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

Lower Seymour Conservation Reserve (LSCR) - vancouversnorthshore.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

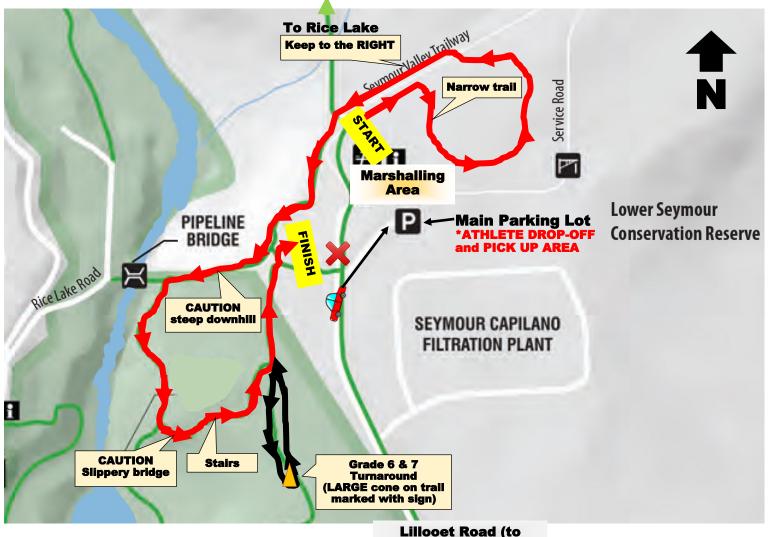
- 1. Grade 5 girls / boys
- 2. Grade 4 girls / boys
- 3. Grade 7 girls / boys
- 4. Grade 6 girls / boys

Course Map

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1.8km course (Grades 4 and 5)

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



Lillooet Road (to Capilano University)