



**3rd Annual
Laurentian Voyageur X-C Running Challenge**

**Thursday, September 29th, 2011
Laurentian University
Sudbury, ON**

Technical Package for Elementary and High School Coaches



3rd Annual Laurentian Voyageur X-C Running Challenge

Technical Package for Coaches

Event Date: Thursday, September 29th, 2011

Event Location: Laurentian University Track and Field Stadium and Trails

Eligible Athletes: This competition is open to all elementary and high schools. All athletes must represent and be registered by their school. All athletes must be accompanied by a school official.

Meet Director/All Inquiries: Darren Jermyn – jermyn@vianet.ca
Cell: (705) 507-8246
Work Phone: (705) 523-7100 ext.3138
Fax: (705) 523-7170

Driving Directions: Please refer to the “Sudbury Map” for directions to Laurentian University.

BUS PROTOCOL: PLEASE READ!

Rain or shine, **NO** buses are allowed beyond the **Bus Drop Off/Pick Up Area** (see “Campus and Car Parking Map”). Race officials will be awaiting your arrival at this area. All teams arriving via bus should enter the University at the main entrance and proceed through campus until you hit the intersection of University Road and Voyageur Road. Athletes and coaches arriving by bus must be dropped off at this location. From the drop off area, it is an approximately 300m walk to the Start/Finish Area. Buses can either return to their terminals or park at the Ramsey Lake Boat Launch or James Jerome Park parking lot (see “Bus Parking Map”). Coaches and athletes should take everything they need for the day off the bus. Both indoor and outdoor sheltered areas will be provided in case of inclement weather.

Important Note for High School Coaches: A change from last year – feel free to arrive at the bus drop-off and or race site (via car or van) any time after 9am.

Parking:

Arriving Via Bus:

There will be no bus parking available on campus. Please follow the Bus Protocol outlined above.

Arriving Via Car or Small Van: There is very limited car and/or van parking close to the start/finish area. Athletes or spectators arriving via car or small van can be dropped off at the bus turnaround in front of the B.F. Avery Building (see “Campus and Car Parking Map”). Cars can park at any “Pay Parking” spots at the university – your best bet are lots P13, P11 or P15. Each lot is \$4 (coins only) to enter. There are no “in and out” privileges. **Note:** It is possible that you will have to park a considerable distance away (P15 - up to 800m away) from the Start/Finish area – so please plan ahead for this. We would ask that you also share this parking information with parents that may wish to attend.

Registration Package Pick-Up: Located near the finish line of the 400m track (see “Site Map”)

Start Area: Each race will start on the intramural/soccer field located directly behind the 400m track

Finish Area: Each race will finish on Laurentian University's new 400m Mondo surface outdoor track.

Team Area: Room will be available for team tents to be erected near the Start Area – please see the “Site Map”

No Access Areas: Certain sections of the 400m track and infield will be blocked off to allow the meet to run smoothly and to contain crowd flow around the finish area. Please reference the attached “Site Map” and ensure your athletes are aware of the “No Access” areas.

Tarped/Sheltered Area: In case of rain, a sheltered area will be available behind the wooden stands (closer to the Start Line). Teams should be prepared for spending the day outside in rain and/or cold conditions. The lower level hallway of the Ben Avery Building (washroom access) will also be available in case of severe inclement weather.

Meet Suspension Due to Severe Weather: The meet will run rain or shine however, if lightning is sighted, the next scheduled event will be delayed by 30 minutes.

Coaches Meeting: Elementary Meet: 9:50am; High School Meet: 12:15pm; Location: Finish Line

Course: Each course will include segments of grass, gravel and wood chip trails. Short portions will be run on asphalt. Regular running shoes, racing flats and/or cross-country spikes (with shorter spikes – 5mm – **SEE IMPORTANT NOTE BELOW REGARDING SPIKES!**) would be appropriate to wear. All races except the Junior Elementary race will include at least one significant uphill climb and downhill section.

