



**GIRLS & BOYS CLASS 3A XC REGIONAL MEET**

**HOSTED SCHOOL: LAKE PARK HIGH SCHOOL**

**PHONE: (630) 295-5325**

**FAX: (630) 295-5378**

**DATE:** Saturday, October 25, 2014

**PLACE:** Lake Park High School East Campus  
600 S. Medinah Road, Roselle (between Lake Street and Irving Park Road)

**TIME:** The girls' race will start at 1:00 P.M. and the boys' race at 2:00 P.M. The races will start on time. Pick up information packet at the concession stand when you arrive.

There will be a coach's meeting at 12:30 P.M.

**PARKING:** Buses will drop off teams in the Medinah Baptist Church parking lot located on Foster Ave. directly behind the stadium. Buses should then proceed to the main parking lots located on the East side of the high school. **No buses should park in the Medinah Church lot.**

**RULES:** 2014 National Federation Track Rules and the 2014 Terms and Conditions of the IHSA Cross Country State Series. (See included document)

**ENTRIES:** The IHSA on-line List of Participants must be completed no later than **NOON Tuesday, October 21, 2014**. The on-line List of Participants is located on the IHSA Schools Center Web Site. A maximum number of twelve (12) runners may be listed on the List of Participants. Substitutions at the Sectional and/or State Final must be among the list of twelve (12) runners listed on the List of Participants. **Once the deadline has passed, names cannot be added or deleted from the List of Participants.**

**PT Timing, Inc. will be providing computer chip timing and the official scoring for the meet. They will be taking your entrants directly from the IHSA website, so it is imperative that you complete your online entries by the IHSA deadline of Tuesday, October 21, 2014.**

## FINISH LINE & SCORING:

1. Give the correct chip to each runner (This will be based on the master list provided for your team.)
2. An open finish line system will be used.
3. Instruct your runners to simply run past the finish line. The computer chip will automatically record their place and time.
4. There will be no finish chute, so instruct your runners to exit the finish area quickly when they have finished.
5. Runners will be instructed to give their chips to their coaches and then coaches will return the bags of chips.
6. Athletes will return chips at the collection area located north of the finish line

**EQUIPMENT:** Spikes or flats.

**COURSE:** Course maps will be available for download from the PT Timing website [www.pttiming.com](http://www.pttiming.com) search upcoming events by date.

The course is grass and will be marked with appropriate flags, ground markings, and cones. The mile and 2 mile will be marked. Course distance is 3.0 miles for boys and girls. The finish of the race is on the track within the stadium.

The course will be made available for teams to view and jog the course on **Thursday, October 23, 2014, from 3:30 – 5:30PM**. Please note: this will be the only day of the week the course will be made available due to home soccer matches the other days of the week.

**STARTING:** **The races will start promptly**. Fifteen minutes prior to the start, a horn will sound (**2 blasts**). All teams are to be at the starting line five minutes before the start. Starting boxes have been pre-assigned by blind draw. Each coach will place their **7** runners in any order within the box and with no more than 4 runners on the starting line. The starter will blow a whistle one minute prior to the start. There will be no verbal commands given. All runners must be set at that point.

<b>IHSA OFFICIALS:</b>	Starter	Scott Brechtel
	Head Finish Judge	Jim Garvey
	Finish Judge	Bill Wojciechowski

## STARTING BOX ASSIGNMENTS

1. Oak Park & River Forest
2. Addison Trail
3. Glenbard East
4. Willowbrook
5. Fenwick
6. Glenbard West
7. Lake Park
8. Leyden
9. York

- DRESSING:** No locker rooms are available – dress at home. Come to the course dressed to compete.
- AWARDS:** The awards for both girls’ and boys’ races will be presented at the conclusion of the meet in the soccer stadium. Each 1<sup>st</sup> place team will receive a plaque; 1<sup>st</sup> through 5<sup>th</sup> place medals to individuals.
- ADVANCEMENT** The first 6 placing teams and the first 5 individual runners who are not members of qualifying teams will advance to the Niles West Sectional. Additionally, in the event the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> place finishers are not members of a qualifying team, they will also advance to the sectional. Coaches of advancing teams and/or individuals should pick up sectional information following the meet.
- MARKERS:** The course will be clearly marked with appropriate flags and cones. The course will also be lined and roped off.
- SPECTATORS:** It would be helpful if you would let your parents and student body know that spectators are asked not to be on the course and are to stay back from the starting line and chute.
- NO coaches or spectators are allowed on the field or the track in the stadium.**
- T-SHIRTS:** Commemorative event shirts will be sold at a cost of \$15.00
- CONCESSIONS:** A concession stand will be run by Lake Park Booster Club at the concessions stand in the stadium.

## SPORTSMANSHIP REMINDERS:

Course marshals will be in place on the course.

Any rules violations may result in a runner being disqualified:

- Cutting flags
- Snapping flags at other runners
- Pushing, shoving or interfering with other runners

Chute marshals will enforce Sportsmanship Rules in the chute.

- Any shoving, pushing, changing places or **use of profanity** may result in a runner being disqualified.
- We will use the open finish line. The wide part of the finish line is the actual finish line. The finish line judges will determine the order of finish and direct athletes into the narrow part of the chute. The finish judges decision on the order of finish is final.

If you require additional information, please contact us:

Jared Wissmiller, Head Girls Cross Country Coach

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Lance Murphy, Head Boys Cross Country Coach

630-295-5374 [lmurphy@lphs.org](mailto:lmurphy@lphs.org)

Pete Schauer, Athletic Director, Meet Manager

630-295-5325 [pschauer@lphs.org](mailto:pschauer@lphs.org)

Lake Park will do everything in our power to make the IHSA Cross Country Regional an enjoyable and successful experience for your athletes, coaches, and spectators. Please do not hesitate to contact us with any questions.

Sincerely,



Pete Schauer, CAA  
Athletic Director  
IHSA Official Rep  
Lake Park High School  
[pschauer@lphs.org](mailto:pschauer@lphs.org)

