

Lower Seymour/Lynn Canyon XC: Oct. 23rd 2019

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.

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 (Grades 4 and 5)

300m extra loop for Grade 6 and 7 (total distance 2.1km)

