



**2nd Annual  
Laurentian Voyageur X-C Running Challenge**

**Thursday, September 30<sup>th</sup>, 2010  
Laurentian University  
Sudbury, ON**

**Technical Package for Elementary and High School Coaches**



# 2nd Annual Laurentian Voyageur X-C Running Challenge

## Technical Package for Coaches

**Race Date:** Thursday, September 30<sup>th</sup>, 2010

**Race Location:** Laurentian University Track and Field Stadium and Trails

**Meet Director/All Inquiries:** Darren Jermyn – [jermynd@vianet.ca](mailto:jermynd@vianet.ca)  
Phone: (705) 523-7100 ext.3138 or (705) 670-1561  
Cell: (705) 665-4775 Fax: (705) 523-7170

**Driving Directions:** Please refer to the "Sudbury Map" for directions to Laurentian University.

**Parking:** There is very limited car and/or van parking close to the start/finish area. There will be limited to no bus parking available on campus. Bus parking will be arranged at the Ramsey Lake Road Boat Launch and Lily Creek (James Jerome Park) – see "Bus Parking Map". Teams should plan to **not** have access to their team bus for the duration of the event. In case of inclement weather, shelter will be provided for all teams. Teams are encouraged to bring a team tent if you own one.

### **Arriving Via Bus:**

**Drop-off and Pick-Up Location:** Athletes and coaches arriving via bus should enter the university at the main entrance (See "Campus and Car Parking Map") and proceed through campus until you hit P8 (just before intersection of University Road and Voyageur Road). Athletes and coaches can be dropped off and picked up here. (Note – from here, it is approximately a 300m walk to the Start/Finish Area). Buses can either return to their terminals or park at the Ramsey Lake Boat Launch or James Jerome Park parking lot (see "Bus Parking Map"). Coaches and athletes should take everything they need for the day off the bus. Sheltered areas will be provided in case of inclement weather.

**Arriving Via Car or Small Van:** Athletes or spectators arriving via car or small van can be dropped off at the bus turnaround in front of the B.F. Avery Building (see "Campus and Car Parking Map"). Cars can park at any "Pay Parking" spots at the university – your best bet are lots P13, P11 or P15. Each lot is either \$3 or \$4 (coins only) to enter. There are no "in and out" privileges. **Note:** It is possible that you will have to park a considerable distance away (P15 - up to 800m away) from the Start/Finish area – so please plan ahead for this.

**Registration Package Pick-Up:** Located near the finish line of the 400m track (see "Site Map")

**Start Area:** Each race will start on the intramural/soccer field located directly behind the 400m track

**Finish Area:** Each race will finish on Laurentian University's new 400m Mondo surface outdoor track.

**Team Area:** Room will be available for team tents to be erected on the infield of the 400m track. Certain sections of the 400m track will be blocked off to allow the meet to run smoothly and to contain crowd flow around the finish area. Please reference the attached "Site Map" and ensure your athletes are aware of the "No Access" areas.

**Tarped/Sheltered Area:** In case of rain, a sheltered area will be available behind the wooden stands (closer to the Start Line). Teams should be prepared for spending the day outside in rain and/or cold conditions.

**Coaches Meeting:** A very short coaches meeting will take place near the Registration Area at 9:40am.

**Course:** Each course will include segments of grass, gravel and wood chip trails. Short portions will be run on asphalt. Regular running shoes, racing flats and/or cross-country spikes (with shorter spikes – 5 to 6mm – **SEE IMPORTANT NOTE BELOW REGARDING SPIKES!**) would be appropriate to wear. All races except the Junior Elementary race will include at least one significant uphill climb and downhill section.

**Use of Spikes:** Due to the fact that each race will finish on our new multi-million dollar 400m Mondo surface track, spike length will be limited to 6mm. This rule will be **STRICTLY** enforced. All athletes racing in spikes **MUST** have them checked prior to the start of each race. A race official will be located at a table in the Team Tent area and will check spike length and provide each athlete with a sticker for their bib number indicating their spike length is within the 6mm limit. **It is the athlete's responsibility to ensure their spikes are checked prior to their race.** Any athletes caught with the use of spikes greater than 6mm will be **disqualified** from their event.

### **Meet Schedule:**

#### **AM: Elementary School Challenge**

8:30am to 9:00am	Elementary School Teams Arrive – Race Package Pick Up
9:00am to 9:40am	Self-Guided Course Tours
9:40am	Elementary Schools Coaches Meeting – By Registration Area
9:45am:	Junior Elementary Warmup with Laurentian Voyageur Mascot and LU Women's XC Running Team – Meet at the Start Line
10:00am	<b><i>Junior Elementary Challenge</i></b> 1.8 km Race – Grades 3,4,5 and 6 Girls and Boys (Co-Ed Race)
10:30am	<b><i>Senior Elementary Challenge</i></b> 3.1 km Race - Grades 7 and 8 Girls and Boys (Co-Ed Race)
11:00am	Elementary Awards
11:20am	Elementary School Lunch (Boxed Lunch Delivery and General Food Sales)
12:00pm	Elementary Schools Depart

