

D4/10 Cross Country Championships

Tuesday October 20th, 2026

Conveners: Rob Berg rberg@ugcloud.ca Natasha Demme ndemme@ugcloud.ca

Location and Parking Information

Island Lake Conservation Area, Orangeville

- Access via Hurontario: [\[Map Link\]](#)
- Bus parking is available at location marked “P4”
- Vehicle parking should go to overflow (see map below). The buses will have trouble making the turnaround in overflow, so please keep “P4” for the buses. Upon entry, inform the gatehouse attendant that you are there for the cross-country race to avoid any charges.
- Washroom facilities are available on-site, and ample parking for buses is provided near parking lot 4.

Fees

- \$10 per **registered** athlete with no team max
- Schools are required to pay for **all registered athletes**, even if they are unable to participate.
- Cheques should be made payable to Orangeville District Secondary School.

Schedule

- Course Opens: 9:00 am
- Coaches Meeting: 10:00 am at the finish line
- Novice and Para Girls (3.7 km): 10:30 am
- Novice and Para Boys (3.7 km): 11:00 am
- Junior Girls (5.0 km): 11:30 am
- Junior Boys (5.0 km): 12:10 pm
- Senior Girls (6.2 km): 12:45 pm
- Senior Boys (6.2 km): 1:30 pm
- Awards: 2:15 pm

Course



- The course will feature loops with a mix of grass, hard-packed gravel, and wooded sections. Expect rolling hills, manageable by Dufferin County standards.
- Please note the tent area, marked on the map above.
- The start line was moved this year due to grass reseeding and roped off areas. This will make the races a little shorter than last year
- Also, take note of the bathrooms, shown on the map above. Another set of "additional washrooms" are located near the water, about a 3-minute walk from the start line. See the map above.

Registration and Results

- Managed by Speed River Timing
- Register using <https://www.trackie.com/event/d4-d10-xc-championships/1038967>
- Registration deadline: October 18, 2pm. Late entries may be accepted at the conveners' discretion; please email rberg@ugcloud.ca.

Concession

- No concession stands will be available, and nearby food options are not feasible to walk to. Athletes are encouraged to bring their own food and beverages.

Awards

Top 6 individual finishers in each event will receive District All-Star shirts. Team plaques will be presented to first place teams.

First Aid

- Due to budget constraints, paramedics will not be on-site. Teams are responsible for their own first aid. However, certified personnel will be available at a station near the finish line for minor injuries (band-aids, ice packs, etc.). In an emergency, ambulances can arrive quickly from Headwaters Hospital, which is only 1 km away.