

Laurentian University High School XC “Rumble on the Rock” Course Maps - 2022 – NEW!



- Novice (4100 metres)** Start-A-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish
1 X Short Stadium Loop (blue + green shortcuts) + 1 X Full Long White Loop
- Junior (5100 metres)** Start-A-C-D-H-A-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish
2 X Short Stadium Loop (blue + green shortcuts) + 1 X Full Long White Loop
- Senior (5600 metres)** Start-A-B-B2-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish
1 X Long White Loop with Green Shortcut into Stadium + 1 Full Long White Loop

Schedule:

- 2:00pm – Novice Boys
- 2:01pm – Novice Girls
- 2:30pm – Junior Boys
- 2:31pm – Junior Girls
- 3:00pm – Senior Boys
- 3:01pm – Senior Girls