#### **PM: High School Challenge: PRE-NOSSA**

12:15 – 12:30pm	High School Teams arrive, race package pickup
12:15 – 1:15pm	Course Tours
1:15pm	High Schools Coaches Meeting – By Registration Area
1:30pm	<b><i>Midget and Junior Girls (Combined Race) – 3.1 km</i></b>
2:00pm	<b><i>Midget and Junior Boys (Combined Race) – 4.7 km</i></b>
2:30pm	<b><i>Senior Girls – 4.7 km</i></b>
3:15pm	<b><i>Senior Boys – 6.8 km</i></b>
4:00pm	High School Awards
4:15pm	High Schools Depart

**Entries: Pre-entry Only! No race day registration.**

- All entries must be done online at [www.trackdatabase.com](http://www.trackdatabase.com).
- If you have not used this website before, please do the following:
  - o Under "Members" choose "Register".
  - o For "Team Type", elementary schools should select "Other" and high schools should select "OFSAA".
  - o Complete the requested information for you team. Make sure to store or print out your username and password so you can add/edit entries at a later date!
- Once registered, go to "More Meets" and select "Join a Meet". Enter the following Code: **XXXX**
- Enter athletes in the appropriate age and sex category (**Important Note:** although we will run co-ed Junior and Senior Elementary races and combined High School Midget/Junior races, please still enter your athletes in the correct individual age/sex category).
- You will receive a confirmation email of your entries and an email indicating the total amount of entry fees required.
- **Additional team information:** Information pertaining to Team Tent space request, Elementary Boxed Lunch Orders, Warm-up Music Requests and T-shirt orders (detailed later in document) should be forwarded using the "LU XC Additional Team Information" file found at: [www.tracknorth.com](http://www.tracknorth.com) (link from main page) or [www.luvoyageurs.com](http://www.luvoyageurs.com) – follow the links to the "LU Women's XC/Track" page. Once complete, please email this file to Darren Jermyn at: [jermynd@vianet.ca](mailto:jermynd@vianet.ca)
- If you have problems with this entry procedure, please contact the meet director.

**Entry Deadline: Monday, September 27<sup>th</sup> @ 7pm.**

**Waivers:** Each athlete must have a signed waiver form prior to receiving their competition number. Coaches must have ALL of their athlete's waiver forms when they present to the registration table.

**Timing and Bib Numbers:** Each athlete will be given a competition bib number to worn on the front of their competitive singlet/shirt during their race. Please ensure athletes do not crumple or bend these numbers. If meet officials cannot read an athlete's number at the finish line, they may be disqualified from the event.

**Entry Fee:** All races: \$5 per athlete (no team maximum)

**Late Entries:** Late entries will be accepted at the discretion of the Meet Director. Late entries must be submitted via email (Last Name, First Name, Event) and will be charged \$10 per athlete.

**Payment:** Please make cheques payable to: "Laurentian University Women's Cross Country Running Team". Cheques will be collected at the Registration Desk on the day of the event. Receipts will be made out to the name on the cheque. Race Packages will not be given out until payment is received.

**Playing Regulations and Team Scoring:** For this competition, the NOSSA playing regulations will be used. They can be referenced at: <http://www.rainbowschools.ca/nossa/Pages/nhandbk10.pdf>

**Quick Summary or Regulations:** Schools can enter only one team per event (e.g. Midget Boys) but there is no maximum number of athletes per team. All teams in all divisions must have a minimum of 4 athletes that complete their event in order to be included in the team scoring. Ties will be broken by the lowest scoring 4<sup>th</sup> team member. Girls and Boys will be scored separately as follows:

- Junior Elementary: Grades 3-6
- Senior Elementary: Grades 7-8
- High School Midget: Grade 9 (Age 14 or under as of Dec 31, 2010)
- High School Junior: Grade 10 (Age 15 or under as of Dec 31, 2010)

- High School Senior: Grade 11 and 12 (Age 16 or over as of Dec 31, 2010)

Notes:

1. High School Midgets and Juniors will race together but awards will be given separately.
2. For the High School Competition, an overall Aggregate Champion will be crowned based on the results of all races. Schools must field a team in all high school races (Midget, Junior, Senior – boys and girls) to be eligible to win the Aggregate title. Individual races will be scored as follows: 1<sup>st</sup> – 10 points, 2<sup>nd</sup> – 8 points, 3<sup>rd</sup> – 6 points, 4<sup>th</sup> – 4 points, 5<sup>th</sup> – 2 points, 6<sup>th</sup> – 1 point. Ties for Aggregate Champion will be broken by the number of 1<sup>st</sup> place finishes. If still tied, then number of 2<sup>nd</sup> places finishes, etc.

**Starting Procedure:**

- Starting boxes will be used for all races. Each team will be allowed to have 2 runners “on the line” with the remainder of their team position behind them. Starting box information will be provided at the Registration Desk on the day of the event.

