

# Laurentian University High School XC “Rumble on the Rock” Course Maps - 2018



## Schedule

**2:30pm: MG & MB (4220 metres)** Start-A-C-D-E1-H-A-B1-B2-C-D-E1-E2-F-G-H-I-Finish  
Short Stadium Loop (blue + green shortcuts) + 1 Long White Loop

**2:50pm: JG & JB (5120 metres)** Start-A-B1-B2-C-D-E1-H-A-B1-B2-C-D-E1-E2-G-H-I-Finish  
1 X Long White Loop with green shortcut (back into stadium) + 1 X Long White Loop with yellow shortcut

**3:20pm: SG & SB (5970 metres)** Start-A-B1-B2-C-D-E1-E2-F-G-H-A-B1-B2-C-D-E1-E2-G-H-I-Finish  
1 Long White Loop + 1 Long White Loop with yellow shortcut