



# LOYALIST COLLEGIATE & VOCATIONAL INSTITUTE

*An ADVANCED PLACEMENT® School*

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May 2, 2018

Thank you for supporting the 39<sup>th</sup> annual **LCVI ROAD RACE!**

When you register you should be given labels for all of your runners. If you pre-registered, you should have preprinted labels ready for your team. If you didn't preregister, please make a label for each runner: name, school and race (initials).

**Runners MUST wear a label during their race.**

*Example:*

Race (initials)
Student Name
School

- Please note: Coaches will still be responsible for filling out their **Team Results Sheets** after each race, and handing them to the *Results* table in the gym as soon as possible (with the name and place of the top four or five placed runners from their school, in each race).

At the finish line, each runner will be given their place number, and will give the results team their personalized label before they leave the chute.

**Never fear!** If a runner loses their label, there will be extras at the finish line that the LC students will fill out for the student.

Please remember, the participation fee is \$4.00 per runner. Teams may choose to pay by cash or cheque (made payable to **LCVI Athletics**). Please give the team fee to the *Registration & Results* table when you sign in and collect your participation labels and ribbons. Athletes who come as individuals should pay this fee when they register.

Finally, the LCVI Lancers, would like to thank you and your runners for coming this year. We are always amazed at the energy and enthusiasm from the students, and we appreciate the opportunity to be involved in this event.

If you have any further questions or comments, please contact our Race Facilitator, Andrea Blackwell, by email at [blackwella@limestone.on.ca](mailto:blackwella@limestone.on.ca).

Enjoy your day! May your runners have as much fun as we do!

**LCVI Road Race Organizing Committee**

# LCVI ROAD RACE

Wednesday, May 2<sup>nd</sup>, 2018

FIRST RACE is at 10:35 AM

## DISTANCE AND START TIMES BY DIVISION

DIVISION	DISTANCE (APPROXIMATE)	START TIME (APPROXIMATE)
Minor Atom Girls	2.1 KM	10:35 AM
Minor Atom Boys	2.1 KM	11:00 AM
Atom Girls	2.1 KM	11:25 AM
Atom Boys	2.1 KM	11:45 AM
Bantam Girls	2.3 KM	12:05 PM
Bantam Boys	2.3 KM	12:25 PM
Midget Girls	2.8 KM	12:45 PM
Midget Boys	2.8 KM	1:05 PM
<i>* Team and Individual medal presentation to follow last race (in the gym) – Approximately 1:35 PM</i>		

## AGE DIVISIONS EXPLAINED

DIVISION	CRITERIA
Minor Atom	born in 2009 or later
Atom	born in 2008 or later
Bantam	born in 2006 or 2007
Midget	born in 2004 or 2005

## TEAMS

A team consists of at least **4 runners**, with the top 4 finishers to count for team placing. A fifth runner (if you have one) may be recorded on the team recording sheet. The fifth runner's result will be used as a tie-breaker only.

Students may also run as **individuals** if there are not enough runners to form a team. The larger your team the better. We encourage all school runners.

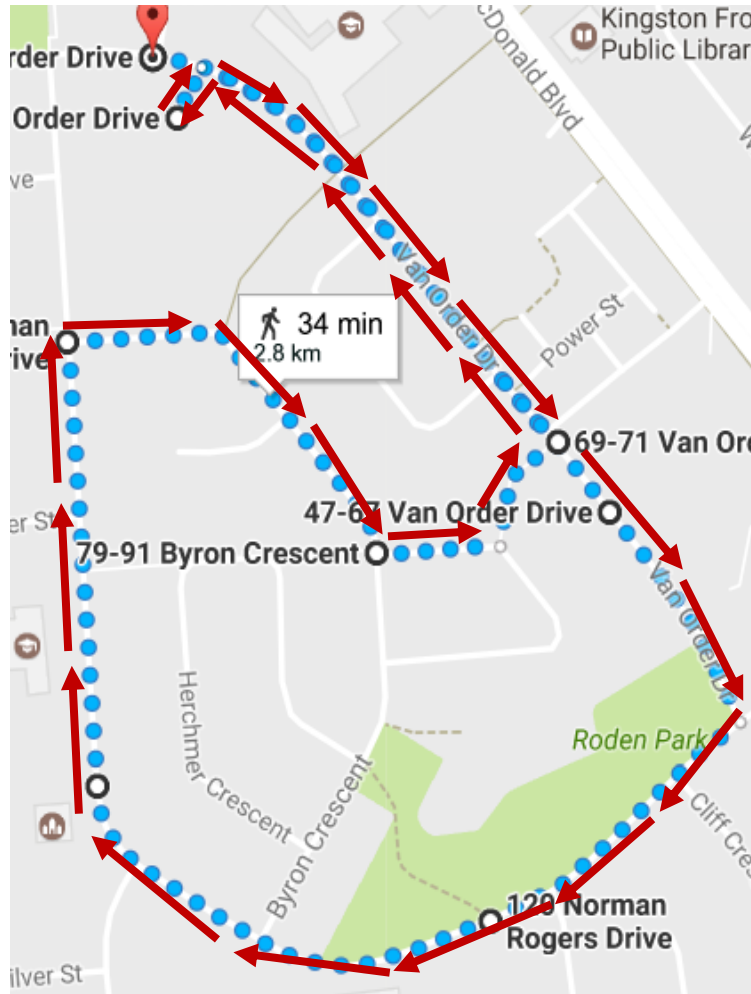
## AWARDS

- Medals will be presented to the *top three teams* in each division
- Medals to the *top three individuals* in each division
- Ribbons for *4th through 25th placed individuals*
- Participation ribbons for every athlete

## ENTRY FEE

\$4.00 per competitor to be paid at the *Registration & Results* table.

## Midget Boys/Girls 2.8KM



## LCVI Road Race

# TEAM RESULTS SHEET

\* TO BE COMPLETED AFTER EACH RACE & SUBMITTED TO RESULTS AREA AS SOON AS POSSIBLE.

School Name: \_\_\_\_\_

Race Division (circle one): **AGm**   **ABm**   **AG**   **AB**   **BG**   **BB**   **MG**   **MB**

TEAM MEMBER	POSITION/PLACE
1.	
2.	
3.	
4.	
<b>Team Total</b> (tally all positions together)	
Include fifth runner and their finishing position if you have one. (Used for tie-breaker only)	
5.	