**Results:**

- Results will be posted at the “Results” area by the water fountain at the north end of the Grandstand Seating area.
- Results will also be posted online later in the evening on September 30<sup>th</sup> at [www.tracknorth.com](http://www.tracknorth.com)

**Prizes:**

- The Top 5 female and male finishers in each individual race will receive a “Top 5 LU XC” t-shirt.
- Members of the Top 3 teams in each race will receive award certificates.
- In the High School division, an Aggregate Championship trophy will be awarded to the school with the best overall score across all age divisions (please see note above regarding the scoring method to determine the Aggregate title)
- Special prizes for Best Team Cheer and Best Team Spirit will also be awarded.

**Concessions/Food:**

- Free post-race chocolate milk will be provided courtesy of Agropur (Copper Cliff Dairy).
- Pizza, fruit and other snacks and drinks will be available for purchase at the Concessions area throughout the day.
- Elementary School teams can also pre-order “Boxed Lunches” at a cost of \$5 per lunch. Each lunch will include a slice of pepperoni pizza, choice of fruit (apple or banana); cookie and choice of drink (Gatorade or Water). Please use the “Boxed Lunches” spreadsheet enclosed in the: “LU XC Additional Team Information” file found at [www.tracknorth.com](http://www.tracknorth.com) or [www.luvoyageurs.com](http://www.luvoyageurs.com)

**Washrooms:**

- Public washrooms are located within the Grandstand Stadium (Female – on North End, Male – access from behind stadium). There will also be portable washrooms near the start line.

**Pre-Race Warmup for Junior Elementary Athletes:**

- Meet the Lady Vees Cross Country Running Team and the Voyageur Mascot! Members of the Laurentian University Women’s Varsity Cross-Country Running Team and the LU Mascot will lead a 10-15 min warmup (short run + exercises + stretching) for interested Junior Elementary athletes – starting at 9:45am at the Start Line!!

**Pre-Race Music Requests**

- Each team is asked to forward a list of pre-race songs they would like to hear during their warmup and prior to the start of each race. These songs will be randomly selected and

played as time allows prior to each race. Please use the "Music" spreadsheet in the "LU XC Additional Team Information" file found at [www.tracknorth.com](http://www.tracknorth.com) or [www.luvoyageurs.com](http://www.luvoyageurs.com)

**Fun Activities On-Site:**

- The Heart and Stroke Foundation will be onsite and will be hosting some fun games for competitors to participate before and after their races.
- The Laurentian University Voyageur mascot and the Heart and Stroke Foundation mascot will also be onsite for the day (weather permitting).

**Participant Individual Take-Home Packages:**

- At the Registration Desk, all elementary coaches will receive individual packages for each competitor. This package will include a skipping rope (for Junior Elementary competitors), a certificate of completion and a letter addressed to their parent outlining the importance of physical activity and healthy living in preventing cardiovascular disease.
- We would ask that coaches hand these packages out on the bus ride home or upon returning to your school.

**T-shirt Sales**

- Laurentian Voyageur Cross-Country Runner long-sleeve t-shirts in a variety of colours will be available for sale and/or order on the day of the event. Please have your athletes check out [www.tracknorth.com](http://www.tracknorth.com) or [www.luvoyageurs.com](http://www.luvoyageurs.com) for a picture of the shirt and available colours.

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**Competition Waiver Form**

**for Elementary and High School Competitors**

**Note to Coaches:** Please provide each of your athletes with the following form and hand them in with your payment at the Registration Desk on Race Day (additional forms will be available on race day if required)

**RELEASE, WAIVER, AND INDEMNITY**

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Laurentian University X-C Running Challenge on Thursday, September 30th, 2010. I for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE Northeastern Ontario Stroke Network, Heart and Stroke Foundation of Ontario, Laurentian University, Laurentian University Athletics, Laurentian University Women's X-C Running Team, The City of Greater Sudbury, The Rainbow District School Board, Track North Athletic Club, Darren Jermyn, Richard Moss and all other associations, sanctioning bodies and sponsoring companies, and elected and appointed officials, successors and assigns, OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event, AND NOTWITHSTANDING that same may have contributed to or occasioned by the negligence of the aforesaid. Personal information collected by race officials is for registration and results purposes only, and will not be shared with other companies or organizations. Further, I hereby grant full permission to any and all the foregoing to use any photography, video tapes, motion pictures, recordings or any other record of this event for promotional purposes. I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE and INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Name of Competitor (please print):

Signature:

Date:

