

THURSDAY, OCTOBER 3rd 2024



# Louis-Riel Rebelles XC Invitational



**When:** Thursday, October 3th 2024

**9:30** - Race Registration opens for pre-registered athletes and teams for bib number pick-up.

**10:50** - Races Begin. Please plan to arrive at least one hour before your scheduled race time to pick-up your race registration material and team

distribution. See full schedule below.

**Where:** Hornets Nest Facility (1662 Bearbrook Rd.)

**Entry Fees: \$8.00 per athletes — Team Max.: \$250.00**

## RACE DIVISIONS:

INTERMEDIATE  
**GRADE 7 & 8**

Race distance : 3000m  
Girls & Boys Races

PARA-ATHLETES  
**GRADE 7 to 12**

Race distance : 4000m  
Girls & Boys Races  
(OFSAA Distance)

JUNIOR VARSITY  
**GRADE 9 & 10**

Race distance : 4000m  
Girls & Boys Races  
(OFSAA Novice & Junior  
Divisions Combined)

VARSITY  
**GRADE 11 & 12**

Race distance : 6000m  
Girls & Boys Races

## REGISTRATION PROCESS:

ALL ENTRIES MUST BE DONE ONLINE at [/www.trackie.com/event/2024-lrxcinv24](http://www.trackie.com/event/2024-lrxcinv24).

## ENTRY FEES:

\$8.00 per athletes — Team Max. : \$250.00

You may pay by cash or cheque at the registration area upon arrival. If paying by cheque, please label it to “ESP Louis-Riel.

## ENTRY DEADLINE:

**Friday, September 27th @10pm**

## ENTRY DEADLINE

Friday,  
September 27th at  
10pm

## COURSE

Grass & Trails. Get ready for mud if it rains!

## FACILITIES

City's *Porta-Potties* will be on site.

## TENTS

To be set OUTSIDE of the soccer fields.

## AWARDS

Ribbons for the Top 8 of each division.

Racing pumpkins for each Top 1 individual.

## INQUIRIES

Maude Laforte  
(Meet Director)  
[maude.carrier-laforte@cepeo.on.ca](mailto:maude.carrier-laforte@cepeo.on.ca)



### MEETSCHEDULE

- 10:30 Coaches Meeting on the patio.
- 10:50 INTERMEDIATE BOYS (3000m)
- 11:15 INTERMEDIATE BOYS (3000m)
- 11:40 PARA-ATHLETES GIRLS & BOYS (4000m)
- 12:20 JUNIOR VARSITY GIRLS (4000m)
- 12:50 JUNIOR VARSITY BOYS (4000m)
- 13:20 VARSITY GIRLS (6000m)
- 14:05 VARSITY BOYS (6000m)

\*If entry numbers permits, we may opt to combined both genders within the same division. We've done this in the past and it creates a better sense of competition and great results for your athletes. *(Results will be divided based on your athletes gender and division)*. Also note that we might go ahead of schedule up to 10min if/when possible. **Please advise your athletes!**

### THE RACE START:

Athletes should be in the start area **20 minutes before** the schedule race start time. Runners should be wearing their correct bib (**wrong bib = no time/no ranking**) pinned to the **FRONT** of their **SCHOOL** shirt.

### THE START:

A white flag will be raised into the air 15 seconds before the race start which will then be followed by an AIR HORN BLAST to begin the race. Should any athlete fall in the early stages of the race start, series of WHISTLE AND AIR HORN blasts will signal the stop of the race and runners will return to the start line to repeat the process of the start.

### THE RACE:

The course will be CLEARLY marked and the paths flagged with RED and LIME GREEN flags. **RED FLAGS WILL BE THE ATHLETE'S RIGHT SIDE** and **LIME GREEN FLAGS WILL BE ON THE ATHLETE'S LEFT SIDE.**

### AWARDS

The top 8 will be given a ribbon. Each division winner will be awarded with a pumpkin

### RESULTS:

All results will be posted throughout the meet on the patio and posted online after the meet at the Louis-Riel Track/XC web page ([www.louisrielathxc.com](http://www.louisrielathxc.com))

### INQUIRIES:

Contact Maude Laforte at [maude.carrier-laforte@cepeo.on.ca](mailto:maude.carrier-laforte@cepeo.on.ca).