Use of Spikes: Due to the fact that each race will finish on our new multi-million dollar 400m Mondo surface track, spike length will be limited to 5mm. This rule will be **STRICTLY** enforced. All athletes racing in spikes **MUST** have them checked prior to the start of each race. A race official will be located at a table on the 400m track infield area and will check spike length and provide each athlete with a sticker for their bib number indicating their spike length is within the 5mm limit. **It is the athlete’s responsibility to ensure their spikes are checked prior to their race.** Any athletes caught with the use of spikes greater than 5mm will be **disqualified** from their event.

Meet Schedule:

AM: Elementary School Challenge

8:30am to 9:30am	Elementary School Teams Arrive at Bus Drop Off/Pick Up
9:00am to 9:45am	Race Package Pick Up; Self-Guided Course Tours; Team Cheer Judging
9:50am	Elementary Schools Coaches Meeting – By Registration Area
10:00am:	<i>Heart and Stroke Foundation Group Activity and Junior Elementary Warmup</i> with Laurentian Voyageur Mascot and LU Women’s XC Running Team – 400m track infield
10:15am	<i>Junior Elementary Girls</i> 1.8 km Race – Grades 3, 4, 5 and 6
10:30am	<i>Junior Elementary Boys</i> 1.8 km Race – Grades 3, 4, 5 and 6
10:45am	<i>Senior Elementary Co-Ed</i> 3.1 km Race - Grades 7 and 8 Girls and Boys <u>(Co-Ed Race)</u>
11:25am	Elementary Awards
11:35am – 12:15pm	Elementary School Lunch
12:15pm	Elementary Schools Depart to Bus Loading Area

PM: High School Challenge:

9:00am to 12:00pm	High School Teams arrive, Race Package pickup
10:00 – 12:00pm	Course Tours (please note Elementary Races will be run on trails between 10:15 – 11:15 am)
12:15pm	High Schools Coaches Meeting – Finish Line
12:30pm	<i>Midget and Junior Girls (Combined Race) – 3.1 km</i>
1:00pm	<i>Midget and Junior Boys (Combined Race) – 4.7 km</i>
1:30pm	<i>Senior Girls – 4.7 km</i>
2:10pm	<i>Senior Boys – 6.8 km</i>
3:20pm	High School Awards
3:30pm	High Schools Depart

Entries: Pre-entry Only! No race day registration.

- All entries must be done online at www.trackdatabase.com.
- If you have not used this website before, please do the following:
 - o Under "Members" choose "Register".
 - o For "Team Type", elementary schools should select "Other" and high schools should select "OFSAA".
 - o Complete the requested information for you team. Make sure to store or print out your username and password so you can add/edit entries at a later date!
- Once registered, go to "More Meets" and select "Join a Meet". Enter the following Code: **85K6SD**
- Please enter your athletes in the correct age group and sex category. Dates of Birth are NOT required.
- You will receive a confirmation email of your entries and an email indicating the total amount of entry fees required.
- If you have problems with this entry procedure, please contact the meet director.

Entry Deadline: Tuesday, September 27th @ 1pm.

Verification of Parental Consent Forms: IMPORTANT!!

Each school must submit the following **single** document is required at the Registration Desk on the day of the event:

A signed attestation / verification (on School letterhead) from the school representative (coach or principal) that indicates that all required official Parental Informed Consents forms have been signed and received from parents' of each participating student for this event.

PLEASE NOTE: Schools failing to provide this document will not be allowed to compete.

Timing and Bib Numbers: Each athlete will be given a competition bib number to worn on the front of their competitive singlet/shirt during their race. Please ensure athletes do not crumple or bend these numbers. If meet officials cannot read an athlete's number at the finish line, they may be disqualified from the event.

Entry Fee: All races: \$5 per athlete (no team maximum)

Late Entries: Late entries will be accepted at the discretion of the Meet Director. Late entries must be submitted via email (Last Name, First Name, Event) and will be charged \$10 per athlete.

