

KINGSTON INVITATIONAL CROSS-COUNTRY MEET 2026

Date: Friday, Oct 16th, 2026

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) and PARA	11:00	4.0km
Novice Boys (NB)	11:30	4.0km
Junior Girls (JG)	12:00	5.0km
Junior Boys (JB)	12:40	5.0km
Senior Girls (SG)	1:15	6.0km
Senior Boys (SB)	2:00	6.0km

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

Food/Water: THERE IS NO WATER ON SITE. There will be a full canteen and BBQ at the course.

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 Max \$350 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

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

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

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

Max \$350

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

Contacts:

Marc Carriere (carrierem@limestone.on.ca) and Griffin Sawchuk (sawchukg@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)