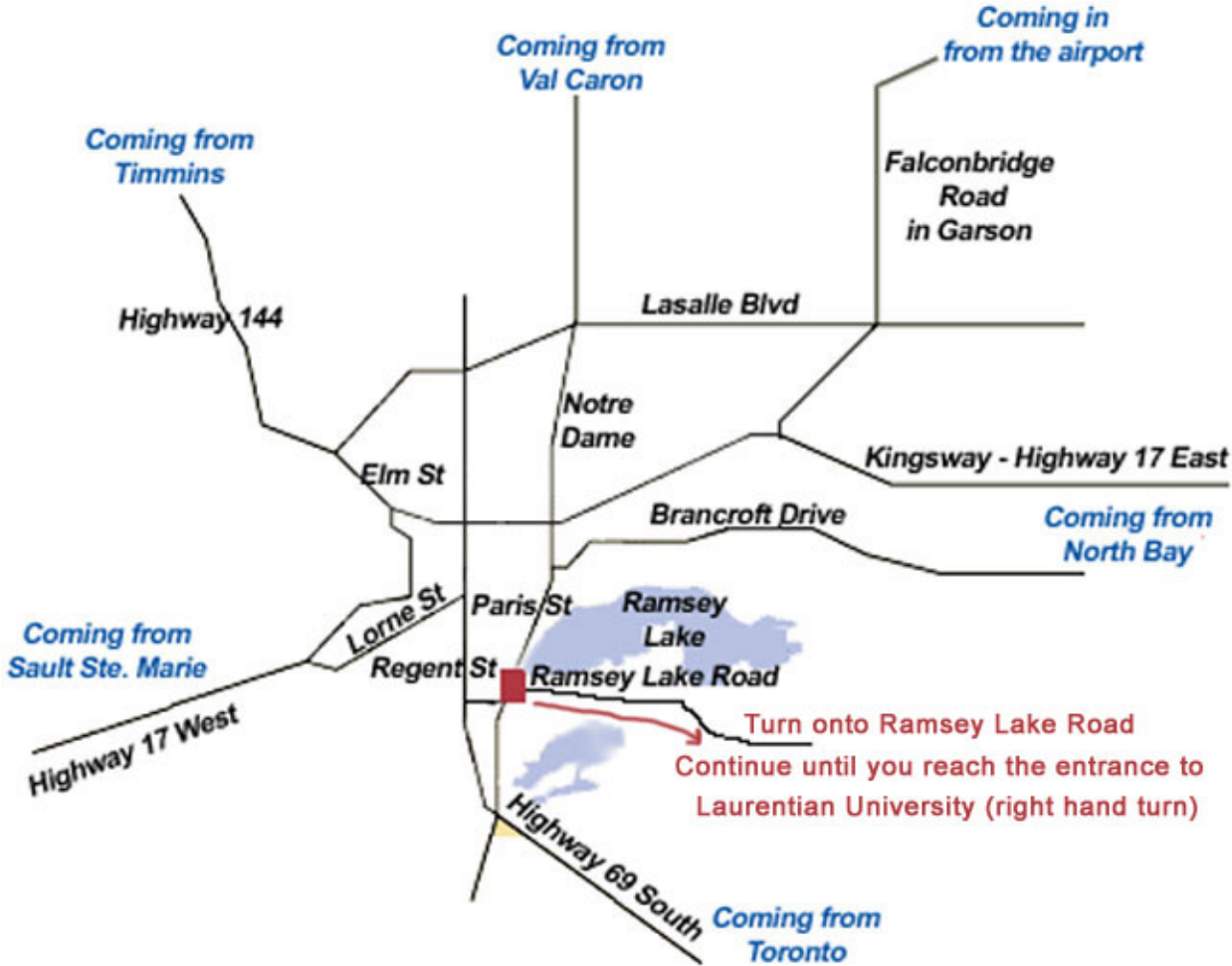
Parents Signature:

(Parent or Guardian must sign if entrant is under 18 years of age)

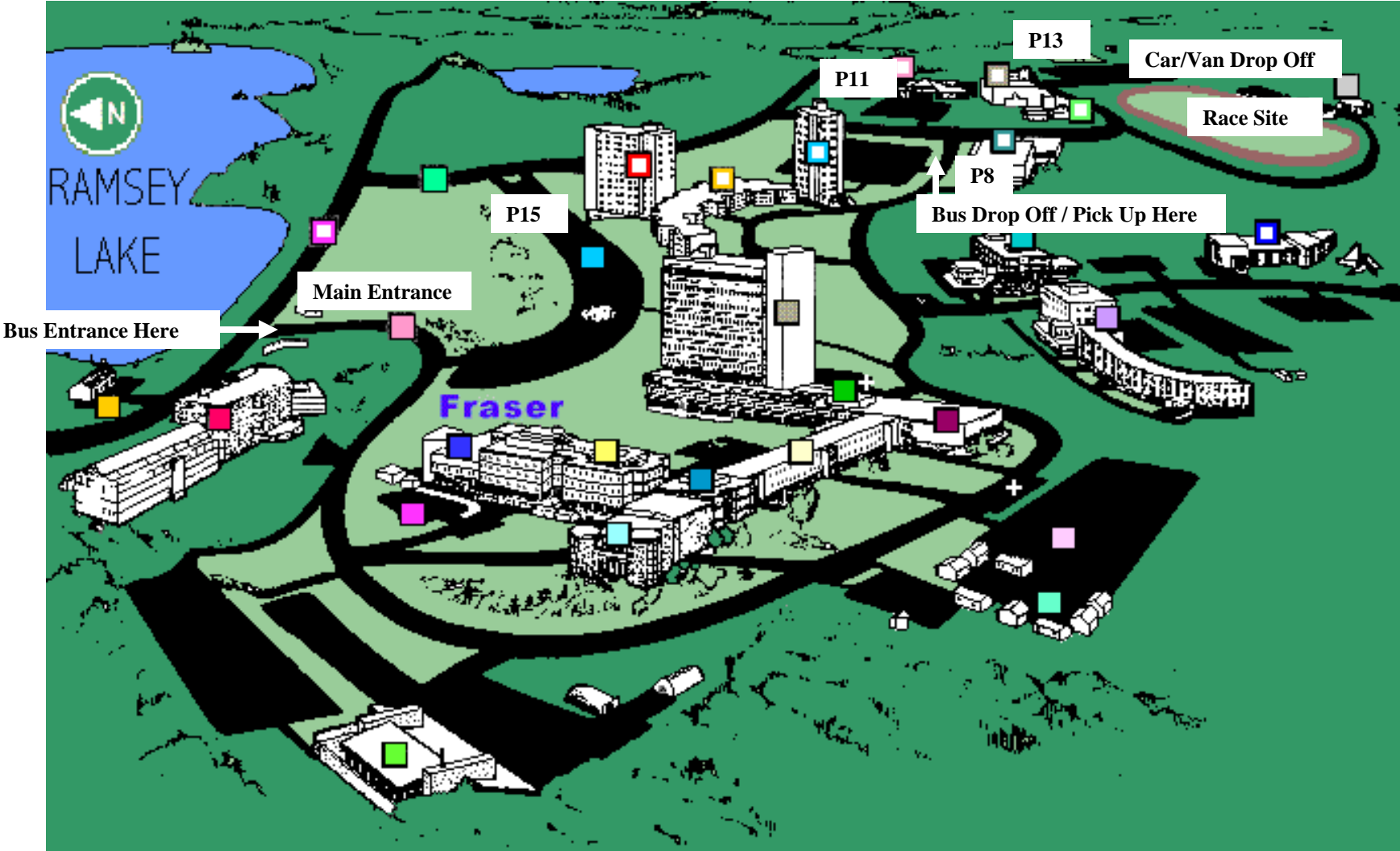
Maps:

