



**2014 IHSA CLASS 3A CHICAGO (MARIST)
BOYS AND GIRLS CROSS COUNTRY SECTIONAL
MEET INFORMATION**



- DATE:** Saturday, November 1, 2014
- PLACE:** Midlothian Meadows
15500 S. Pulaski Road
Chicago, IL 60445
- PARTICIPANTS:** Teams and Individuals from the Hinsdale (Central), Orland Park (Sandburg) and Lockport (Twp.) Regionals
- TIME SCHEDULE:**
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| 8:00 am - 9:00 am | Packet pick-up at finish area |
| 9:15 am | Course observers meeting |
| 9:30 am | Coaches meeting by end of finish chute |
| 9:50 am | National Anthem |
| 10:00 am | Girls Race (course closed to warm-up) |
| 11:00 am | Boys Race |
| 12:00 pm | Awards and state information at the pavilion by the finish line |
- COURSE:** Girls distance: 2.98 miles (see enclosed map)
Boys distance: 2.98 miles (see enclosed map)
The course will be painted by WEDNESDAY, October 29TH. Course inspectors will be stationed at spots on the course for each race. They will be observing the conduct of the runners and will be reporting race infractions at the conclusion of that race. The course is in a Cook County Forest Preserve and is open for practice any time it is light. If you wish a course tour, please call 773-881-5367 and leave a message. **IT IS YOUR RESPONSIBILITY TO ASK QUESTIONS ABOUT THE COURSE BEFORE THE RACE.** Course markings will be standard flag code. Split times will be called at the mile and two mile mark for both races.
- FINISH CHUTE:** Runners will finish in a chute 20' wide at the mouth and 50' long. The finish line will be at the **mouth of the chute**. The finish will be videotaped. Judges will be at the finish to determine the order through the chute. The videotape will be reviewed, should the need arise. Coaches should stress to participants not to push while moving through the chute after the race. Coaches and spectators need to **STAY AWAY FROM THE FINISH END OF THE CHUTE**.
- TEAM TENTS:** **Team tents will be allowed along the woods in the grass on the north side of the parking area across from the course. No camps will be allowed inside the course area (south of the parking area) SEE MAP.**
- TERMS AND CONDITIONS:** Please familiarize yourself with the IHSA regulations regarding the running of this series. This information is available in the Terms and Conditions at IHSA.org. Video review will be used.

EQUIPMENT: Contestants must meet all IHSA and National Federation clothing regulations. These are contained in the 2014 Track and Cross Country Rule Book and in the IHSA Terms and Conditions.

DRESSING: There are no dressing facilities at the park. Please come dressed to run.

RESTROOMS: Facilities are available at the park. There will be portable units adjacent to the start area.

MEDICAL AID: We shall have 2 athletic trainers on duty that day. Coaches are reminded that ergogenic aids including “the use of oxygen, glucose gel, inhalers, water, or other prescribed medication that is not a performance enhancer shall be allowed without prior approval.”

START: The starting procedure will be as follows:
10 minutes prior to race: Air horn sounds: clear start area; all competitors must report
5 minutes prior to race: Air Horn Sounds: all sweats must be removed for uniform inspection. Coaches must clear area. Runners will be brought to their marks by the blowing of a whistle and instructions given.

When field is set and ready the starter will fire the pistol. There will be NO VERBAL COMMANDS.

BOX

ASSIGNMENTS: A blind draw for starting box position was held. These are the results:

<u>BOX</u>	<u>BOYS</u>	<u>GIRLS</u>	<u>BOX</u>	<u>BOYS</u>	<u>GIRLS</u>
1	Naperville (Neuqua Valley)	Naperville (Neuqua Valley)	11	Hinsdale Central Indiv.	Hinsdale Central Indiv.
2	Berwyn-Cicero (Morton)	Berwyn-Cicero (Morton)	12	Palos Heights (Shepard)	Palos Hills (Stagg)
3	Downers Grove (North)	Downers Grove (North)	13	Downers Grove (South)	Downers Grove (South)
4	Orland Park (Sandburg)	Orland Park (Sandburg)	14	Plainfield (North)	Lockport (Twp.)
5	Sandburg Indiv.	Sandburg Indiv.	15	Romeoville (H.S.)	River Forest (Trinity)
6	Oswego (East)	Oswego (East)	16	Summit (Argo)	Chicago (Curie)
7	Chicago (Marist)	Chicago (Marist)	17	Oak Lawn (Community)	Bolingbrook
8	Blue Island (Eisenhower)	Blue Island (Eisenhower)	18	Oswego (H.S.)	Oswego (H.S.)
9	Hinsdale (Central)	Hinsdale (Central)	19	Plainfield (South)	Plainfield (South)
10	LaGrange (Lyons)	LaGrange (Lyons)	20	Lockport Indiv.	Lockport Indiv.
			21	Chicago (Brother Rice)	Chicago (Mother McAuley)

PARKING: There will be parking in the lots adjacent to the course. All team buses should park at Bremen High School.

NUMBERS: Numbers with pre-printed labels will be worn. Safety pins will be provided.

- SCORING:** At least five runners from a team must finish in order to be eligible for team honors. When fewer than five runners from any team finish, the places of the runners from that school are disregarded when computing team scores. These runners may, however, receive individual awards.
- AWARDS:** A plaque will be presented to the winning boys' team and the winning girls' team. Individuals will receive awards for 1st to 10th place.
- ADVANCEMENT:** For both boys and girls, the first five teams shall advance to the state meet. The first 7 individuals who are NOT on one of the advancing teams shall also advance to the state meet at Peoria's Detweiller Park.
- ENTRIES:** List of participants shall be obtained from the schools center after the regional winner's report has been filed. Coaches are encouraged to bring a hard copy of their on-line list of participants.
- GAMES COMMITTEE:** A games committee as described in the National Federation Track and Field rules 3-2-1 through 3-2-8 shall be appointed by the meet manager. This committee must be in place prior to the meet and shall act as jury of appeals (3-5-1). The committee shall also meet to suspend play due to hazardous weather conditions.
- CONCESSIONS:** The Marist Athletic Department will be running a concession area.
- TEE-SHIRTS:** Marist High School will be selling sectional t-shirts produced by Triad. They will be long sleeve white shirts and cost \$20.00
- QUESTIONS:** Please feel free to call:
Bob Lim, Athletic Director, Chicago (Marist)
773-881-5367 School
773-881-1621 Fax
Steve Davidson, Boys Head Coach
708-653-6790
Pat Quinn, Girls Head Coach
708-927-9233