Payment: Please make cheques payable to: "Laurentian University Women's Cross Country Running Team". Cheques will be collected at the Registration Desk on the day of the event. Receipts will be made out to the name on the cheque. Race Packages will not be given out until payment is received.

Playing Regulations and Team Scoring: For this competition, the NOSSA playing regulations will be used. They can be referenced at: <http://www.rainbowschools.ca/nossa/Pages/nhandbk10.pdf>

Quick Summary or Regulations: Schools can enter only one team per event (e.g. Midget Boys) but there is no maximum number of athletes per team. All teams in all divisions must have a minimum of 4 athletes that complete their event in order to be included in the team scoring. Ties will be broken by the lowest scoring 4th team member. Girls and Boys will be scored separately as follows:

- Junior Elementary: Grades 3-6
- Senior Elementary: Grades 7-8
- High School Midget: Grade 9 (Age 14 or under as of Dec 31, 2011)
- High School Junior: Grade 10 (Age 15 or under as of Dec 31, 2011)
- High School Senior: Grade 11 and 12 (Age 16 or over as of Dec 31, 2011)

Notes:

1. High School Midgets and Juniors will race together but awards will be given separately.
2. For the High School Competition, an overall Aggregate Champion will be crowned based on the results of all races. Individual races will be scored as follows: 1st – 10 points, 2nd – 8 points, 3rd – 6 points, 4th – 4 points, 5th – 2 points, 6th – 1 point. Ties for Aggregate Champion will be broken by the number of 1st place finishes. If still tied, then number of 2nd places finishes, etc.

Starting Procedure:

- We will be using an open start (no boxes) with each team allowed 2 runners "on the line" with the remainder of their team positioned behind them. Depending on field sizes, we may adjust (up or down) the number of team members allowed "on the line".

Results:

- Results will be posted at the "Results" area by the water fountain at the north end of the Grandstand Seating area.
- Results will also be posted online later in the evening on September 29th at www.tracknorth.com

Prizes:

- The Top 5 female and male finishers in each individual race (both Elementary and High School) will receive a "Top 5 LU XC" t-shirt.
- In the High School division, an Aggregate Championship trophy will be awarded to the school with the best overall score across all age divisions (please see note above regarding the scoring method to determine the Aggregate title)

Concessions/Food:

- Pizza, fruit and other snacks and drinks will be available for purchase at the Concessions area throughout the day.

First-Aid

- First Aid will be onsite during the competition. It will be located just beyond the finish line on the 400m Track.

Washrooms:

- Public washrooms are located within the Grandstand Stadium (Female – on North End, Male – access from behind stadium). There will also be portable washrooms near the start line.

ADDITIONAL INFORMATION FOR ELEMENTARY SCHOOLS:**Pre-Race Warmup for Junior Elementary Athletes:**

- Meet the Lady Vees Cross Country Running Team and the Voyageur Mascot! Members of the Laurentian University Women's Varsity Cross-Country Running Team and the LU Mascot (weather pending) will lead a 10-15 min warmup (short run + exercises + stretching) for interested elementary athletes – starting at 10:00am on the infield of the 400m track.

Fun Activities On-Site:

- The Heart and Stroke Foundation will be onsite and will be hosting some fun games for competitors to participate before and after their races.
- The Laurentian University Voyageur mascot and the Heart and Stroke Foundation mascot will also be onsite for the day (weather permitting).