1. Sudbury Map
2. Campus and Car Parking Map
3. Bus-Parking Map
4. Site Map
5. Junior Elementary Race Map
6. Senior Elementary and High School Midget/Junior Girls Race Map
7. High School Senior Girls and Midget/Junior Boys Race Map
8. High School Senior Boys Race Map

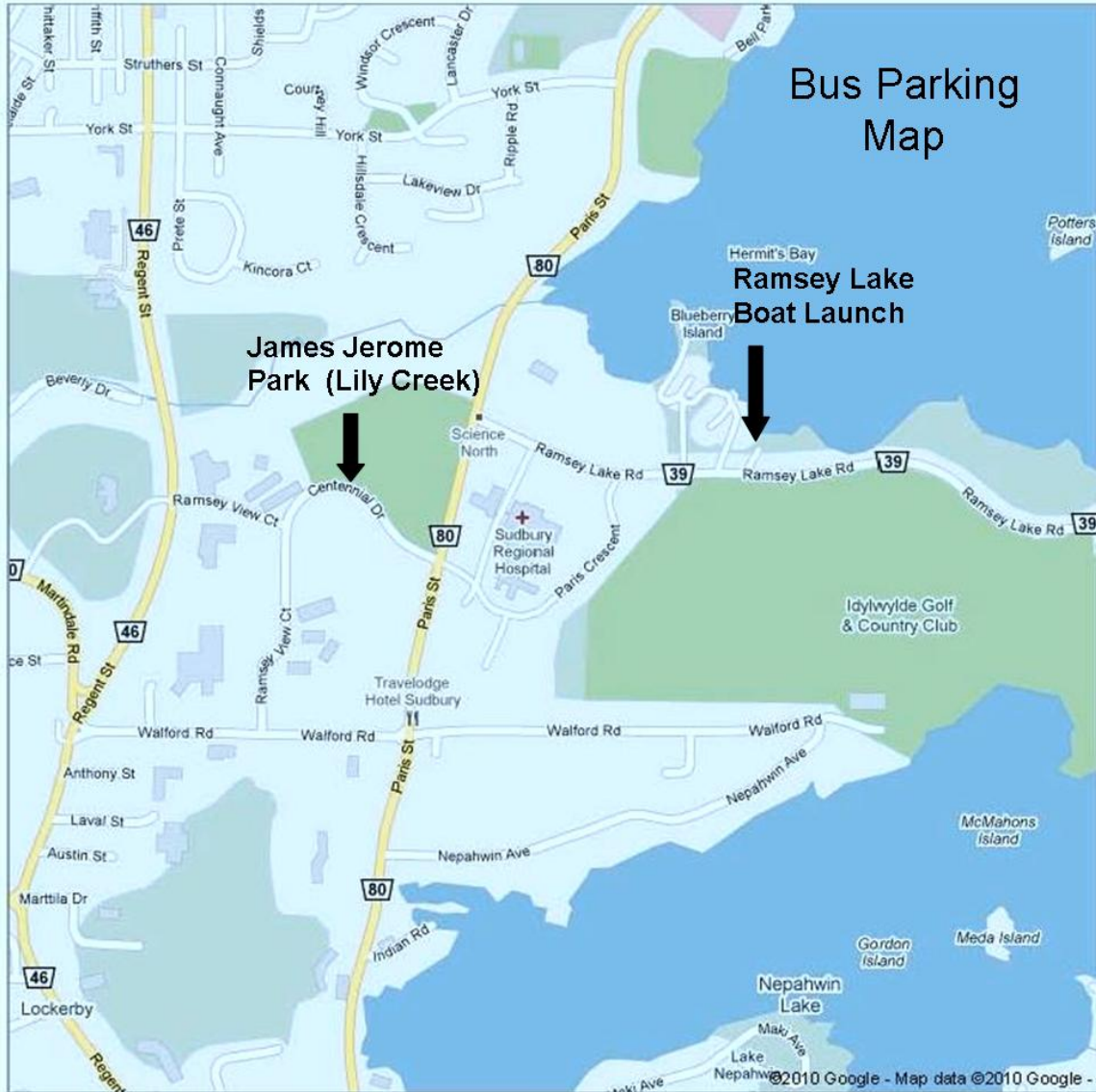
1. Sudbury Map



