LCS XCR Invitational & Relays

Wednesday 30 September 2026 @ Lakefield College School — Convenor: Todd Harris

Registration

- » Register for this event online at https://trackie.com/event/2026-LCSInvitational
- » Registration closes Monday 28 September 2026 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

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	9a	13:26.9/15:19.9
Novice/Para	Athletes born in 2012 or later & in grade 9, or Para	2 laps = 4 km	9:45a/9:50a	15:04.2/16:33.5
Juniors	Athletes born in 2011 or later	2 laps = 5 km	10:35a/10:40a	17:11.6/18:20.7
Seniors	Athletes born in 2007 or later	2 laps = 6 km	11:25p/11:30p	19:14.7/22:21.3
Mixed Relays	2 Women & 2 Men per team	4x 1.1 = 4.4 km	12:45p	

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

Results & Awards

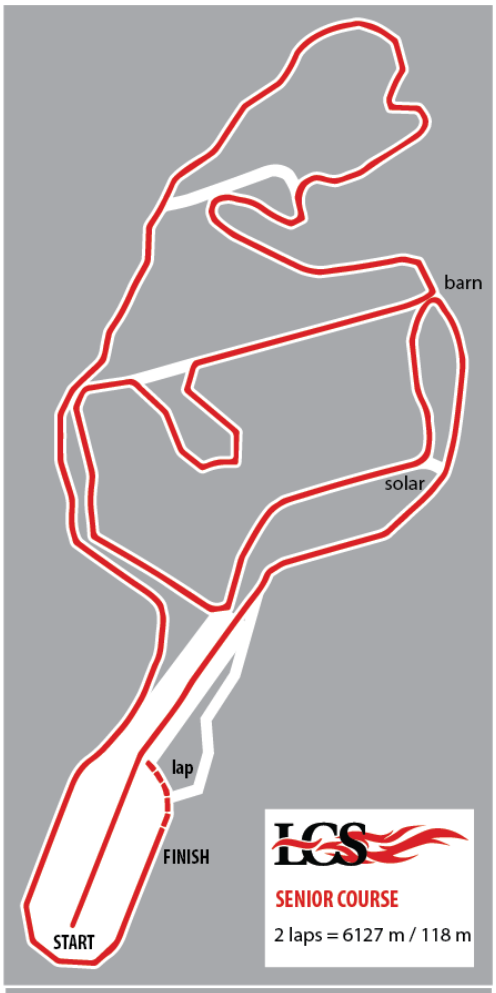
- » Finish times and placings will be published for all athletes in each classification – medals will be awarded for top 3
- » Team scores will be calculated from the top 4 finishers from each team in each race
- » Ties in team scores will be resolved according to the elapsed time of the 4th finisher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

Schedule

8a	Team check-in (in stadium) & courses open for preview running or walking
8:45a	Coaches Meeting (in stadium)
9:45a	Courses closed to non-competitors
~1:30p	Awards

Other Event Details

- » Indoor washrooms and change rooms are available, but team tents and being outdoors are encouraged!
- » There will be drinking water available inside, and porta-potties next to the stadium
- » Please drop athletes at our new roundabout — slightly downhill from the old bus turnaround, and next to the track
- » All busses will need to park in the village, and if on-campus lots are full, cars will need to as well
- » Please only park in marked parking spaces, and not along roads or on grass
- » For details see our campus map at https://www.lcs.on.ca/ams/LCS_CampusAerialMap070726-2030.pdf



- 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 individual 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

