



2014 GIRLS & BOYS CLASS 3A XC SECTIONAL MEET

HOST SCHOOL: NILES WEST HIGH SCHOOL

Chicago (St. Ignatius) Regional

Roselle (Lake Park) Regional

Wilmette (Loyola) Regional

- DATE:** Saturday, November 1, 2014
- PLACE:** Niles West High School
5701 Oakton St. Skokie 60077
- TIME:** The **girls' race** will start at **1:00 P.M.** and the **boys' race** at **2:00 P.M.**
- PACKETS & COACHES MEETING** Coaches are asked to pick up team and bib chips immediately upon arrival. Pick-up area will be located in the Field House in the southwest corner
- The **coaches meeting with the meet referee** will be in the same location at **12:20PM.**
- PARKING:** Buses will drop off teams in the front of the school by the tennis courts located on Oakton St. Buses should then proceed to the south parking lots located on the south side of the high school. **No buses should park in the front lot.**
- RULES:** 2014 National Federation Track Rules and the 2014 Terms and Conditions of the IHSA Cross Country State Series. (Included with this information)
- ENTRIES:** 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.
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- Runners Edge Race Timing will be providing computer chip timing and the official scoring for the meet. They will be taking your entrants directly from the IHSA website**
- EQUIPMENT:** Spikes or flats.

- COURSE:** The course is grass and will be marked with appropriate flags, ground markings, and cones. Course distance is 3.0 miles for boys and girls. The finish of the race is on the track in the stadium.
- The course map is available on the Niles West athletic website at il.8to18.com/nileswest.
- The course will be made available for teams to view and jog **Wed. 10/29, Thurs. 10/30 and Friday 10/31 from 3:30 – 5:30PM**. Please note: these will be the only days/times of the week the course will be made available prior to the sectional meet on Saturday. Please contact meet manager if you are planning on attending one of these days.
- 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.
- IHSA OFFICIALS:** Bill Drennan
Kenrick Bond
Scott Brechtel
Lawrence Genge
- LOCKER ROOM:** No locker rooms are available – dress at home. Come to the course dressed to compete.
- Please be sure to review uniform rules from the Terms & Conditions (pages 4/5, Section VIII.E.1-6)
- ADVANCEMENT OF TEAMS/RUNNERS TO IHSA STATE FINALS:** The first 5 placing teams and the first 7 individual runners who are not members of the first 5 qualifying teams will advance to the State Final Meet. In addition, in the event the 8th, 9th, or 10th place overall individual finisher in the sectional is not on a qualifying team, such 8th, 9th, or 10th place overall finisher in the individual race shall advance from the sectional to the State final meet.
- AWARDS:** The awards for both girls' and boys' races will be presented at the conclusion of the meet in the Field House. Each 1st place team will receive a plaque; 1st through 10th place medals to individuals.
- Award ceremony will follow boys' race in Field House
- MARKERS:** The course will be clearly marked with appropriate flags and cones. The course will also be lined with a 15' running area and will be roped off where needed.
- 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. Spectators are not allowed on the west side of the track in the stadium.
- T-SHIRTS:** Commemorative event long-sleeved shirts will be sold at a cost of \$20.00
- CONCESSIONS:** A concession stand will be located in the northwest corner of the Field House.

FINISH LINE & SCORING:

1. Give the correct bib to each runner (This will be based on the master list provided for your team.)
2. Officials will check in the athletes according to their bib numbers at the starting line.
3. Instruct your runners to simply run past the finish line. The bibs will automatically record their place and time.
4. The meet referee will review the video of the finish of the race to facilitate accurate scoring of each race.

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.

**ADDITIONAL
INFORMATION:**

If you require additional information, please contact us:

Anne Heselton, Head Girls Cross Country Coach 847-626-2804
annhes@d219.org

Mike Grossman, Head Boys Cross Country Coach 847-626-2578 micgro@d219.org

Kendall Griffin, Athletic Director, Meet Manager 847-626-2801 kengri@d219.org

Terri Laux, Asst. Athletic Director , Meet Manager 847-626-2818 terlau@d219.org

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