## 2. Campus and Car Parking Map



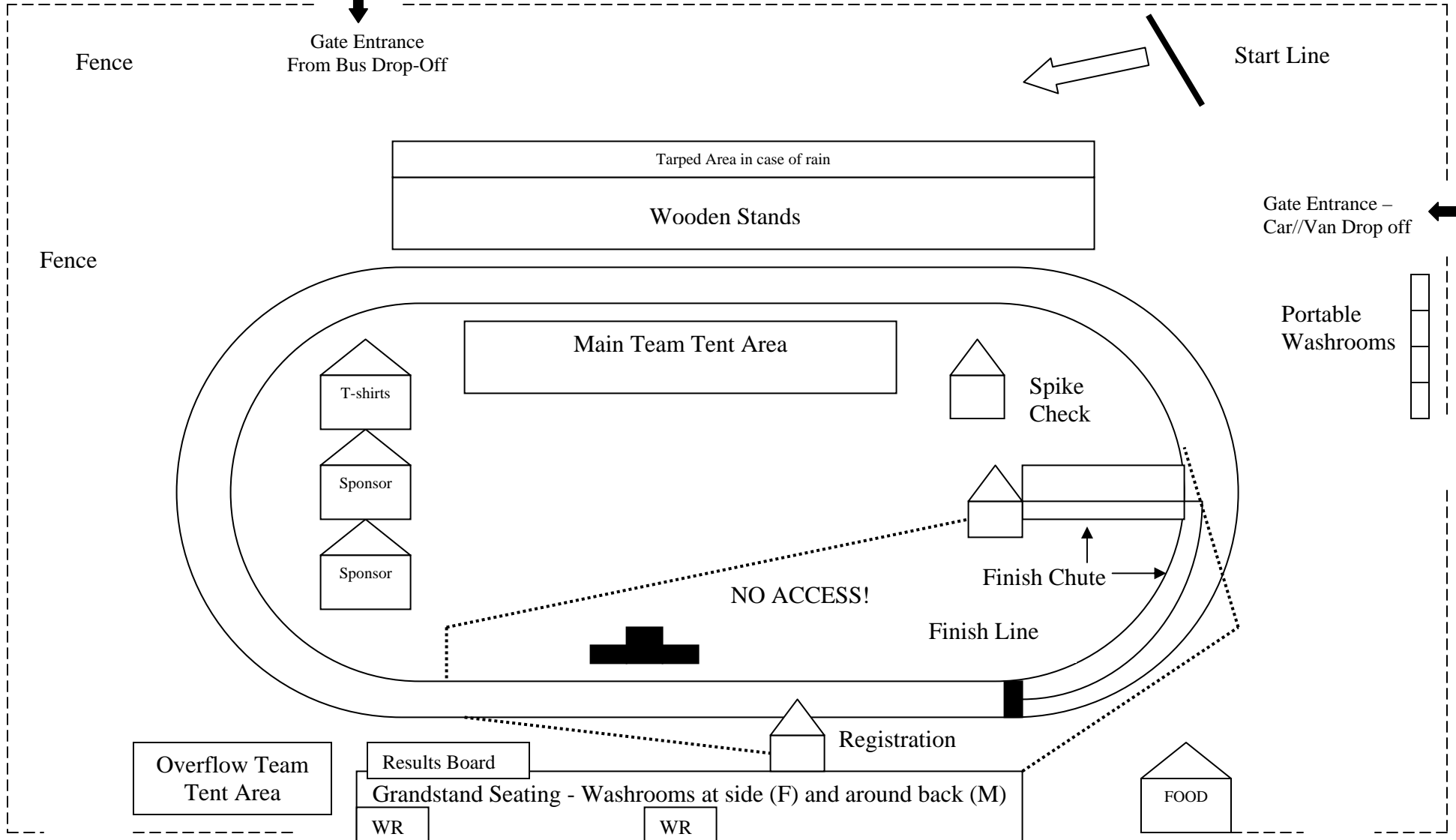
### 3. Bus-Parking Map



# 4. Site Map

B.F. Avery Building

Road



Start Line

Fence

Gate Entrance From Bus Drop-Off

Tarped Area in case of rain

Wooden Stands

Gate Entrance - Car//Van Drop off

Fence

Main Team Tent Area

T-shirts

Sponsor

Sponsor

Spike Check

Finish Chute

NO ACCESS!

