

**IHSA REGIONAL – LaGrange, Lyons Township High School**  
**Saturday, October 26, 2013**

**Location:** LYONS TOWNSHIP HIGH SCHOOL, South Campus  
4900 South Willow Springs Road  
Western Springs, IL 60558  
708-579-6300, 708-579-6393

**Course:** Flat, grassy field around the south campus practice fields.  
Distance is 3.0 miles and the entire course is marked with a solid gold line, and finish is marked with a white dashed line. Course is 3 laps with the last lap skipping the jungle.  
Spikes are recommended.

**Teams/Box #:** Berwyn-Cicero (Morton)- 1  
Chicago (Curie)- 2  
Chicago (Juarez)- 3  
Proviso East- 4  
LaGrange (Lyons)- 5  
Downers Grove (North)- 6  
Downers Grove (South)- 7  
Hinsdale (Central)- 8  
Summit (Argo)- 9

**Entries:** Submit the online list of participants to the IHSA website by deadline.

**\*Coaches should bring a copy of their online list of participants to the Regional and Sectional meets in case of potential conflicts.**

**Scoring:** We will be using a computer scoring program and all results will be available upon conclusion of the awards. All 12 athletes will receive a tag, and only 7 athletes eligible to compete

**Races:**

10:00AM	Girls Race	top 7	3.0 Miles
11:00AM	Boys Race	top 7	3.0 Miles
11:45AM	Awards	top 5 finishers in each race	

top Team in each race will receive a plaque

**Sectional Qualifiers:** The top 6 Boys/Girls teams and the top 5 individuals not on a qualifying team advance

**Rules:**

- \*All Contestants must wear regulation uniforms that match teammates
- \*All jewelry, including metal or hard plastic hair clips, earrings and billed caps will not be permitted
- \*Painted faces/bodies and costumes will not be permitted
- \*Personal contact, pacing, calling of splits or otherwise interference by a teammate or coach is prohibited
- \*All participants must come ready to compete. No locker rooms will be available.
- \*BUSES – Drop off athletes and park in oval drive in front of building
- \*Have Teams camp near the building **off the course, off the field**
- \*Course practice will be Wednesday or Thursday, please email [mdanner@lths.net](mailto:mdanner@lths.net) in advance

LT Cross Country Coaches



Michael Danner  
Ken Koval  
Jake Discipio  
Tom Stukel



Stetson Steele  
Greg Frandsen  
Keegan Kilrea  
Luke Taylor