



GIRLS & BOYS CLASS 3A XC REGIONAL MEET

HOST SCHOOL: LAKE PARK HIGH SCHOOL

- DATE:** Saturday, October 22, 2016
- 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 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 Medinah Church lot.**
- The Medinah Baptist church is the most convenient place for spectator parking. Please Share this information with your fans that will attend the meet.
- RULES:** 2016 National Federation Track Rules and the 2016 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 18, 2016**. 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.**

FINISH LINE & SCORING:

1. Give the correct chips & coordinating 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. Runners will be instructed to give their chips to their coaches and then coaches will return the bags of chips to the check in tent.
6. The meet referee will review the video of the finish of the race to facilitate accurate scoring of each race.

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 **Wednesday, 10/19 & Thursday, 10/20 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

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:	Bill Drennan
Starter:	Scott Brechtel
Asst. Starter:	Josh Perry
Clerk:	Larry Genge

STARTING BOX ASSIGNMENTS (10T)

School	Box
Addison Trail (A. Trail)	2
Carol Stream (Glenbard North)	4
Elk Grove Village (E.G)	6
Elmhurst (York)	3
Franklin Park-Northlake (Leyden)	10
Glen Ellyn (Glenbard West)	7
Lombard (Glenbard East)	8
Roselle (Lake Park)	5
Wheaton (North)	9
Wheaton (W. Warrenville South)	1

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 1st place team will receive a plaque; 1st through 5th 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 6th, 7th, and 8th 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 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:

Jay Ivory, Head Girls Cross Country Coach

jivory@lphs.org

Lance Murphy, Head Boys Cross Country Coach

lmurphy@lphs.org

Pete Schauer, Athletic Director, Meet Manager

630-295-5325 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