Finish Line

Portable Washrooms

Overflow Team Tent Area

Results Board

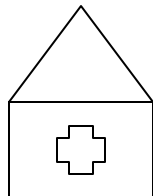
Grandstand Seating - Washrooms at side (F) and around back (M)

WR

WR

Registration

FOOD



First Aid located in "Barn" behind stadium



### Junior Elementary 1.8km Race Map

**Start:** Soccer/Intramural Field behind 400m track

**Course:** Start – A – G – T – C – D – Finish

**Description:** From Start head towards edge of stands and follow grass along outside of 400m track – turn right at gate at fence (A) and go up short hill by small parking lot – turn left and run down the fine gravel path (G) until you hit the turnaround (T) – head back along trail towards stadium– turn right at (C) and complete “Shed” loop (D) – at bottom of hill enter Stadium and complete one lap of 400m track – finishing at track finish line (Finish)

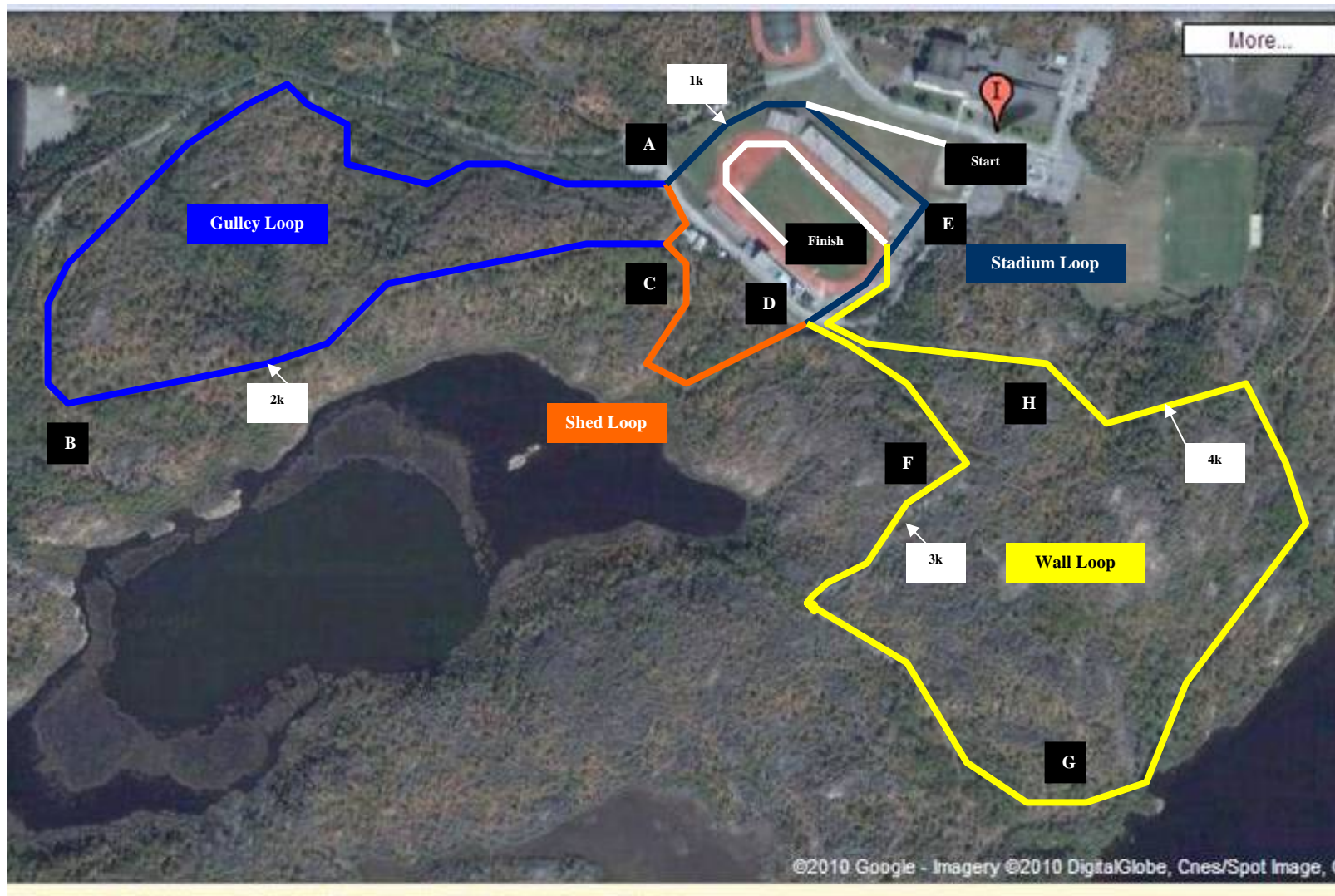


### Senior Elementary Boys & Girls + High School Midget and Junior Girls 3.1km Race Map

Start: Soccer/Intramural Field behind 400m track

Course Route: Start – A – C – D – E – A – B – C – D – Finish

Description: From Start head towards “A” then complete Shed Loop – Stadium Loop – Gulley Loop – Shed Loop and finish by completing one lap of 400m track.



