



## Queen's University Cross Country Open Saturday, October 13, 2007

- To:** OUA Coordinators & Cross-Country Coaches:  
Brock University, University of Guelph, Lakehead University, Laurentian University,  
McMaster University, McGill University, Nipissing University, University of Ottawa,  
University of Toronto, Trent University, University of Waterloo, University of Western  
Ontario, Wilfrid Laurier University, University of Windsor, York University
- From:** Shane Lakins, Head XC Coach; Meet Director  
Janean Sergeant, Manager Interuniversity Sport  
Drew Soleyn, Assistant Manager, Interuniversity Sport  
Dain Wallis, Sport Events Assistant
- Date:** Saturday, October 13, 2007
- Location:** Fort Henry Heights, Kingston, ON
- Events:** 11:00 a.m. Women's 5 km  
University/College/Open
- 11:40 a.m. Men's 10 km University/College/ Open
- Sponsors:** Kingston Body Management Inc., United Rentals, CFB Kingston, Fort Henry, Running  
by Design
- Course:** The course is a 2.5 km loop, all grass and consists of rolling hills with some flat areas.  
The course is very spectator-friendly with a large portion visible from a central area. The  
course will be marked the evening before the race. All teams are welcome to tour the  
course anytime before the race. ***This is the same course that has been used to host 3  
provincial and 1 national championships and is the proposed course to host the 2010  
World University Cross Country Championships.***
- Awards:** University/College/Open – Top 5 team members score with all other runners acting as  
displacers; sixth runner used as tie-breaker. Medals for top 3 male and female teams (7  
medals per team) and top 3 male and female finishers will be awarded. Awards will be  
given out following the men's race near the announcer's booth.

**Entry Fee:** University/College/Open – \$10.00 per runner. Maximum \$125.00 per team (\$250 per school). Unlimited entries per school/club.

**Entries:** Must be received by 5:30 p.m., Wednesday, October 10, 2007. Late or race day entries will be \$20.00 per runner and are not included in any MAX team fee.

Entries must be sent via email to the Meet Director, entry form available at ([www.queenstrack.com](http://www.queenstrack.com)) Please make sure you supply the contact information of the person in charge, the name of the school or club, athletes' names and gender. Payments will be made at registration (see white van) on race day. **You will be invoiced for the number you enter regardless of scratches. Please make cheques payable to "Queen's University".**

**Send entries to:** Shane Lakins, Meet Director  
Athletic Department, Room 221  
Queen's University  
Kingston, ON K7L 3N6  
Phone: (613) 561-1890  
Fax: (613) 533-6478  
Email: [coach@sportingcanada.com](mailto:coach@sportingcanada.com)

**Facilities:** First aid on site. No change rooms available at the direct race location. Porta-John's at the race site. Shower facilities are available at Queen's University. Athletes must supply their own towel.

**Registration:** Registration will take place at the race site from 8:00 a.m. until 10:15 a.m.

**Directions:** From Highway 401: Turn south towards Kingston, on Highway 15. Follow Highway 15 until it stops on Highway 2.

To the Course from the Junction of Hwy 15 and Hwy 2: Turn right and go down the hill to the first set of lights. Turn left at the lights and follow the road to Old Fort Henry, where there is ample parking. Team buses must park next to Fort Henry (about 1 km from the race start area). Team vans may also be restricted to the Fort Henry parking lot depending on weather conditions. There are signs to Old Fort Henry from Highway 401.

From Downtown Kingston (Princess St.): Go east on Ontario Street, which is along the waterfront. Cross the LaSalle Causeway and turn right at the first set of lights. Follow the road to Old Fort Henry where there is ample parking.

**Questions:** If you need more information please contact the Meet Director or see our website at [www.queenstrack.com](http://www.queenstrack.com).

### WELCOME TO QUEEN'S UNIVERSITY!

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