

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 (One Full Lap of White Loop)

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

2:00pm: JG & JB (4100 metres) Start-A-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish (One Stadium Loop + One Full Lap of White Loop)

2:45pm: SG & SB (5000 metres) Start-A-C-D-H-A-C-D-H-A-B-B2-C-D-E-F-G-H-I-Finish (Two Stadium Loops + One Full Lap of White Loop)