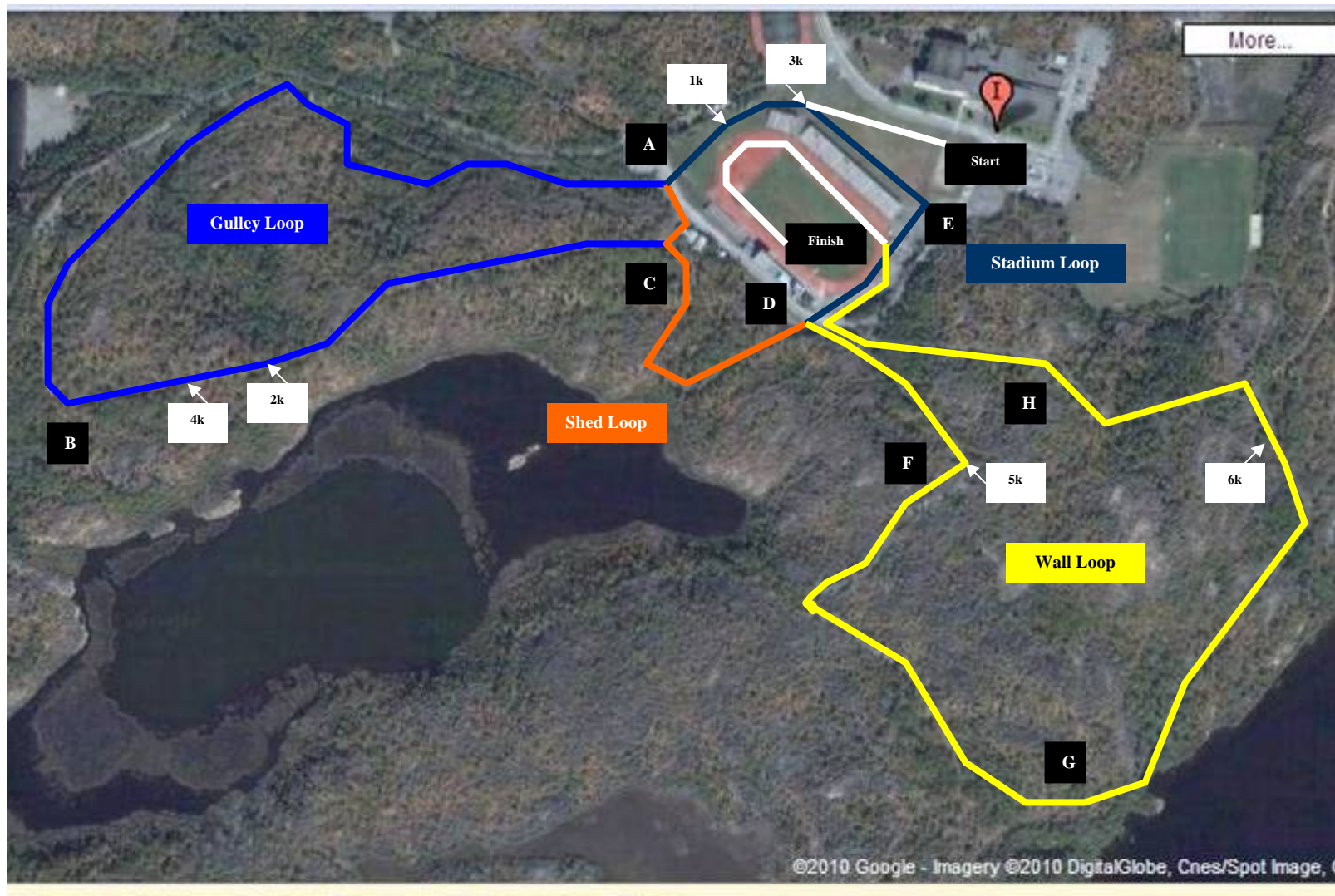
## High School Midget & Junior Boys and Senior Girls 4.7 km Race Map

**Start:** Intramural/Soccer Field behind 400m Track

**Course:** Start – A – C – D – E – A – B – C – D – F – G – H – Finish

### Description:

From Start head towards “A” and complete Shed loop - Stadium loop - Gulley Loop – Shed Loop - Wall Loop and finish on 400m track.



## High School Senior Boys 6.8 km Race Map

**Start:** Intramural/Soccer Field behind 400m Track

**Course:** Start – A – C – D – E – A – B – C – D – E – A – B – C – D – F – G – H – Finish

### Description:

From Start head towards “A” and complete Shed loop - Stadium loop - Gulley Loop - Shed Loop - Stadium Loop - Gulley Loop - Shed Loop - Wall Loop and finish on 400m track.