



## 2018 GIRLS & BOYS CLASS 3A XC REGIONAL MEET

**HOST SCHOOL: LAKE PARK HIGH SCHOOL**

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- DATE:** Saturday, October 20, 2018
- 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. Coaches may pick up team packets at the blue and white check in/hospitality tent located at the south end of the stadium when you arrive.
- There will be a coach's meeting at 12:30 P.M.
- PARKING:** Buses will drop off teams in the Jubilee Church parking lot located on Foster Ave. directly behind the stadium at 900 Foster Avenue, Medinah IL 60157. Buses should then proceed to the main parking lots located on the East side of the high school. **No buses should park in the Jubilee Church lot.**
- The Jubilee Church is the most convenient place for spectator parking. Please share this information with your fans that will attend the meet.
- RULES:** 2018 National Federation Track Rules and the 2018 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 **11:59 PM Monday, October 15, 2018**. The on-line List of Participants is located on the IHSA Schools Center Web Site. A maximum number of fourteen (14) runners may be listed on the List of Participants. Substitutions at the Sectional and/or State Final must be among the list of fourteen (14) runners listed on the List of Participants.
- Once the deadline has passed, names cannot be added or deleted from the List of Participants.**

## FINISH LINE & SCORING:

1. Give the correct timing bib #'s 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. The timing bibs are disposable so athletes may dispose of them after the race or keep as souvenirs of the event..
6. The meet referee will review the video of the finish of the race to facilitate accurate scoring of each race.
7. Full meet results will be available on the PT Timing, Inc. website at <http://pttiming.com/event-results/all-results>

**EQUIPMENT:** Spikes or flats.

**COURSE:** 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 **Monday, 10/15, Tuesday, 10/16, & Wednesday, 10/17 from 3:30 – 5:30PM**. Please note: these will be the only days of the week the course will be made available. Lake Park reserves the right to cancel if we experience inclement weather or wet conditions to ensure the best possible race conditions on Saturday.

Schools are asked to R.S.V.P. with the date and time they plan on viewing/running the course to [jivory@lphs.org](mailto:jivory@lphs.org)

**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:**

Referee:	John Betteridge #11134
Starter:	Bill Drennan #49849
Finish Clerk:	Larry Genge #57547
Finish Clerk:	TBA

## STARTING BOX ASSIGNMENTS (10T)

School	Box
Addison Trail	10
Glenbard East	9
Glenbard North	6
Glenbard West	7
Lake Park	5
Leyden	1
Wheaton North	3
Wheaton Warrenville South	2
Willowbrook	8
York	4

**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 spectators are allowed on the field or the track in the stadium.**

**T-SHIRTS:** Commemorative long sleeve event shirts will be sold at a cost of \$20.00

**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:

Jay Ivory, Head Girls Cross Country Coach

[jivory@lphs.org](mailto:jivory@lphs.org)

Lance Murphy, Head Boys Cross Country Coach

[lmurphy@lphs.org](mailto:lmurphy@lphs.org)

Pete Schauer, Assistant Principal for Athletics,  
Meet Manager

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

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  
Assistant Principal for Athletics  
IHSA Official Rep  
Lake Park High School  
[pschauer@lphs.org](mailto:pschauer@lphs.org)

