

Laurentian University “Rumble on the Rock” Cross Country Running Challenge

Course Maps – New for 2025!



Schedule

Elementary Schools

- 10:30am: Grade 3 & 4 Boys (1,800m) Start-A-C-D-E-F-G-H-Finish [Blue Shortcut from A to C]
- 10:35am: Grade 3 & 4 Girls (1,800m) Start-A-C-D-E-F-G-H-Finish [Blue Shortcut from A to C]
- 10:40am: Grade 5 & 6 Boys (1,800m) Start-A-C-D-E-F-G-H-I-Finish [Blue Shortcut from A to C]
- 10:45am: Grade 5 & 6 Girls (1,800m) Start-A-C-D-E-F-G-H-I-Finish [Blue Shortcut from A to C]
- 10:55am: Grade 7 & 8 Girls + Boys (3,000m) Start-A-B-B2-C-D-E-F-G-H-Finish [One Full Lap of White Loop]

High Schools

- 1:30pm: Novice Girls + Boys (3,000m) Start-A-B-B2-C-D-E-F-G-H-I-Finish [One Full Lap of White Loop]
- 2:00pm: Junior Girls + Junior Boys (4,000 metres) Start-A-C-D-E-F-G-H-I-A-C-D-E-F-G-H-Finish [Blue Shortcut from A to C] X 2
- 2:30pm: Senior Girls + Senior Boys (5000 metres) Start-A-C-D-E-F-G-H-I-A-B-B2-C-D-E-F-G-H-Finish [Blue Shortcut Loop + Full White Loop]