

2022 Laurentian University "Rumble on the Rock" High School Cross-Country Meet



Event Date: Tuesday, September 27th, 2022

Start Time: 2:00pm

Event Location: Laurentian University Track and Field Stadium and Trails

Meet Director/All Inquiries: Darren Jermyn djermyn@hsnsudbury.ca Cell: (705) 507-8246

Eligible Athletes: This competition is open to all high schools. All athletes must represent and be registered by their school. All athletes must be accompanied by a school official. No Open athletes.

Important Parking/Bus Information: There is NO personal vehicle or bus parking on campus during the event.

Arriving via Bus:

- Teams arriving via bus should plan to arrive at the competition site **NO EARLIER than 1:00pm**. School buses should proceed onto the Stadium Road (clockwise direction – follow the "XC Challenge" signs) for drop-off and pick-up. During the event, buses can park at the York Street South Municipal Lot (across from Bell Park) lot. There is no bus parking on campus during the event. Buses will be allowed back into the loading zone at 4:00pm

Arriving via Personal Vehicles/Van/Etc:

- Teams, Spectators, School officials arriving via personal vehicles or vans will need to utilize the Free Parking and Shuttle operating from the York Street Municipal Lot (across from Bell Park). First shuttle will depart Lot at 12:00pm and run approximately every 20 minutes thereafter. Last shuttle will depart Laurentian at 4:45pm.

Entries:

- On-line entries only at: <https://tinyurl.com/2p8sd8az>
- No race day entries

Entry Fee/Payment: \$7 per athlete; School maximum of \$600. Preferred payment is via credit card on Trackie website. Teams can also pay via cheque, payable to "Laurentian University Cross-Country Running Team". Receipts will be provided.

Entry Deadline: Sunday, Sept 25th @ 12pm

Letter of Verification – Due Monday, Sept 26th @ 1pm (*feel free to cut and paste the example posted at tracknorth.com and email to djermyn@hsnsudbury.ca*).

- To ensure the safety of all participants, we require a single letter, on school letterhead, from each participating school acknowledging that:

- You have collected all the necessary parental permission forms for your students to attend and are aware of any pre-existing medical conditions or participating students. A sample letter is available at www.tracknorth.com
- You agree to follow the Bus Protocol for our event
- If you do not email by deadline you must have printed copy at Registration Desk

Meet Schedule:

12:00pm – Bus Shuttle begins to operate from York Street Lot – across by Bell Park

1:00pm – Team Buses allowed onsite

1:30pm – Stadium Road gates closed

2:00pm – Novice Boys 4100m

2:02pm – Novice Girls 4100m

2:30pm – Junior Boys 5000m

2:32pm – Junior Girls 5000m

3:00pm – Senior Boys 5850m

3:02pm – Senior Girls 5850m

3:50pm – Awards / Gates Open for Team Buses

4:45pm – Last Shuttle Bus back to Bell Park

Meet Scoring:

- Athletes cannot run in more than one race
- Each age and gender race will be scored separately
- Girls' race times will be adjusted by 2 minutes following meet and posted to www.tracknorth.com. Please be patient for final times to be posted.
- Aggregate team scores will then be calculated based on each school's score across all six age/gender divisions
 - Tie Breaker 1 – lowest combined MG+MB score
 - Tie Breaker 2 – lowest combined JG+JB score
 - Tie Breaker 3 – 100m sprint between coaches (just kidding); lowest combined SG+SB score

Course Maps:

- Posted at www.tracknorth.com

Prizes:

- T-shirts for top 3 finishers in each age/sex category
- Championship Banner (to keep) for team with best aggregate (girls + boys) score