

2024 Laurentian University "Rumble on the Rock" Cross-Country Running Event



Event Date: Tuesday, September 24th, 2024

Event Location: Laurentian University Track and Field Stadium and Trails

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

****Important Parking/Bus Information:** There is NO personal vehicle or bus parking allowed on campus during the event. Please inform parents that they must use the FREE shuttle operating from York Street (across from Bell Park) if they wish to attend the event.

Bus Protocol: Please see attached map

Schools arriving via bus must adhere to the following bus protocol:

- School buses should proceed onto the Stadium Road (clockwise direction – follow the "XC Challenge" signs) for drop-off and pick-up according to the times noted above in the "Event Schedule" section.
- Drop-off and pick-up will occur on the Stadium Road adjacent to the Tennis Courts – please follow the road all the way around the stadium prior to drop-off or pick-up.
- After drop-off, 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.
- For pick-up, buses should follow the same process as drop-off and follow the schedule provided.
 - Please DO NOT have your bus arrive early – they will be directed to depart campus by LU Security.

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 Shuttle Lot at 9:00am and will run approximately every 20 minutes thereafter. Last shuttle will depart Laurentian at 4:00pm.

Event Schedule:

NOTE: We will operate this event as two separate meets to ensure the Grade 7&8's have sufficient time to return to their schools for their end of day buses.

A. Senior Elementary (Grade 7 & 8) Meet

- Shuttle Operating from York Street: 9:00am to 4:15pm
- Senior Elementary Team Bus Drop-Off: Stadium Gates Open: 9:45am to 10:15am
- Senior Elementary Race Time: 11:00am (Grade 7 & 8 Girls and Boys – 3100m)
 - Girls and Boys will start at same time
 - Each School will be allowed 2 Girls and 2 Boys on start line with remaining team members lined up behind
- Senior Elementary Bus Pick-Up: Gates Open from 11:45am to 1:00pm

B. High School Meet

- Shuttle Operating from York Street: 9:00am to 4:15pm
- High School Team Bus Drop-Off: Stadium Gates Open 12:30pm to 1:00pm
- Race Times:
 - 1:30pm - Novice (3100m)
 - 2:00pm - Junior (4100m)
 - 2:45pm - Senior (5000m)
 - Girls and Boys will start at same time for each age group
 - Each School will be allowed 2 Girls and 2 Boys on start line with remaining team members lined up behind
- High School Bus Pick-Up: 3:45 to 4:15pm

Eligible Athletes: This competition is open to all athletes in Grade 7 through Grade 12. All athletes must represent and be registered by their school. All athletes must be accompanied by a school official. No Open athletes.

Entries: On-line entries only at:

<https://www.trackie.com/event/2024-laurentian-university-high-school-rumble-on-the-rock-xc-meet/1012729/>

- No race day entries

Entry Deadline: Sunday, Sept 22nd @ 12pm (NOON)

Entry Fee/Payment: \$8 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. No refunds will be provided.

Acknowledgment of Acceptance of Risk of Participating

- As part of the on-line entry process, school officials must sign off on the following for each participant and volunteer attending the event:

"Laurentian University does not accept any and all liability for any loss, damage, injury or expense that may be suffered by a participant or their next of kin may suffer as a result of my participation in the LU XC Rumble on the Rock and all related activities whatsoever INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIER'S LIABILITY ACT, RSA 2000 c. 0-4 AS AMENDED ON THE PART OF THE UNIVERSITY"

Meet Day Package Pick-Up: Coaches/School Officials should pick up package in Timing Room in Stadium – near 400m track finish line.

Results:

- Meet results will be posted to www.tracknorth.com. Please be patient for final results to be posted.

Meet Scoring:

- Two team banners will be awarded:
 1. Senior Elementary Aggregate Champion (Grade 7 & 8)
 - Team score will be calculated based on a school's total score (Grade 7 & 8 Girls + Grade 7 & 8 Boys).
 - Tie Breaker – Highest placing 4th runner on Grade 7 & 8 Girls team
 2. High School Aggregate Champion
 - Team scores will 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 – lowest combined SG+SB score

Course Maps:

- Posted at www.tracknorth.com

Prizes:

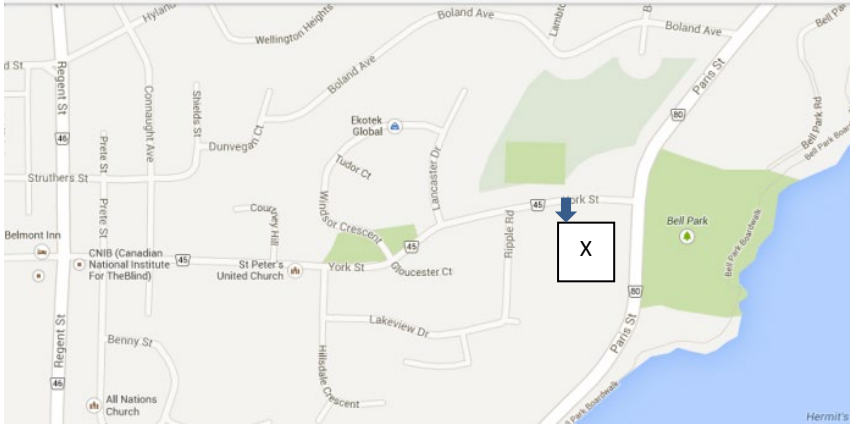
- T-shirts for top 3 finishers in each age/gender category
- Championship Banner (to keep) for team with best aggregate (girls + boys) score
 - Separate Banners for Grade 7 & 8 and High Schools (Grade 9-12) aggregate winners

Concessions: There will be no concessions available this year. Please plan ahead.

Portapotties: There will be 4 portapotties near the Start Line

Shuttle Bus / Team Vehicle Parking / Spectator Parking / Bus Parking Location

- Municipal Lot at Bell Park on South Side of York Street (enter off York Street)



Bus Protocol Map / Campus Shuttle drop off and pickup location



- School Bus Route →
- Shuttle Route (drop off/pick up at Recreation Centre) →
- Emergency Vehicle Access Route →