

Lower Seymour/Lynn Canyon XC: Oct. 24th 2018

Lower Seymour Conservation Reserve (LSCR) - vancouvernorthshore.com

Important Reminders

- Please...**
1. Follow all signs and respect the volunteers. Use caution when driving in and parking.
 2. Parents DROP OFF and PICK UP in the parking lot, not at the roundabout. Thank you!
 3. When you arrive, marshal at your GRADE SIGNS by the gazebo.
 4. Athletes, follow the cones at all times. *The course will be well marked with cones and volunteers.
 5. Please, bring a non-perishable food item (or 10) to help "Scare Hunger"

Start Time & Order of Events

3:45pm first events start

1. Grade 5 girls / boys
2. Grade 4 girls / boys
3. Grade 7 girls / boys
4. Grade 6 girls / boys



Course Map



1.8km course

300m extra loop for Grade 7 only (total distance 2.1km)