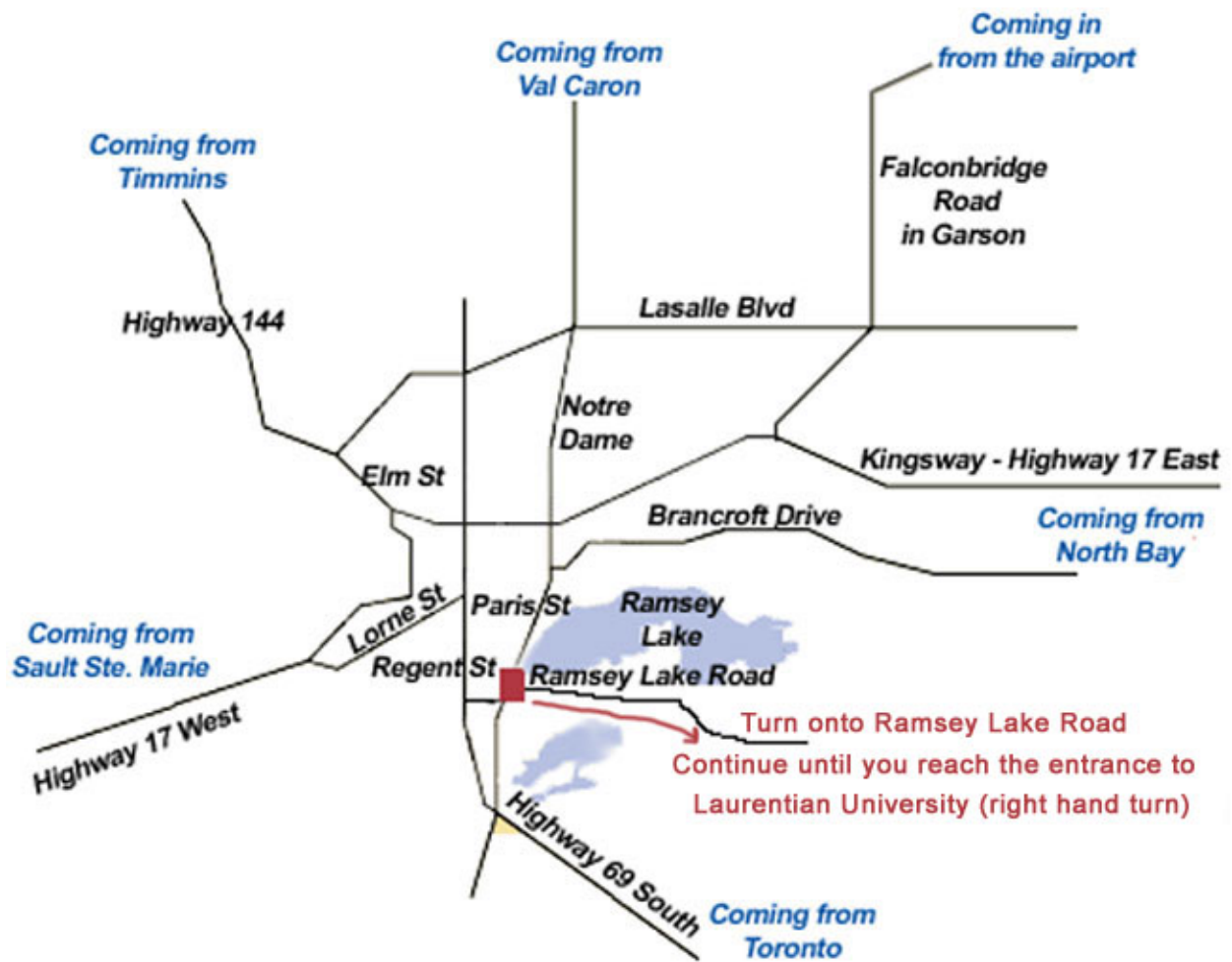
Elementary Schools – Individual Participant Take-Home Packages

- At the Registration Desk, all elementary coaches will receive individual packages for each competitor. This package will include a skipping rope (for Junior Elementary competitors), a certificate of completion and a letter addressed to their parent outlining the importance of physical activity and healthy living in preventing cardiovascular disease.
- We would ask that coaches hand these packages out on the bus ride home or upon returning to your school.

