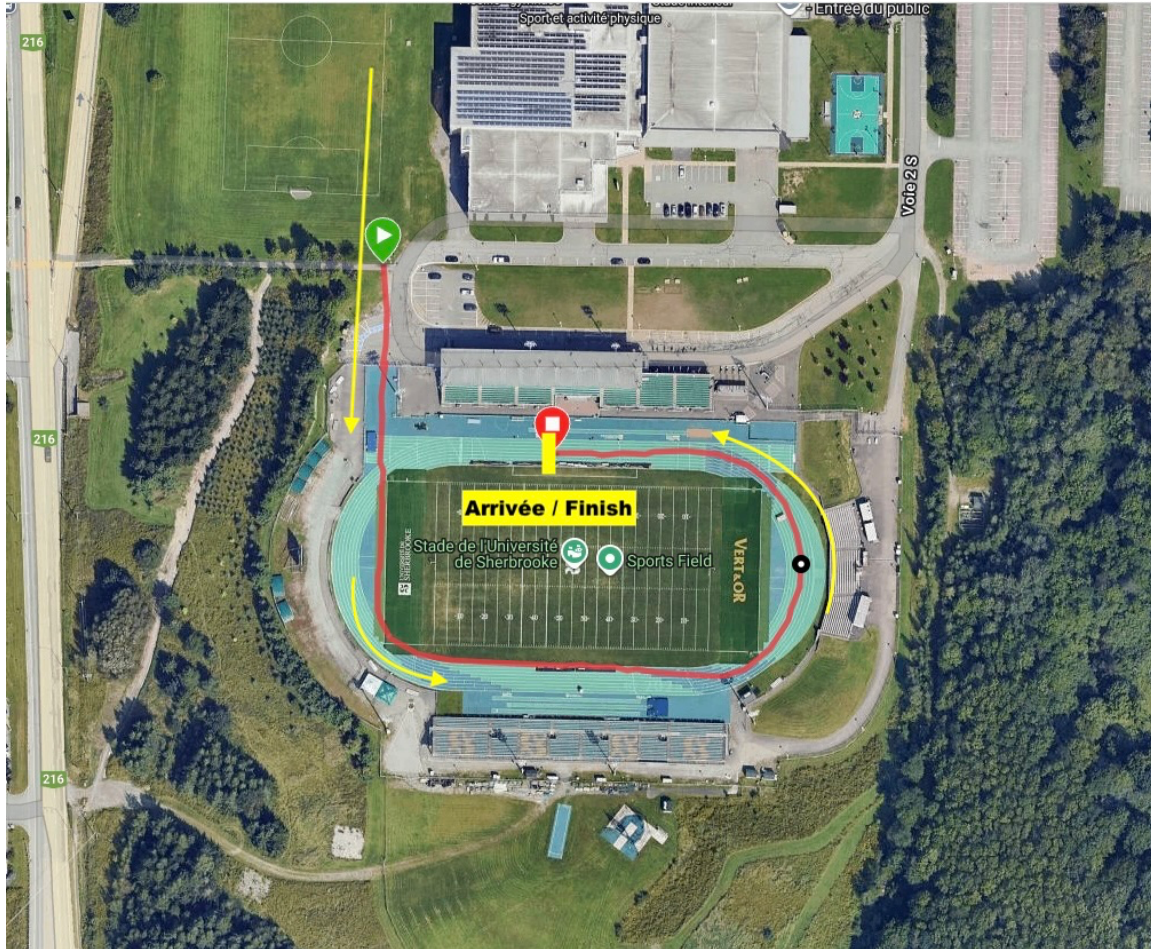


1.73 km:

- Distance from the starting loop on the sidewalk, sidewalk to sidewalk: 400m
- Total distance per lap: 1.73km
- Elevation gain per loop: 26m
- Technical section consisting of climbs and descents, mainly on grass and small gravel. New features encourage pace.



Finish Line:



Course Video: Link : https://youtu.be/2sM_9KS_Tzg

- Please note that the asphalt and concrete sections will be covered with synthetic turf.
- Some signage will be removed for the event.

***** For more information, contact Luc Lafrance. Luc.lafrance@usherbrooke.ca**

