Laurentian Cross Country and Track & Field

Spring Recruit Day – NEW DATE!

Friday, May 15th, 2026

Campus Tours: 12:00 to 2:00pm – Parker Building

LU Black Flies Track & Field Meet: 3:00 to 6:00pm – LU Stadium

Student and Parent Information Session: 6:30 to 7:30pm – LU Stadium

We cordially invite you to a full day of events to introduce you to Laurentian University and our varsity cross country and track & field program.

Get a campus tour, learn about Laurentian's academic programs, compete at the LU Black Flies Track and Field Meet, attend an information session to meet the coaches, current team members and support staff

Please RSVP to Head Coach, Darren Jermyn

dx_jermyn@laurentian.ca