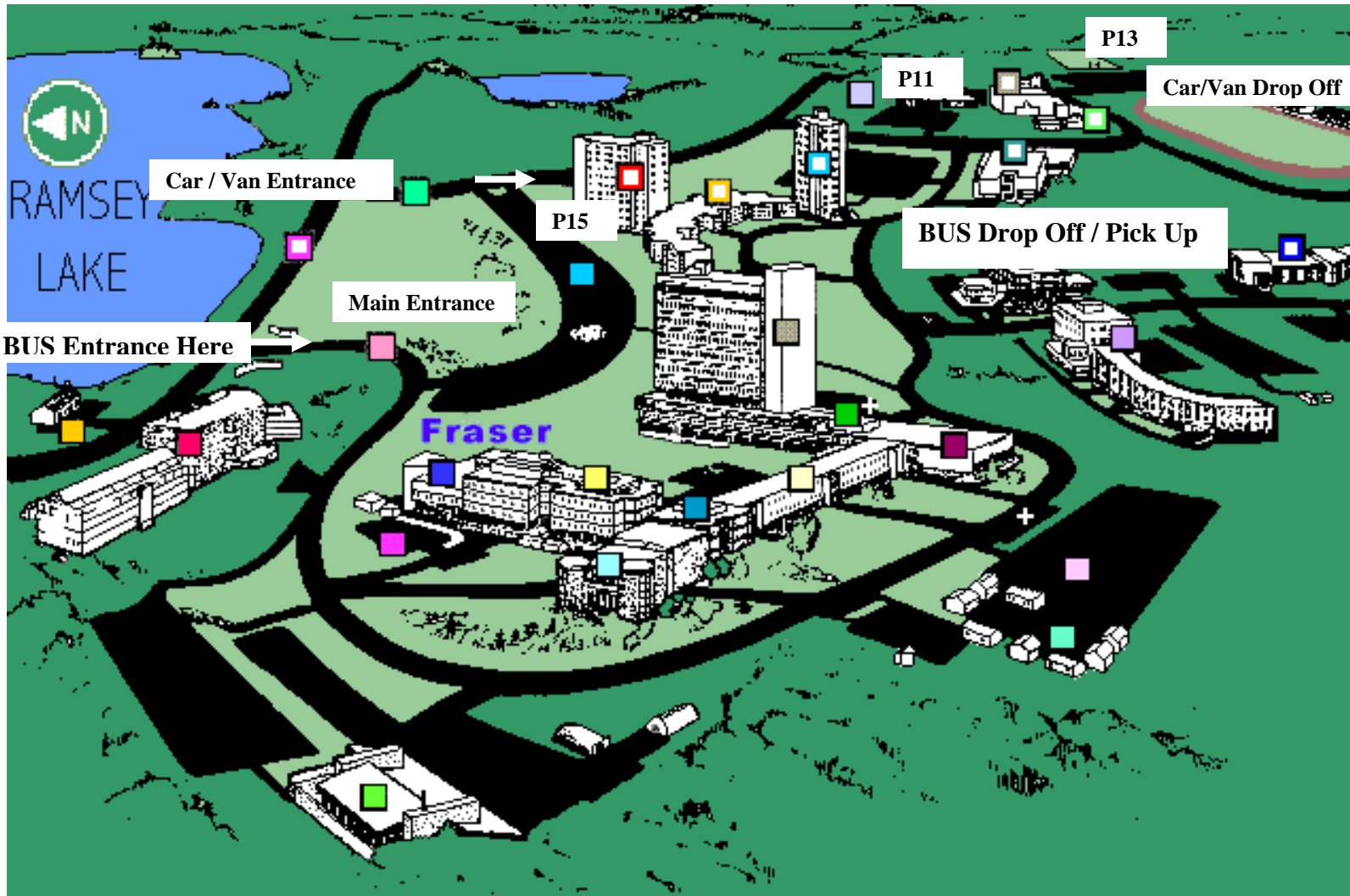
Maps:

1. Sudbury Map
2. Campus and Car Parking Map
3. Bus-Parking Map
4. Site Map

1. Sudbury Map



2. Campus and Car Parking Map



3. Bus-Parking Map



4. Site Map

