

# Laurentian University Cross Country “Rumble on the Rock” Course Maps - 2024



## Schedule

**11:00am: Senior Elementary (3,100 metres)** Start-A-B-B2-C-D-E-F-G-H-I-Finish  
1 X Long White Loop

**1:30pm: Novice Girls + Boys (3,100 metres)** Start-A-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish  
1 X Long White Loop

**2:00pm: JG & JB (4100 metres)** Start-A-C-D-H-A-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish  
1 X Short Stadium Loop (blue + green shortcuts) + 1 Long White Loop

**2:45pm: SG & SB (5200 metres)** Start-A-B-B2-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish  
2 X Short Stadium Loop (blue + green shortcuts) + 1 Long White Loop